



Higher National Unit specification

General information for centres

Unit title: Equine Studies: Equine Fitness

Unit code: DP1J 34

Unit purpose: This Unit is designed to enable candidates to develop the skills and knowledge necessary to plan, implement and evaluate the effectiveness of fitness programmes for a specific purpose. Activities will be centred on supervising and implementing fitness programmes for a variety of horses from soft condition through to a novice performance programme. This Unit provides a solid base on which further equine fitness skills can be built. It will enable candidates to develop skills to appraise fitness and design, monitor and evaluate fitness programmes. The candidate will enhance their underpinning knowledge of the correct procedures and should be able to relate this to a practical situation.

On completion of the Unit the candidate should be able to:

- 1 Appraise the fitness of a horse.
- 2 Design a specific fitness programme for a horse.
- 3 Monitor and evaluate two fitness programmes

Credit points and level: 1 HN credit at SCQF level 7: (8 SCQF credit points at SCQF level 7*)

**SCQF credit points are used to allocate credit to qualifications in the Scottish Credit and Qualifications Framework (SCQF). Each qualification in the Framework is allocated a number of SCQF credit points at an SCQF level. There are 12 SCQF levels, ranging from Access 1 to Doctorates.*

Recommended prior knowledge and skills: It would be useful if the candidate had some general equine experience. This may be evidenced by possession of a relevant NC Unit in a related area, a similar qualification, or relevant experience.

Core Skills: There are opportunities to develop the Core Skills of *Communication* and *Problem Solving* at SCQF level 6 in this Unit, although there is no automatic certification of Core Skills or Core Skills components.

Context for delivery: If this Unit is delivered as part of a Group Award, it is recommended that it should be taught and assessed within the subject area of the Group Award to which it contributes.

General information for centres (cont)

This Unit is part of the Mandatory section of the HNC and HND in Equine Studies and will normally be delivered as part of the Group Award/s. It is a free-standing Unit and may be used for the purposes of continuing professional development.

The term 'horses' in this Unit includes thoroughbred and non-thoroughbred horses and ponies.

Assessment: This Unit is largely of a practical nature and all Outcomes could be assessed in one holistic assessment as a project. This should take the form of a practical assignment, where candidates assess horse's fitness then design, implement and monitor a fitness programme.

Higher National Unit specification: statement of standards

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The sections of the Unit stating the Outcomes, Knowledge and/or Skills, and Evidence Requirements are mandatory.

Where evidence for Outcomes is assessed on a sample basis, the whole of the content listed in the Knowledge and/or Skills section must be taught and available for assessment. Candidates should not know in advance the items on which they will be assessed and different items should be sampled on each assessment occasion.

Outcome 1

Appraise the fitness of a horse

Knowledge and/or Skills

- ◆ Assessment of fitness at rest including muscle development, physical condition, skin health, weight and temperament
- ◆ Assessment of fitness when worked including effects of exercise, recovery rates, stress, respiratory soundness and temperament

Evidence Requirements

Candidates will need to provide evidence to demonstrate their Knowledge and/or Skills by showing that they can:

- ◆ assess fitness in relation to condition in a horse at rest
- ◆ assess fitness in relation to performance in a horse when worked

Assessment Guidelines

All Outcomes should be assessed as one holistic assessment in the form of a practical assignment. The candidate should be given an exercise that ensures that they assess two types of horses and evidence of this should be by a report which will form part of the practical assignment.

Higher National Unit specification: statement of standards (cont)

Unit title: Equine Studies: Equine Fitness

Outcome 2

Design a specific fitness programme for a horse

Knowledge and/or Skills

- ◆ Range of fitness programmes available including interval training, conventional training and variations, for different types of horses
- ◆ Design and preparation of suitable fitness programmes for specific horses and purposes

Evidence Requirements

Candidates will need to provide evidence to demonstrate their Knowledge and/or Skills by showing that they can:

- ◆ design and prepare suitable fitness programmes for horses for specific purposes

Assessment Guidelines

All Outcomes should be assessed as one holistic assessment in the form of a practical assignment. Candidates should be given an exercise that ensures that they can design and prepare fitness programmes for two different types of horses and evidence for this should be in the report.

Outcome 3

Monitor and evaluate two fitness programmes

Knowledge and/or Skills

- ◆ Implementation of fitness programmes including daily routine, feeding, exercise, grooming and health
- ◆ Monitoring of changes in fitness including muscle development, temperament changes, condition and soundness
- ◆ Modification of programme where necessary including time-scale, fitness targets, health and soundness
- ◆ Comparison of results against pre-determined targets

Evidence Requirements

Candidates will need to provide evidence to demonstrate their Knowledge and/or Skills by showing that they can:

- ◆ monitor and evaluate two fitness programmes

Assessment Guidelines

All Outcomes should be assessed holistically in the form of a practical assignment. Candidates should be given an exercise that ensures that they monitor and evaluate two fittening programmes for two different types of horses so they may relate to this when completing their report.

Administrative Information

Unit code: DP1J 34
Unit title: Equine Studies: Equine Fitness
Superclass category: SH
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Version	Description of change	Date

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Higher National Unit specification: support notes

Unit title: Equine Studies: Equine Fitness

This part of the Unit specification is offered as guidance. The support notes are not mandatory.

While the exact time allocated to this Unit is at the discretion of the centre, the notional design length is 40 hours.

Guidance on the content and context for this Unit

The aims of this Unit are to develop the candidate's skills and knowledge necessary to plan, implement, monitor and evaluate the effectiveness of fitness programmes for a range of horses/ponies for specific purposes. The range of horses/ponies will include thoroughbred and non-thoroughbred.

The Unit primarily aims to develop the skills and knowledge to enable the candidate to get a horse fit for a specific purpose without causing detriment to the animal's health and well being.

Lectures and tutorials would be supported by practical exercises, and evidence of actual work experience would be beneficial.

Outcome 1 introduces the candidate to the skills of assessing the fitness of horses both at rest and when ridden and discusses the importance of physical condition, muscle development, temperament, effects of exercise, recovery rates, stress and respiratory soundness.

Candidates should be able to recognise the different levels of fitness from soft condition through to a novice performance programme.

Outcome 2 identifies the range of fitness programmes available, including interval training, conventional training and variations. Candidates would also improve their skills in selecting and preparing suitable fitness programmes for specific horses. The fitness programmes selected should enable the candidate to get a horses fit for any purpose ranging from soft condition through to a novice performance programme.

Outcome 3 provides the candidate with the knowledge and skills to implement a fitness programme which would include daily routine, feeding, exercise, grooming and health.

Candidates will gain an understanding of the importance of monitoring changes in the horse and the relevance of modifying the programme to reflect these changes.

Candidates will gain an insight into the problems encountered and modifications required when following fitness programmes.

Guidance on the delivery and assessment of this Unit

The evidence for Outcome 1 will be by submission of a report relating to the fitness level of two horses observed both at rest and while being worked.

The evidence for Outcome 2 will be by submission of a report relating to the selection and design of a fitness programme for two horses.

Higher National Unit specification: support notes (cont)

Unit title: Equine Studies: Equine Fitness

Opportunities for developing Core Skills

There are opportunities to develop the Core Skills of *Communication* and *Problem Solving* at SCQF level 6 in this Unit, although there is no automatic certification of Core Skills or Core Skills components.

Open learning

This Unit is well suited for delivery by both open and distance learning where the candidate has appropriate workplace, home based or other facilities to carry out the practical assignments, and adequate supervision and support is available. This will require careful planning by the centre to ensure the sufficiency and authenticity of candidate evidence. It may be necessary for an “on-line support” tutor to be involved. In situations where the student completes work away from the centre, regular contact with tutors will be necessary. This may take the form of visits by the tutor to the student or vice versa. It is at the discretion of the centre as to whether assessments take place at the centre, workplace or at home.

Candidates with disabilities and/or additional support needs

The additional support needs of individual candidates should be taken into account when planning learning experiences, selecting assessment instruments, or considering alternative Outcomes for Units. Further advice can be found in the SQA document *Guidance on Assessment Arrangements for Candidates with Disabilities and/or Additional Support Needs* (www.sqa.org.uk).

General information for candidates

Unit title: Equine Studies: Equine Fitness

This Unit is designed to enable you to develop the skills and knowledge associated with getting horses fit.

It covers three main areas appraising the fitness of horses, designing specific fitness programmes and monitoring and evaluating programmes.

On completion of this Unit you should have achieved the skills and knowledge necessary to be competent to plan implement and monitor the effectiveness of fitness programmes for any purpose ranging from soft condition through to a novice performance programme.

In order to complete the Unit you will be expected to achieve a satisfactory level of competence in the knowledge and skills relevant to each Outcome and demonstrate the ability to put these skills into practice.

This Unit can be achieved without the need for you to ride the horses you are getting fit.

Assessment may take the form of one holistic assessment covering all Outcomes. The type of assessment could be by means of a practical assignment where you will produce a report showing that you have assessed the current fitness of two horses, then using this information you will design and implement a fitness programme for these two horses. The final part of your report will evaluate your fitness programme.