

CANINE CONDITIONING COACH PROSPECTUS



Molly Phillips

Part Time study - 1 year

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Course Overview

The Licenced CCA Canine Conditioning Coach 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 course has been developed and successfully taught and implemented since 2013.

This course pulls together current research in conditioning and fitness from Human, Equine and Canine, giving our students the most relevant scientific thinking to form the basis from which to excel in this growing field of Canine Conditioning. At the CCA we have created safe effective exercises that are proven to correctly condition the body in a measurable way, using form focused, science based, balanced and thorough canine conditioning programmes.

We take a step by step approach beginning with our Core Conditioning Foundation programme and progressing to intermediate and advanced exercise cross training programs. We use safe methods and easily sourced equipment that can be integrated into your dog's lifestyle.

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.



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

- Assess a dog's physical condition using the CCA 6 stage assessment method.
- 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.
- If you have canine therapy qualifications, you can use CCA exercises with your clients when covered by dual vet consent, therapy and conditioning.

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.



Course Content - Theory, Practical lectures and home study

- Anatomy & Physiology
- Skeletal Development and adaptations to conditioning
- Soft Tissue adaptations to conditioning
- Neurological adaptations to conditioning
- Conformation - critical assessment
- Kinesiology and Gait assessment
- Dynamic and static posture analysis
- Pathology and lameness
- Canine Sports Science and Exercises physiology
- The Canine Core
- Proprioception
- Flexibility
- Strength
- Cardiovascular adaptations to exercise
- The stresses of canine sports
- Tailoring exercises to address weakness
- Tailoring exercise to support the sporting dog
- Unwinding the canine athlete - promoting a balanced body
- Canine behaviour and learning
- Canine Nutrition
- S.M.A.R.T Objectives when planning programmes
- Teaching Skills and Learning Styles
- Lesson planning
- Professional conduct and scope of practice
- Over 100 exercises
- Plyometrics
- Exercise programmes from puppy to senior and everything in-between

Comprehensive Professional Course

- 110 exercises at Foundation Intermediate and Advanced
- 64 hours face to face lectures and practical training
- 6 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.

Accreditation

We are accredited by UK Rural Skills.



We have followed a rigorous assessment of all the aspects of the Canine Conditioning Academy course, including



how we teach and assess our learners. Our courses are compliant with best practice and promote high welfare standards. At the CCA we are proud to be part of UKRS. On successful completion of your course, you will receive a certificate from the CCA and UKRS.

Entry Requirements

This course is open to canine professionals working within the canine industry. Canine therapists and human therapists, Vet nurses, Veterinarians and Dog trainers. 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 3 to 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 time and self-discipline to work to deadlines and to work on your own whilst doing the home study.

To get the most out of this course and to succeed, you will need to spend around one day a week either studying, writing assignments and case studies or working practically with dogs. Please consider this carefully before applying. We want you to enjoy our course and not feel you don't have enough time to do the work.

Your Commitment



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.

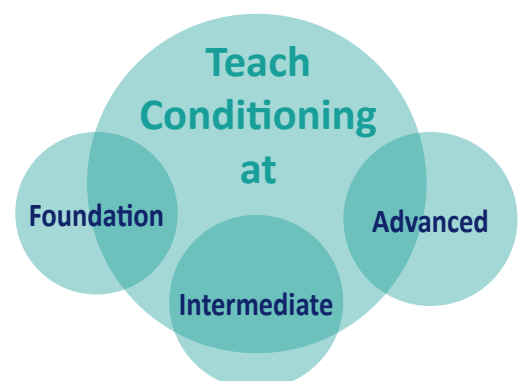
You will be responsible for managing your workload and getting your modules submitted within the time frame outlined. Some modules may take a few intensive days to complete. For the case studies you will need some willing and committed volunteers to complete 8 weeks of training. Please discuss this with 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 so you will have a chance to understand the study level required throughout the course.

Canine conditioning and fitness only

You are training to become a Canine Conditioning and Fitness Coach only, the equivalent to a personal trainer for humans.

We do not teach any of the practices or techniques of rehabilitation from injury or surgery. Any aspects of the training cannot be considered as a substitute for veterinary medicine under any circumstances.



How to Apply

To begin your application, email us at:
ccacoach@outlook.com

We will send you all the necessary information and materials. If you have any questions or would like to discuss your application or the course further, please request a call and we will be happy to arrange a suitable time for an informal chat.

You are applying to become a licenced conditioning coach with the Canine Conditioning Academy and will be required to adhere 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 £99 per year to retain your licence which also includes a free CPD day annually and ongoing support.

We have a coaches Face Book Page and chat where we share experiences and can discuss cases etc. All Coaches are welcome to join any practical sessions run for new cohorts to update their knowledge and use as CPD.



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](#)