Body Systems

Your Mission: You are part of an elite performance lab tasked with pushing the human body to its limits. Your challenge: discover how different systems - lungs, heart, muscles, nerves - work together under stress. If one system fails, the whole machine breaks. Can you redesign training, recovery, or technology to create the ultimate resilient athlete?

Pre-Visit Activity

Hook	5 mins	Watch: "11 body systems in 3 minutes" (YouTube). **Quick pair-share**: Which two systems interact in that clip and how?
Activity: Mind Map Sprint	20 mins	In pairs, map the major body systems and draw arrows showing interactions (e.g., respiratory ↔ circulatory). **Discussion**: why can't a system work alone?
Kahoot	15 mins	Body Systems Kahoot
Career Bingo	20 mins	Distribute Bingo boards with healthcare/health-tech careers. Students match careers to prompts; first to Bingo explains two matches. **Extension**: students add one emerging tech career.
Human Systems Hack	15 mins	**Task**: Invent a new product, service, or hack that uses the career + system together (e.g., "A VR glove that retrains nerves after spinal injury").
Ethics	15 mins	Ethical mini-debate prompts: • If drones can deliver medicine faster than ambulances, should they always be used in emergencies? What if they fail mid-flight? • If hospitals use VR and AI to simulate surgeries, assist with treating or monitoring patients, how should they protect patient privacy and data? • Should hospitals replace human jobs with technology if it saves money, even if people lose employment?
Exit	5 mins	**Using sticky notes**: which two systems would you teach together and why?

Post-Visit Activity

Your Mission: Now that you've explored body systems in action, it's time to apply what you know as science communicators and future health leaders.

Reconnect	5 mins	**Watch**: "How Virtual Reality can help people with spinal injuries." **Ask**: What body systems are engaged in this therapy?
Discussion	10 mins	• Why is it important for different body systems to work together harmoniously? • Do you think learning CPR is important for everyone? Why or why not? • Discuss how lifestyle choices can impact multiple body systems simultaneously. • Why is understanding body systems crucial for careers in healthcare and medicine? • How can technology, like virtual reality, enhance our understanding of human anatomy?
Creative Challenge	30 mins	Create a 1-minute TikTok-style explainer on: CPR basics, a vital sign, or a system interaction. • Explain a body system, vital sign, or CPR using props, drawings, or green-screen video backgrounds. • Add hashtags & captions (e.g., #LifeSaver #FutureMed). • Require a diagram or prop and one "myth bust" fact.
Gallery Walk	15 mins	Sharing TikTok explainers in a gallery walk
Reflection	10 mins	**Discussion**: • In 2050, CPR is taught by AI holograms in every home. Better or worse? • If smartwatches track every system in your body, do we lose privacy or gain safety?