

## Module specification

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Module Code	ANM532
Module Title	Preparing Horses for Sport and Leisure
Level	5
Credit value	20
Faculty	SLS
HECoS Code	100936
Cost Code	GAAN

### Programmes in which module to be offered

Programme title	Is the module core or option for this programme
BSc (Hons) Equine Science and Welfare Management	Core

### Pre-requisites

There are no pre-requisites for this module.

### Breakdown of module hours

Learning and teaching hours	24 hrs
Placement tutor support	0 hrs
Supervised learning e.g. practical classes, workshops	6hrs
Project supervision (level 6 projects and dissertation modules only)	0 hrs
<b>Total active learning and teaching hours</b>	<b>30 hrs</b>
Placement / work based learning	0 hrs
Guided independent study	170 hrs
<b>Module duration (total hours)</b>	<b>200 hrs</b>

<b>For office use only</b>	
Initial approval date	15/5/24
With effect from date	September 2024
Date and details of revision	
Version number	1



## Module aims

This module aims to enable students to develop their knowledge and understanding of how to select and prepare horses for different sporting disciplines or leisure pursuits. It will enable them to investigate the methods of getting horses fit for various disciplines, and to understand associated physiological changes.

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

1	Critically evaluate horses' suitability for sporting disciplines and leisure purposes
2	Evaluate fitness plans compiled for horses for given disciplines.
3	Critically examine the physiological responses to exercise seen in the horse.

## Assessment

Indicative Assessment Tasks:

**Case Study** – A fitness plan will be compiled for given horse for a chosen equestrian discipline or leisure pursuit. The plan will be a detailed evaluation of the build-up of exercise over time and will provide an assessment of the suitability of the horse for the discipline selected. (Learning Outcomes 1 & 2: 2,000 words)

**Presentation** – A poster will be compiled to present an evaluation of the physiological changes that will occur in the horse's body as a result of the fitness plan detailed in coursework one. Students will present their poster in the form of a question-and-answer session with their Module Leader. (Learning Outcome 3: 10 minutes)

Assessment number	Learning Outcomes to be met	Type of assessment	Weighting (%)
1	1, 2	Written Assignment	60%
2	3	Presentation	40%

## Derogations

None

## Learning and Teaching Strategies

This module will be delivered through formal lectures, tutorials, seminar sessions and site visits. Practical sessions will be used where appropriate. Students will be encouraged to read round the subject and discuss this material during tutorial sessions.



## Indicative Syllabus Outline

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- Aims of training – leisure, competitive disciplines, physical / mental fitness, equine welfare
- Roughing off and bringing back from rest
- Care and welfare of horses after work
- Assessment of a horse's suitability for a discipline – type / breed, conformation, age, experience, temperament
- Assessment of fitness – physical condition, weight, heart and respiratory rate, recovery rate
- Fittening – compiling fitness programmes for specific disciplines that could include traditional fittening, interval training, road work, schooling, poles, grid work, jumping show jump / cross country courses, use of horse-walkers, treadmills, equine swimming pools.
- Competitive equestrian disciplines may include dressage, show jumping, eventing, endurance, racing, polo
- Leisure pursuits could include hunting, hacking, attendance at camps or clinics, farm rides
- Physiological adaptation to exercise – cardiovascular, respiratory, muscular-skeletal,
- Signs of horses not being fit enough for work – prolonged recovery rate, pulled muscles / tendons / ligaments, fatigue / lethargy, dehydration, behavioural changes, poor performance

## Indicative Bibliography:

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

### Essential Reads

Marlin, D. & Nankervis, K. (2002), *Equine Exercise Physiology*. Oxford: Blackwell Science.

### Other indicative reading

Ballou, J.A. (2009), *Equine Fitness*. MA: Storey Publishing.

Williams, G. (2014), *Horse Movement. Structure, Function & Rehabilitation*. London: J.A. Allen.

## Employability – the University Skills Framework

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Each module and degree programme are designed to support learners as they develop their graduate skills aligned to the University Skills Framework.

Using the philosophies of the Active Learning Framework (ALF) our 10 skills are embedded within programmes complementing core academic subject knowledge and understanding. Through continuous self-assessment students own their individual skills journey and enhance their employability and career prospects.

This Module forms part of a degree programme that has been mapped against the University Skills Framework.



**The Wrexham University Skills Framework Level Descriptors: An incremental and progressive approach.**

Learners can use this document to identify where and how they are building skills and how they can develop examples of their success.

