

The Impact of Aging on Bones and Joints

Curriculum Overview

Designed for:

- High school students
- Post-secondary courses in health care
- Certified Nursing Assistant training courses
- In-service training for nursing home facilities
- Public health organizations
- Community education

Length:

The activities in this curriculum will last approximately 2 ½ to 5 hours. With supplemental materials, this curriculum can be adapted to a longer block of time.

Goal:

To help participants learn about the impact of aging and bones and joints, especially as it relates to arthritis. This will also help participants gain a sense of empathy and sensitivity to the challenges these changes have on daily life.

Synopsis:

This curriculum helps participants learn about participants will experience age-related bone and joint changes including flexibility, strength, and range of motion. The curriculum gives participants to take a pre-test, to check their knowledge before the simulation experience. The lessons use a slide presentation and integrates the arthritis simulation experience into the lesson. Participants wear the arthritis simulator and complete daily tasks. They also go through a simulation experience specific to impact of aging on bones and joints in the feet. A fully immersive lesson is included as well.

Curriculum Components:

- Teacher's guide – Complete lesson, including detailed steps of activities, time and materials needed, student handouts and instructor information to teach the lesson
- Student materials
- Assessment tools
- PowerPoint presentation slides

Learning Objectives:

Lesson 1: The Impact of Aging on Bones and Joints

- Understand how the aging process impacts flexibility and range of motion
- Experience decreased range of motion and flexibility in a simulation exercise
- Have increased sensitivity as to how decreased range of motion and flexibility can impact older adults
- Learn ways to slow down stiffness and decreased range of motion

Lesson 2: The Geriatric Experience

- Experience physical changes due to aging
- Understand what it means to be empathetic
- Increase empathy and understanding of what it is like to age and the impact it has on daily life

Lesson 3: Post-Summative Assessment

- Assess their understanding of information presented through the course.