

# Canine Conditioning Academy

## Licenced Instructor



### At a glance...

#### Assessed Customised Provision

Duration Notes:	1 Year
Delivery Method:	Theory and Practical
Prerequisites:	Canine Therapist or Trainers

### Introduction

The Instructor course is bridging the gap between sports fitness training and canine therapy and gives a framework for correct and canine specific conditioning.

In equine and human training, it is usual to incorporate all elements of fitness to create great physical condition.

This course is designed for dog professionals who want to learn advanced techniques in the new field of canine conditioning and fitness.

### Overview in brief

The CCA Instructor training course is unique. We have taken the most up to date scientific research in conditioning and fitness principles and practice to design our CCA conditioning programmes.

We are building on more than 30 years of experience in the fields of therapy and rehabilitation both in dogs, horses and humans too.

This course pulls together current research from conditioning and fitness giving our students the most relevant scientific thinking to form the basis from which to excel in this new field of Canine Conditioning.



At CCA we have created safe exercises that are proved to correctly condition muscles in a measurable way, as part of a balanced and thorough canine conditioning programme.



We take a step by step approach beginning at the core, and moving toward sport specific training, using methods and easily sourced equipment that can be integrated into your dog's' lifestyle. You will be taught how to condition the healthy dog.

This is NOT training in physiotherapy or rehabilitation from injury. You will be taught 4 assessment techniques to ensure a dog is suitable to train or needing to be referred to the vet or relevant canine therapist.

## The finer details

The CCA Instructor course will provide students with in-depth knowledge and understanding of the principles and practical application of the CCA canine fitness, training and conditioning programme.

This course explores the science and art of canine conditioning and students will be taught to critically evaluate canine condition and implement the Canine Conditioning Academy programmes. It is a measurable programme, easy to understand and safe and enjoyable for dogs.

The qualified CCA Instructor will be able to:

- Assess a dog's condition using static, dynamic, ground and range of motion analysis techniques
- Prescribe a conditioning programme for healthy dogs to support their needs
- Teach conditioning classes
- Train sports teams
- Advise individuals who want to improve their dog's condition and performance
- Meet measurable goals in canine conditioning and fitness
- Teach foundation exercises that are safe for all ages of dogs from puppy to senior
- Critically assess a dogs conformation and gait.

This course is a one-year programme of study including:

- 8 practical days as 2 day workshops – 4 levels to complete – Foundation, Intermediate, Advanced and Assessment. These practical days are held at the CCA using your own and client's dogs and held at 4 monthly intervals. Please note if you do not have a suitable dog, we can pair you with someone who does.
- 9 modules by guided study of interesting theory in a mix of written assignments to be completed between the practical modules



- 9 Case studies
- Visits to sporting events throughout the year will be encouraged
- CPD hours each year post qualification.



## Who should attend?

This course is designed for canine therapists working within the canine industry or trainers who participate in canine activities. You will need to enjoy study and writing assignments as well as working practically with your own, and other peoples' dogs.

## What will be covered?

### **The qualified CCA Instructor will be able to:**

- Assess a dog's condition using static, dynamic, ground exercises and range of motion analysis techniques
- Critically assess conformation and gait
- Prescribe a conditioning programme to suit the individual dog's needs
- Teach conditioning classes at Foundation, Intermediate and advanced
- Train sports teams
- Advise individuals who want to improve their dog's condition and performance
- Meet measurable goals in canine conditioning and fitness
- Teach foundation exercises that are safe for puppies through all ages to senior
- Fully assess a dog for suitability to train or be confident to refer to a Vet or relevant therapist
- Understand and explain the elements of total fitness.

