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.