

## **Workbook : Collagen.**

This workbook has been designed to be used in conjunction with the course reading booklet. You are free to complete as few or as many of the tasks as you wish. The workbook can then be added to your CPD portfolio as evidence of your activity. It also provides room for you to reflect your thoughts in relation to this course and your learning experience.

## **Self-assessment : Collagen.**

1.	Which is the predominant type of collagen found in the body?
2.	Describe the general function of Type IV collagen.

3.

Discuss how the structure of the collagen molecule contributes to its properties.

4.	Name the steps in the synthesis of collagen, and give a brief description of each.
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5.	What is the difference between procollagen and collagen?
6.	The balance of which two activities controls the process of collagen remodeling?
7.	What protects the collagen molecule from breakdown by collagenases?

8.	Briefly discuss the processes of regulation of collagen degradation.
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## Reflection.

Take some time to think about the learning that you have completed using this course. Was it useful, was it interesting, was it applicable to your practice? Is there anything in particular you have gained from the course, and does it encourage you to alter your practice? Have you enjoyed it?

These are all questions you should ask yourself before you complete your reflective account below, as these are key points that you need to mention.

How much time have you spent completing this course?	
Did you complete the course on your own, or as part of a learning group?	

Your general reflective account :

Key Learning / Practice points (list up to 5) :

1.

2.

3.

4.

5.



If you feel you have any further comments to make about your learning, please use the space below.

