



Certificate of Achievement

Nigel Perry

has completed the following course:

THE MUSCULOSKELETAL SYSTEM: THE SCIENCE OF STAYING ACTIVE INTO OLD AGE
THE UNIVERSITY OF SHEFFIELD, UNIVERSITY OF LIVERPOOL, NEWCASTLE UNIVERSITY AND CIMA
(CENTRE FOR RESEARCH INTO MUSCOSKELETAL AGEING)

This free online course, presented by the MRC-Arthritis Research UK Centre for Integrated research into Musculoskeletal Ageing (CIMA), demystified the ageing process by demonstrating how everyday behaviours and choices affect long-term musculoskeletal health.

3 weeks, 3 hours per week



Professor Malcolm Jackson

MRC-Arthritis Research UK Centre for Integrated research into
Musculoskeletal Ageing (CIMA)



The
University
Of
Sheffield.



In association with



The person named on this certificate has completed the activities in the attached transcript. For more information about Certificates of Achievement and the effort required to become eligible, visit futurelearn.com/proof-of-learning/certificate-of-achievement.



This certificate represents proof of learning. It is not a formal qualification, degree, or part of a degree.

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87%
OVERALL
SCORE

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STUDY REQUIREMENT

3 weeks, 3 hours per week

LEARNING OUTCOMES

- Identify the key components of the musculoskeletal system and explain how they fit together.
- Explain how ageing affects the musculoskeletal system.
- Describe common age-related problems of the musculoskeletal system.
- Discuss the impacts of musculoskeletal ageing on society and quality of life.
- Explore the impact of physical activity and inactivity on bones, muscles and joints.
- Identify the most important nutritional factors required for a healthy musculoskeletal system.
- Discuss how ageing and other factors affect nutritional needs and dietary habits for the musculoskeletal system.
- Explain how scientists and health professionals determine dietary requirements.
- Identify good dietary and other sources of essential nutrients.

SYLLABUS

- **What is musculoskeletal health?**
Identify the components of the musculoskeletal system and explain how they fit together. Find out how ageing affects the musculoskeletal system; learn about common, age-related musculoskeletal disorders; and discuss the impact of such disorders on society and quality of life.
- **How can exercise benefit the musculoskeletal system?**
Explore the impact of physical activity – and inactivity – on bones, muscles and joints. Find out why exercise can be good and bad, not just for cardiovascular health, but also for your musculoskeletal system as you age. Examine, through case studies, why clinical care teams make decisions about physical activity as they do.
- **How can diet benefit the musculoskeletal system?**
Extend your knowledge of the role of nutrition in musculoskeletal health, learn which foods provide important nutrients for our muscles and bones, and understand how dietary recommendations for musculoskeletal health change as we age.