

Module specification

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Module code	ANM522
Module title	Conditioning and Sports Performance
Level	5
Credit value	20
Faculty	FSLS
HECoS Code	100522 100523

Programmes in which module to be offered

Programme title	Is the module core or option for this programme
FdSc Canine Behaviour Training and Performance	Core

Pre-requisites

N/A

Breakdown of module hours

Learning and teaching hours	15 hrs
Placement tutor support	0 hrs
Supervised learning e.g. practical classes, workshops	15 hrs
Project supervision (level 6 projects and dissertation modules only)	0 hrs
Total active learning and teaching hours	30 hrs
Placement / work based learning	0 hrs
Guided independent study	170 hrs
Module duration (total hours)	200 hrs

For office use only	
Initial approval date	12/05/2022
With effect from date	September 2023
Date and details of revision	
Version number	1

Module aims

This module explores canine conditioning techniques and performance analysis. Students will gain knowledge of how to prevent injuries in dogs through correct conditioning and critical evaluation of performance. There will also be opportunities to explore rehabilitation techniques following injury and the roles of ancillary professions such as physiotherapy and veterinary nursing.

Module Learning Outcomes - at the end of this module, students will be able to:

1	Formulate conditioning exercises to enhance performance for a range of activities
2	Critically evaluate therapeutic interventions for a range of canine conditions

Assessment

Indicative Assessment Tasks:

This section outlines the type of assessment task the student will be expected to complete as part of the module. More details will be made available in the relevant academic year module handbook.

1. Coursework: Formulate conditioning exercises to enhance performance for a range of activities. (2000 words equivalent).
2. Written assignment: Critically evaluating therapeutic interventions for a range of canine conditions (2000 words).

Assessment number	Learning Outcomes to be met	Type of assessment	Weighting (%)
1	1	Coursework	50
2	2	Written Assignment	50

Derogations

N/A

Learning and Teaching Strategies

A blended format will be utilised to deliver this module. An active and inclusive learning environment aligned to Universities ALF will enable flexible, accessible, and individualised learning opportunities for students. This approach will include both synchronous and asynchronous learning. Practical sessions and workshops will enable students to implement theory in practice. Assessments will take place at the end of the module.

Indicative Syllabus Outline

Principles of injury prevention, class preparation warm up and cool down, foundation conditioning exercises, equipment types and uses, contra-indications, proprioception, increasing muscle and strength balance, developing focus and endurance, developing flexibility and stability, gait analysis. Rehabilitation techniques, legislation and representative bodies, licence to practice, referral procedures, selecting a practitioner, hydrotherapy, treadmill, heat therapy, physiotherapy, laser therapy, electrotherapy, therapeutic ultrasound, massage, McTimoney, complementary therapies, evidence-based treatments.

Indicative Bibliography:

Please note the essential reads and other indicative reading are subject to annual review and update.

Essential Reads

Zink, C. and Van Dyke, J.B. (eds) (2018) *Canine Sports Medicine and Rehabilitation*. New Jersey: John Wiley & Sons.

Other indicative reading

Millis, D. and Levine, D., (2013), *Canine Rehabilitation and Physical Therapy*. Philadelphia: Elsevier Health Sciences.

Employability skills – the Glyndŵr Graduate

Each module and programme is designed to cover core Glyndŵr Graduate Attributes with the aim that each Graduate will leave Glyndŵr having achieved key employability skills as part of their study. The following attributes will be covered within this module either through the content or as part of the assessment. The programme is designed to cover all attributes and each module may cover different areas.

Core Attributes

Engaged
Creative
Ethical

Key Attitudes

Commitment
Curiosity
Resilient
Confidence
Adaptability

Practical Skillsets

Digital Fluency

Organisation

Critical Thinking

Emotional Intelligence

Communication