**Exercise and Arthritis**



**Assessments**

Student Name:

**Day 1 Assessment**

The following assignment is based on the content covered on Day 1: the pathophysiology of arthritis. Please answer all questions to the best of your ability and submit your completed assignment to the WRIGHT Foundation (casestudies@wrightfoundation.com)

Question 1 - What is the prevalence of rheumatoid arthritis in the UK?

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Question 2 - What is the estimated prevalence of hip osteoarthritis in Lancashire, Northwest of England?

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Question 3 - Where is synovial fluid encapsulated before being released into the joint capsule?

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Question 4 - What is the difference between hyaline cartilage and fibrocartilage?

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Question 5 - What is senescence?

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Question 6 - What are telomeres?

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Question 7 - Describe three differences between the pathophysiology of osteoarthritis and rheumatoid arthritis.

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Question 8 - How often do rheumatoid nodules occur in patients with rheumatoid arthritis?

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Question 9 - Why is sport a risk factor for the cause of osteoarthritis?

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Question 10 - What are the potential triggers of rheumatoid arthritis?

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Question 11 - What is crepitus?

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Question 12 - Where in the body do rheumatoid nodules form?

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| **For Office Use Only****Overall Result:** | Pass [ ]  | Resubmission [x]  | Fail [x]  |
| Assessor’s signature:  | IQA’s signature: Click or tap here to enter text. |
| Date:  | Date: Click or tap to enter a date. |

**Day 2 Assessment**

The following assignment is based on the content covered on Day 2: treatments and interventions. Please answer all questions to the best of your ability and submit your completed assignment to the WRIGHT Foundation (casestudies@wrightfoundation.com)

Question 1 - What is the main implication of ‘pain-killing’ medication to exercise prescription?

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Question 2- What is the difference between the countries of the UK with regard to the cost of prescription medication?

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Question 3 - What are the risks of wearing a knee brace and what are the implications to exercise prescription?

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Question 4 - Why would wearing gloves during resistance training be beneficial to patients with rheumatoid arthritis?

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Question 5 - What are the two main surgical treatments for osteoarthritis?

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Question 6 - How long does it typically take to make a full recovery from hip arthroplasty?

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Question 7 - What are the main benefits of eating a plant-based diet for patients with RA?

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Question 8 - Why is glucosamine not recommended as a treatment for arthritis?

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Question 9 - Why could heat treatment help synovial joints in preparation for exercise?

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Question 10 - Why are patients with arthritis prone to poor mental health, especially if their condition is severe?

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| **For Office Use Only****Overall Result:** | Pass [ ]  | Resubmission [x]  | Fail [x]  |
| Assessor’s signature:  | IQA’s signature: Click or tap here to enter text. |
| Date:  | Date: Click or tap to enter a date. |

**Day 3 Assessment**

**Task:**

To design one safe, appropriate, and effective exercise session for a specific referred client (fictitious), with arthritis, and then to discuss why you think your session is safe, appropriate, and effective.

You will be provided with a client profile for this assignment.

Your task is to design one exercise session suitable for your client, which will last for 30-45 minutes, including a suitable warm-up, main conditioning section and cool-down (see page 5). Each part of the session must contain details as to the modes, duration, and intensity (levels and methods of monitoring). The session must be designed to be safe, appropriate, and effective.

Consider, also, the pre-exercise preparation that the client would need to do before the exercise session commences (e.g., appropriate clothing to wear and what to bring with them). Then, consider the post-exercise feedback that you would obtain from the client and what advice you would give to them when they leave the exercise setting.

**Summary of client information**

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| Clients Name | Age | Sex |
| Medical Information |
| Initial Consultation Information |
| Physiological Data |
| Client’s Physical Activity Level |
| Readiness to Change (Transtheoretical Model) |
| Pre-exercise Considerations |

**Clients Individual Session**

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| **The client’s session goals** |
| **Warm up component** | **Warm up duration** |
| **Overview of content, including mobility, pulse raising (CV machine as needed) and component length** | **Equipment and duration** | **Level/ speed/ intensity** | **RPE/HR/Talk Test/Observation** | **Adaptations or alternatives to suit client** |
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| **Main component** | **Main component duration** |
| **Exercise** | **Duration of exercise** | **Level/ speed** | **Intensity/loading** | **RPE/HR/Talk Test/Observation** | **Adaptations or alternatives to suit client** |
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| **Body weight exercise (including any functional/motor skills exercises appropriate for the client)** | **Sets/reps/rest or duration of activity** |
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| **Cool down/flexibility** | **Cool down duration** |
| **Cool down (if a re-warm or pulse lowering phase is required, please detail in the space below)**  |
| **CV activity / post-workout stretches** | **Duration of exercise** | **Intensity/loading** | **RPE/HR/Talk Test/Observation** | **Adaptations or alternatives to suit client**  |
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| **Note: Post-workout stretches – indicate which stretches are maintenance (M) and which are developmental (D):** |
| **Exercise Intensity Client Centred Calculations** |
| **Maximum Heart Rate Calculation** |
| **Heart Rate Reserve Calculation**  |
| **METs Calculation**  |

Question 1. Justify why you think your session is safe, appropriate, and effective (at least 200 words).

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