

Prifysgol Wreccsam Wrexham University

Module specification

When printed this becomes an uncontrolled document. Please access the Module Directory for the most up to date version by clicking on the following link: [Module directory](#)

Module Code	ANM522
Module Title	Conditioning and Sports Performance
Level	5
Credit value	20
Faculty	Faculty of Social and Life Sciences
HECoS Code	100522
Cost Code	GAAN
Pre-requisite module	NA

Programmes in which module to be offered

Programme title	Core/Optional/Standalone
FdSc Canine Behaviour Training and Performance	Core

Breakdown of module hours

Learning and teaching hours	15 hrs
Placement tutor support hours	0 hrs
Supervised learning hours e.g. practical classes, workshops	15 hrs
Project supervision hours	0 hrs
Active learning and teaching hours total	30 hrs
Placement hours	0 hrs
Guided independent study hours	170 hrs
Module duration (Total hours)	200 hrs

Module aims

This module explores canine conditioning techniques used to enhance performance and reduce injury risk in sporting and working dogs. Students will examine conditioning programmes, rehabilitation approaches and therapeutic interventions used in canine performance management. The module also considers the relationship between pain, injury and behavioural change, emphasising welfare and evidence-based practice.

Module Learning Outcomes

At the end of this module, students will be able to:

1	Formulate and justify conditioning programmes designed to enhance performance and support injury prevention in canine sporting and working activities.
2	Critically evaluate therapeutic and rehabilitation interventions used in the management of canine musculoskeletal conditions and their impact on performance and behaviour.

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.

Assessment 1 Coursework:

Development of an evidence-informed conditioning programme to enhance canine performance and reduce injury risk, tailored to an individual dog or context and supported by appropriate justification.

Assessment 2 Written assignment:

Critical evaluation of therapeutic and rehabilitation interventions used in canine performance and recovery, supported by relevant evidence and applied to practice.

Assessment number	Learning Outcomes to be met	Type of assessment	Duration/Word Count	Weighting (%)	Alternative assessment, if applicable
1	1	Coursework	2000	50%	N/A
2	2	Written Assignment	2000	50%	N/A

Derogations

N/A

Learning and Teaching Strategies

This module will be delivered using a blended learning approach. An active and inclusive learning environment aligned with the University's Active Learning Framework (ALF) will support flexible, accessible and student-centred learning opportunities. Teaching will include a combination of synchronous and asynchronous activities, supported by practical sessions and workshops that enable students to apply theoretical concepts to canine conditioning and performance contexts. Assessments will take place towards the end of the module.

Welsh Elements

Consideration of conditioning and injury prevention in working dogs within Welsh rural contexts, including sheepdogs used in agricultural settings and the physical demands associated with rural working environments.

Students can present their work, access forms, resources, email correspondence, work placements and personal tutorials in Welsh.

Indicative Syllabus Outline

- Principles of canine conditioning and performance development in sporting and working dogs
- Preparation for physical activity, including warm-up and cool-down strategies, safe exercise progression and injury prevention
- Development of conditioning programmes to improve strength, endurance, flexibility, stability and proprioception
- Evaluation of conditioning equipment, training environments and contraindications for exercise
- Analysis of gait and movement patterns in relation to performance and injury risk
- Introduction to canine rehabilitation and recovery following injury
- Role of veterinary professionals and allied practitioners in rehabilitation
- Professional responsibilities, referral procedures and multidisciplinary collaboration in performance management
- Evaluation of therapeutic interventions, including hydrotherapy, physiotherapy, massage, laser therapy, electrotherapy, therapeutic ultrasound and complementary approaches
- Application of evidence-based practice in selecting therapeutic interventions
- Recognition of the relationship between pain, injury and behavioural change
- Identification of behavioural indicators of discomfort and altered performance
- Impact of pain on training engagement, motivation and welfare
- Importance of appropriate referral where clinical intervention is required

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.

Administrative Information

For office use only	
Initial approval date	April 2026
With effect from date	September 2026
Date and details of revision	
Version number	1