

# **"Immersive" experimental teaching----- Measurements of humans' arterial blood pressure**

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How to stimulate students' learning interest and potential in the reform of experimental curriculum, not only pay attention to “teach well” but also “learn well”, the reform of experimental content and method is particularly important. The project is based on the theoretical knowledge of the measurements of humans' arterial blood pressure. Teachers use the “Labstation system” to compile knowledge points suitable for students to master at different learning stages according to the teaching content, such as the influence of body position change, respiration, different exercise load and exercise mode, and body weight on human arterial blood pressure. In the class, students themselves are taken as experimental objects to carry out “immersion teaching”, thinking while doing in each sub-item, so that students can truly realize the importance of combining theory with practice, and further arouse students' desire for knowledge and stimulate students' spirit of exploration.

Keywords: Experimental teaching, Human function experiment, Arterial blood pressure, Physiological significance