

CAT 4 RESOURCE DEVELOPMENT

GROUP 4-025

Project Senes

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ABSTRACT

Project Senes is a user-friendly, interactive, and informative website aimed at people aged 30 and above to learn more about the causes and consequences of sarcopenia. This website contains information about sarcopenia and some of the methods one can use so that sarcopenia can be prevented or slowed down in our ageing society. This website also provides simple exercises that one can do in his or her free time to prevent or slow down sarcopenia. The intensity of these exercises can be altered to suit people from all walks of life so that anyone and everyone can implement the exercises into their daily lifestyle. Equipped with this profound knowledge of sarcopenia, one can then know and understand the consequences of sarcopenia and the measures that can be taken to delay the effects of it.

1 Introduction

1.1 Rationale

Seeing that Singapore is an ageing population, we decided to tackle the problem of a sedentary lifestyle in people, especially the elderly. However, we felt that a sedentary lifestyle has many different aspects and thus we wanted to focus on a more specific problem related to a sedentary lifestyle. After researching, we realised that sarcopenia is a common disease especially in the elderly, affecting an estimate of 13% of people aged 60-70 years old, yet it is still largely unknown to many. Furthermore, in Singapore, we have an ageing population. Thus all the more we need to take notice and raise awareness on the issue. Currently, our there aren't a lot of websites on sarcopenia, and even those few websites don't provide methods to prevent sarcopenia. Therefore, we have decided to come up with a website with a comprehensive guide to all the user needs to know about sarcopenia and the ways to effectively delay its deterioration.

1.2 Objectives

The objectives of Project Senes are to :

- Raise awareness on the consequences of Sarcopenia in the public
- Provide a platform where people can learn simple exercises to delay the effects of sarcopenia.

1.3 Target Audience

The target audience are people are 30 years old and above.

1.4 Resources

The resources created for this project are an integrated online platform that compiles information on sarcopenia. This also includes a simple set of exercises that anyone can easily do to keep fit and prevent sarcopenia. We have also created a poster, with many facts about sarcopenia that one should know, so as to raise awareness on what sarcopenia is.

2 Review

Currently, there are many websites online that provide information and ways to prevent different types of diseases. However, we realised that sarcopenia was still largely unknown, with existing websites being either unclear or not informative enough. As such, we felt that there was a need for a platform that compiled all this research and more, into easy, digestible bites for users to learn about sarcopenia. Furthermore, when

researching on ways to stop sarcopenia, most websites only provide a general scope of the type of exercises one should do, with no specific examples. Thus, we created our own set of workout with specific exercises that can fight to delay sarcopenia.

3 Methodology

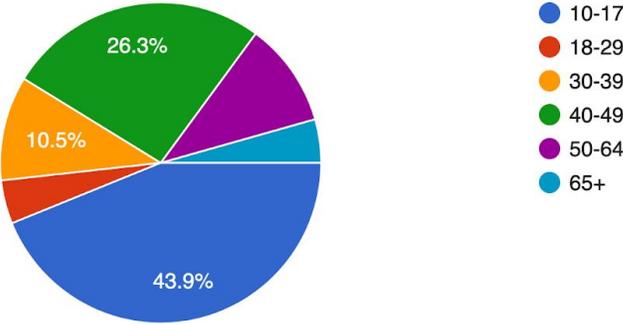
3.1 Needs Analysis

We conducted a needs analysis to ascertain the need and relevance of our project. This survey was done across 100 and more participants across different age groups. The feedback we received indeed confirms that not many people know about the importance of an active lifestyle, and thus the need for this project.

3.2 Survey Results

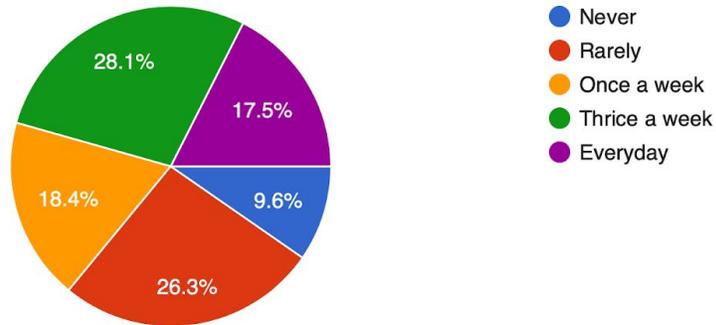
How old are you?

114 responses



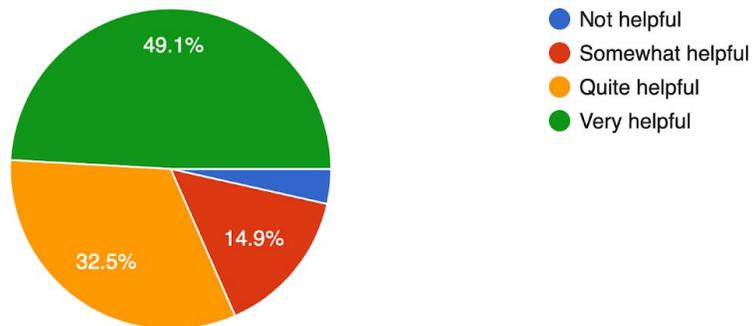
How often do you exercise?

114 responses



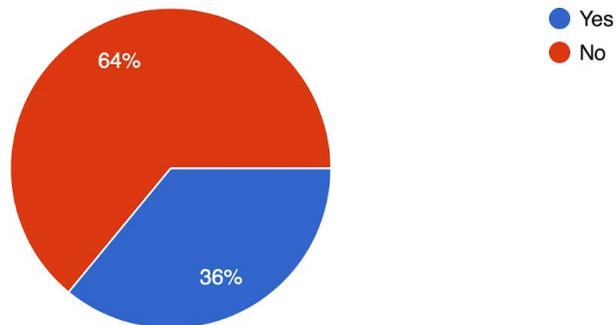
To what extent do you think exercising is helpful?

114 responses



Did you know that an inactive lifestyle can lead to faster bone loss?

114 responses



Our results showed that a majority of people are not very active and that not many people really understand some of the consequences that result due to a sedentary lifestyle, but it seems due to the hectic lifestyles of the 21st century, people have less time to exercise.

3.3 Development of Resources

A research was conducted on the causes, factors that cause acceleration, symptoms, and ways to prevent sarcopenia. These information were retrieved from different articles, research pages and books. After we compiled all this information, we rearranged and summarized it in a more simple and comprehensive but yet informative arrangement.

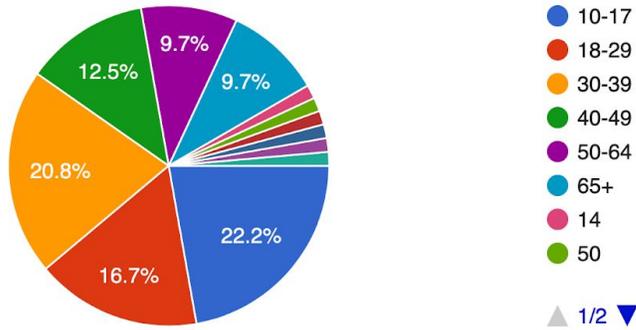
3.4 Pilot Test

We conducted a pilot test involving 72 people of different age groups. We showed our

respondents our website and these were their comments and responses.

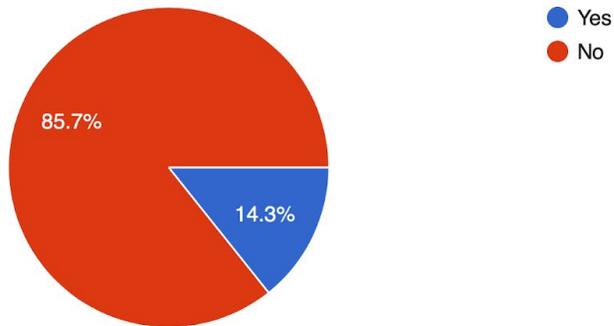
How old are you?

72 responses



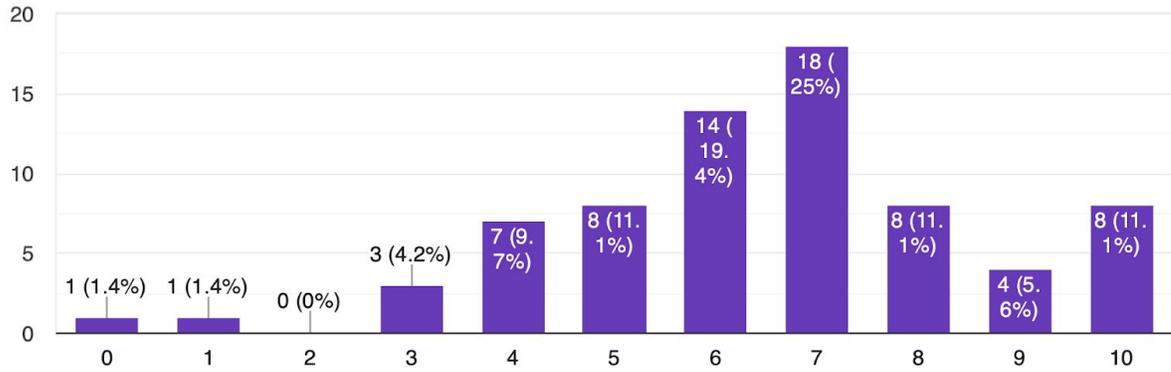
Before looking at our website, did you know what Sarcopenia is?

70 responses



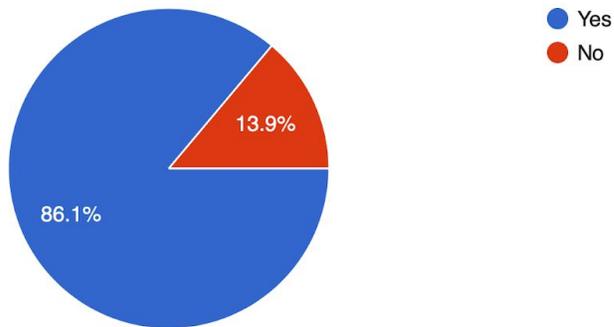
Has this website helped you learn more about Sarcopenia?

72 responses



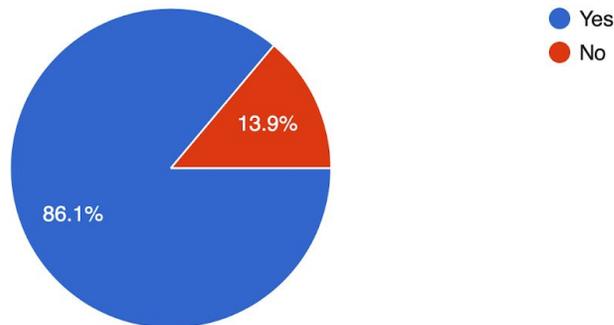
Do you think that the simple exercise were useful?

72 responses



Do you think that knowing about Sarcopenia is important after looking at our website?

72 responses



Furthermore, we also interviewed a 36 year old for him to provide some extra insight on our website. He commented that our resource was good overall, but still has room for improvement, such as implementing more exercises in our resource and even organising talks and events to educate people about sarcopenia and its consequences. He believes that in such a fast paced society of Singapore, many young people are too focused on their careers and thus neglect their own physical health. With very little free time, they prioritize money and work over their physical and mental state of health. Thus, our set of simple exercises are perfect for a quick and easy workout, especially for those who do not have much free time.

Based on the results, people did not know much about sarcopenia before looking at our website. However after they looked at our website, most of them agreed that they learnt something knew about sarcopenia and believe it is important knowledge. Furthermore, our simple set of workout also proved to be welcomed, with many comments claiming that it was simple and easy to understand. However, there were also comments stating that our font size was too small our information was too wordy. Generally, most suggestions for improvement revolved around the user-friendliness of the website.

4 Outcome and Discussion

Building on the suggestions and comments we received, we enlarged the font size and decreased our word count. We summarized the main points of our information such that we could deliver it in smaller bits that can be easily processed and understood. Overall, we made the website more user-friendly, interactive and convenient for the user as a whole so that they could learn more about sarcopenia and the ways to delay it.

5 Conclusion

Project Senes was a project that was difficult and tough due to the many hours put in research and creating our resource package. However, through this journey creating this project, each of us members have learnt many valuable lessons and picked up new and necessary skills we will use later on in the future. Due to it being a year-long assignment, our project required us to have a sense of time-management. When none of us were willing to do our work, our leader, Lin En, stepped up and encouraged our groupmates, reminding them of the consequences of not taking this project seriously, displaying his trait of leadership. Most important of all, all of us learned the value and importance of teamwork. Naturally, we did have our disagreements as a group. Despite these setbacks, over the course of the year, we have learnt how to compromise and respect each other's opinions. In conclusion, beyond just ideation, research and presentation skills, this yearlong project has instilled in us many values that will assist us in the future.

6 References

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