Access to Higher Education Unit

This unit forms part of an Access to HE Diploma. If delivering the graded version of this unit, please refer to the Provider Handbook for details on grading descriptors and the application of these across units within your programme.

Unit Title: Equine Fitness

Graded Unit Reference Number: GA36EQU04

Ungraded Unit Reference Number: UA36EQU04

Module: Equine Studies

Level: Three (3)

Credit Value: Six (6)

Minimum Guided Learning Hours: 60

Learning Outcome (The Learner will):	Assessment Criterion (The Learner can):
1. Understand the structure and functions of the equine cardiovascular and respiratory system.	1.1 Describe the gross structure of the cardiovascular and respiratory system in the horse. Identifying all the major organs within both systems and their roles.
	1.2 Discuss the structure of arteries, veins, and capillaries in relation to their functions.
	1.3 Describe and explain the key roles of both the cardiovascular and the respiratory system within the horse.
	1.4 Explain the influence of the nervous system on cardiac output during exercise.
	1.5 Explain how the structure of the cardiovascular and respiratory system adapts to suit the needs of the horse in training. Consider both long and short-term effects of training.
	1.6 Discuss the importance of monitoring techniques of adaptations within the cardiovascular and respiratory system when a horse is in a training programme.

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2.	Understand the structure and functions of the equine musculoskeletal system.	2.1	Describe the gross structure of the cardiovascular and respiratory system in the horse, identifying all the major organs within both systems and their roles.
		2.2	Discuss the structure of arteries, veins, and capillaries in relation to their functions.
		2.3	Describe and explain the key roles of both the cardiovascular and the respiratory system within the horse.
		2.4	Explain the influence of the nervous system on cardiac output during exercise.
		2.5	Explain how the structure of the cardiovascular and respiratory system adapts to suit the needs of the horse in training. Looking at both long and short-term effects of training.
		2.6	Discuss the importance of monitoring techniques of adaptations within the cardiovascular and respiratory system when a horse is in a training programme.
3.	Analyse fitness and training techniques	3.1	Describe the requirements of a fitness programme for a horse, including the preparation required along with the roughing-off process.
		3.2	Collate a variety of fitness and training techniques for a horse.
		3.3	Justify the use of each technique and what impact they can have.
		3.4	Clarify the reason for monitoring a horse's progress of a fitness plan and demonstrate an understanding of key indicators of fitness.
4	Demonstrate ability to develop a fitness & training programme for a horse	4.1	Be able to demonstrate creating a fitness programme for a horse who is aiming for BE100 taking the following factors into consideration - Current health - Current fitness level - Age - Previous injuries - Breed - Previous workload
		4.2	Justify timescales, goals, monitoring, and activities for the above programme

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