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# Introduction to Podiatry

## Lesson Information

Target Audience: Pupils aged 14-15

Duration: 45–60 minutes

Topic: Introduction to Podiatry

## Learning Outcomes

By the end of the lesson, pupils will be able to:

• Explain what a podiatrist is and what they do.

• Identify who podiatrists support and why.

• List common conditions treated by podiatrists.

• Understand the qualifications and qualities needed to become a podiatrist.

• Recognise where podiatrists work.

• Engage in a shoe health activity and answer quiz questions.

## Lesson Outline

1. Introduction (5 minutes)

- Brief discussion: Who has heard of a podiatrist? What do they think they do?

2. What is a Podiatrist? (5 minutes)

- Definition and explanation using slide 1.

3. Who Do They Support & Conditions Treated (10 minutes)

- Show slides 2–3 and discuss patient groups and foot health conditions.

4. Qualifications, Qualities & Workplaces (10 minutes)

- Show slides 4–5 to discuss the training required, key skills, and typical workplaces.

5. Interactive Activity: Spot the Shoe (10 minutes)

- Pupils look at images of shoes and vote good/bad for foot health.

- Group discussion: Why are some shoes better than others?

6. Quiz (5–10 minutes)

- Use slide 8 to run a short quiz. Pupils answer multiple-choice questions.

7. Summary & Questions (5 minutes)

- Recap the role of podiatry and answer any pupil questions.

## Resources Needed

• PowerPoint presentation (Improved Podiatry Presentation)

• Images of different shoes (good vs bad for foot health)

## Assessment

• Informal assessment through class discussion, activity participation, and quiz results.