

Canine Conditioning Coach Prospectus



Molly Phillips

Part Time study - 1 year

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Fee: £3200



Course overview

The Licenced CCA conditioning Coach 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 programs.

The Founders have more than 30 years of experience in the fields of therapy and rehabilitation in dogs, horses and humans. With their combined skills the CCA conditioning concept has been developed and tested since 2013.

This course pulls together current research in 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.

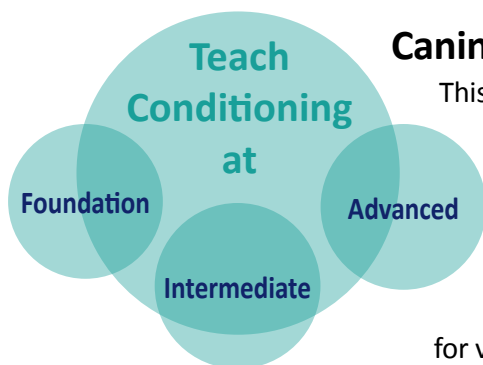
At the CCA we have created safe exercises that are proved to correctly condition muscles in a measurable way, using form focused, science based, balanced and thorough canine conditioning programmes.

We take a step by step approach beginning with the CCA "Formula 14" Core Conditioning Foundation workshop, and progressing to the intermediate and advanced exercise combining programs. We use safe methods and easily sourced equipment that can be integrated into your dog's lifestyle.



What Are You Licenced to do as a CCA Coach:-

- Assess a dog's condition using the CCA 5 stage assessment techniques.
- Teach 121 Conditioning Training
- Teach conditioning classes at Foundation, Intermediate and Advanced levels.
- Train sports teams, clubs and groups who want to improve condition and performance.
- Meet measurable goals in conditioning and fitness.
- Teach groups or individuals at every life stage, young, adult, veteran, canine couch surfers to top sporting athletes.
- Teach our foundation level for puppies and growing dogs, assured that all exercises are safe and beneficial.
- If you have canine therapy qualifications, you can use CCA exercises with your clients when covered by dual vet consent, therapy and conditioning.



Canine Conditioning Only

This training course is canine conditioning only. You are training to become a Canine Conditioning and Fitness Coach, the equivalent to a personal trainer for humans. We do not teach or imply that any of the practices or techniques derived/learnt from the CCA are in any way veterinary medicine, nor animal rehabilitation techniques or any other therapeutic discipline. Any aspects of the training cannot be considered as a substitute for veterinary medicine under any circumstances.

Accreditation

We are a LANTRA Customised Provision Provider.



<https://www.lantra.co.uk/course/canine-conditioning-instructor>

The LANTRA membership and approval for Customised Provider status followed a rigorous assessment of the Canine Conditioning Academy course, and how we assess our students. LANTRA also state that "animal welfare lies at the heart of our courses. From farming to conservation, our courses are compliant with best practice and promote high welfare standards." At the CCA we are proud to be part of LANTRA Awards. You are entitled to a LANTRA Certificate of completion, this costs £75 plus VAT and needs to be ordered through us.

Entry Requirements



This course is open to canine professionals working within the canine industry, Canine Therapists, Vet nurses and Veterinarians. Individuals who can evidence appropriate prior learning and experience can apply and will be assessed on an individual basis. This course is accredited at the equivalent to a level 4 OFQUAL educational standard. You will need to enjoy study and researching subjects online and via the recommended literature. You will also need to have the self-discipline to work to deadlines and to work on your own whilst doing the home study. This course will require you to spend at least one full day a week either studying, writing assignments or working practically with dogs.

Course Delivery

The course is delivered via a blended learning approach to education which combines online educational materials, lectures, videos and interaction along with traditional based classroom methods.

Course Content

Theory

lectures and home study

- Anatomy & Physiology
- Skeletal Development and its relationship to Canine Conditioning
- Soft Tissue
- Neurology
- Conformation and Kinesiology
- Dynamic and static posture analysis
- Pathology
- Exercises physiology
- Canine Sports Science
- Gait assessment
- S.M.A.R.T Objectives when planning programmes
- Learning Styles
- Programmes – tailored and unwinding
- Lesson planning
- Teaching Skills
- Professional conduct and scope of practice

Assessment

You will be assessed through a combination of coursework modules, practical assessments and written examinations. You will need to pass each module before continuing on to the next stage. There will be a 2days formal assessment of practical and theory to ensure students are competent and confident to move forward in their own businesses and to deliver CCA Conditioning programmes. This will consist of a mixture of discussion, revision, some new topics, individual portfolio overviews, written questions and practical assessments.

Comprehensive Professional Course

This is a comprehensive professional accredited course which requires commitment and dedication to be successful. The course includes theory modules case studies and practical teaching. Please consider these details carefully prior to signing up for the Licensed Canine Conditioning Coach programme. You will be responsible for managing your workload and getting your modules submitted within the time frame outlined. Some modules may take a few intensive days to complete. For the case studies you will need some willing and committed volunteers to complete 8 weeks of training. Please discuss this with us should you have any questions regarding this commitment.

If you are new to study, returning to study, or submitting written work then we strongly advise that you undertake a couple of 'trial' questions similar to those asked in the theoretical part of the course. This is in order that you will have a chance to understand the study level required through course.

Please ensure you fully understand the commitment and the workload before undertaking this course. You will have home study work to do, and as much as we hope you enjoy this it WILL take time each week to complete.

Practical

- 110 exercises at Foundation Intermediate and Advanced
- 64 hours face to face lectures and practical training
- 9 individual '8 week' Case Studies = 216 hours of canine exercise practical work
- Video analysis of teaching

Comprehensive
Professional
Course

Form Focused,
Science Based,
Canine Conditioning
Programmes.

Application

You are applying to become a licenced conditioning coach with the Canine Conditioning Academy and will be required to adhere strictly to the limits of the licence. You will need to attend CPD events annually to keep you up to date with techniques and research and will also need to have insurance and Canine and human first aid certificates.

There is currently a fee of £160 per year to retain your licence.

The job of a Canine Conditioning Coach is very rewarding and you become a key part of a dog's life, be that as a team conditioning coach working with their sports coach or working individually with dogs to improve their physical condition and improve their quality of life. We now have many successful coaches who have varied applications, some are teaching classes and some are training teams. If you have canine therapy qualifications, you can use CCA exercises with your clients when covered by dual vet consent, therapy and conditioning.

Applications are via the website

<https://www.canineconditioningacademy.co.uk/cca-instructor-1-year-course/>



Comprehensive
Professional
Course

WE LOOK
FORWARD TO
WORKING WITH
YOU

Testimonials

BEFORE



AFTER



I'm a Canine Massage Practitioner, my background is in human competitive sport and of course the science behind it. However, I was left scratching my head in clinic when, despite many of the dogs I treat being very fit and healthy I repeatedly saw the same muscles in spasm.

I needed to find out why and help dogs in a more proactive, sustainable way. When the opportunity came up to apply for the Canine Conditioning Academy Coach Programme and knowing the backgrounds of the course providers Emma Overend and Roz Davies, I literally leapt at it.

It is a very comprehensive course, with in depth anatomy and the most up to date sport science modules to complete among other modules which serve to cement your knowledge.

Not only did the course give me the answers I was searching for I can now help dogs proactively by giving dog owners the skills to help their dogs for the rest of their lives.

The results are just mind blowing, we are literally changing dogs lives!

I have, twice now, been complimented by Dick White Referral centre vets in Newmarket for the condition of the dogs who have participated in my 8 week classes and how having such a strong core has speeded up their recovery quite remarkably. Wow!

The CCA Coach Programme is the only course I have undertaken which paid

for itself in 12 months! The support you receive from Emma and Roz is unprecedented. The CCA are always researching the latest sport and anatomy science to ensure coaches are at the top of their game. If you take joy in seeing dogs transform before your eyes, if you want to be involved in developing happier healthier dogs for owners then this course is for you. *Angela Day*

The CCA Instructor course is very user friendly. It is split into various written modules, interspersed with practical hands on days where you put what you have learned into practice. There is a lot of information and I have learned a huge amount. As a qualified canine massage therapist, this course has really helped to hone my observation skills. I'm looking forward to using the conditioning knowledge to help my massage clients, as well as running general conditioning classes. *Rachel Reid - Canine Massage Therapist, Kernow K9 Massage*

If you are serious about conditioning and learning the correct science behind it this is the course for you. It is intensive and there is a lot to learn but I thoroughly enjoyed it and I now feel confident in my knowledge to teach correct conditioning for owners and their dogs. Great course, fantastically knowledgeable and helpful instructors. Well-paced but I did have to be self-disciplined. Highly recommend this course. *Gillian Holt*