

# Champion Equine Sciences

## Rehabilitation and Conditioning Program

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### *Why our Program?*

Equine rehabilitation focuses on restoring or improving the health of horses, whether they are athletes, farm workers, or pets. Equine conditioning takes this to the next level by using standardized fitness assessments and the rider's competition goals to develop individualized and sport-specific exercise prescription leading to peak performance and prevention of sport-related injuries. At Champion Equine, a highly trained and educated team utilizes various modalities including wet/dry treadmill, cold salt hydrotherapy, chiropractic, massage, acupuncture, and exercise (therapeutic, aerobic, resistance, and sport-specific riding drills) to rehabilitate and condition horses. To our knowledge, **Champion Equine Sciences** offers the only Canadian-based equine **Rehabilitation and Conditioning Program**. Program contributors and guest speakers will often include individuals who specialize in veterinary medicine, physiology, sport medicine, chiropractic, massage, dentistry, and evidence-based research. This collaborative team meets the unique needs of athletic and working animals to optimize performance and provide rehabilitation after injury. Students will be instructed on rehabilitation therapies and conditioning techniques that have a specific scientific basis in either horses or humans.

### *What is the Rehabilitation and Conditioning Program?*

The **Rehabilitation and Conditioning Program** consists of four components:

1. **Course Study** – Students are responsible to study the material supplied by Champion Equine Sciences and to supplement this with the suggested text readings when necessary.
2. **Classroom and Hands-On Instruction** – Students attend classes at Champion Equine once a month (on a Friday and Saturday) and receive classroom and hands-on instruction. (May be dependent on course size, content and student need)
3. **Clinical Practicum** – Students are required to complete a 150 hour practicum (approximately 20 to 22 shifts), normally scheduled at the end of the program.
4. **Cumulative Exam** – Students must pass a cumulative examination covering all course and classroom material.

**Course Study:** A sequence of nine courses is designed to guide the student through the theoretical foundations of equine rehabilitation and performance conditioning. Students are

responsible to study the material supplied by Champion Equine Sciences and to supplement this with the suggested readings if an area of weakness is encountered or the student seeks additional understanding. Course study is complemented by classroom and hands-on instruction. Help with course content is available via email or scheduled appointment if students have questions outside classroom hours. Most courses have regularly scheduled quizzes and a final exam for the student to test their understanding of the material, and these will take place during classroom and hands-on instruction. Some courses may have small assignments or an independent research project. Courses are offered on a rotating basis each semester. Semesters are 12-weeks in duration and are offered in Winter (January), Spring (May), and Fall (September) of each year. It is recommended, although not necessary, that courses be taken in the order offered as subsequent courses assume a specific knowledge base has been attained.

**Classroom and Hands-on Instruction (when required):** The classroom and hands-on instruction consists of 8 days held at Champion Equine in Carstairs, AB. Classes are held on Friday 9:00 am to 4:00 pm and Saturday 8:00 am to 2:30 pm (1/2 hour for lunch) once a month throughout the semester. You will be notified of the exact dates upon acceptance into the program. The goal of classroom and hands-on instruction is for the student to begin to apply the theoretical knowledge gained through course study. To do this, clinical cases will be introduced to stimulate critical thinking and group discussions. Course quizzes will be completed during this time. We accept approximately 20 students to ensure personal time.

**Clinical Practicum:** The clinical practicum is 150 hours in length and based on-site at Champion Equine following a mutually agreed upon schedule between instructor and student. The practicum is designed to consolidate the theoretical knowledge and clinical skills learned throughout the courses, lectures, and hands-on time and thus make the student a competent rehabilitation and conditioning specialist ready for employment in the industry.

**Cumulative Examination:** Students will write a comprehensive examination at the end of the program, covering all course study material, classroom, and hands-on instruction. To be eligible to receive the **Champion Equine Sciences Certificate**, the student must complete all four components of the **Rehabilitation and Conditioning Program** and obtain a passing grade of 80% on the cumulative examination.

Students may take any of the courses offered by **Champion Equine Sciences** solely for personal interest and may not wish to complete the **Rehabilitation and Conditioning Program** in its entirety. In this case the student may opt out of the cumulative examination and/or clinical practicum and may only want to take select courses at his/her discretion.

## *Who is it for?*

**Champion Equine Sciences Rehabilitation and Conditioning Program** is designed for those who wish to pursue a career in the equine rehabilitation and performance industry or simply enhance their personal knowledge on a variety of equine topics. All of the courses are conducted in a combination format of home-study, classroom, and hands-on instruction. This format offers you the flexibility in choosing when, where, and how you wish to study while balancing work

and family commitments and caring for your horse. The **Rehabilitation and Conditioning Program** will uniquely augment the resumes of those who have been in the horse industry for a period of time or will provide a comprehensive and specialized starting point for those just entering it.

Students must either be at least 18 years of age or have completed Grade 12 or equivalent in order to register. It is important that students have a strong background in the horse industry (e.g., farm experience, breeding operation, showing, rodeo, racing, hunter/jumper, dressage, driving, etc) and have the knowledge to be safe while working with horses. Individuals en route to complete the **Champion Equine Sciences Certificate** must have demonstrated equine handling abilities and are required to sign a statement to that effect before commencement of the clinical practicum. Students must be self-starters and independent life-long learners with a passion for healing and injury prevention of our equine athletes.

### ***What are the courses?***

The **Rehabilitation and Conditioning Program** consists of the following 9 courses:

#### **Functional Anatomy**

Modules:

- Terminology and Abbreviations
- The Musculoskeletal System
- Equine Musculoskeletal Anatomy
- The Nervous System
- The Cardiovascular System
- The Respiratory System
- The Integument
- Gastrointestinal and Urinary System

#### **The Foot**

Modules:

- Anatomy and Physiology
- Conformation
- Hoof Care, Trimming, and Shoeing
- Foot Ailments

#### **Pathophysiology**

Modules:

- Cell Injury, Adaptation, and Death
- Inflammation: The Reaction to Injury
- Repair: Recovery from Injury
- Disorders of Fluid Balance and Blood Flow
- Infectious Disease

- Neoplasms

## **Performance and Conditioning**

Modules:

- Muscular Control of Movement
- Neuromuscular Adaptations to Resistance Training
- Metabolism and Basic Energy Systems
- Metabolic Adaptations to Training
- Cardiovascular Control During Exercise
- Respiratory Regulation During Exercise
- Cardiorespiratory Adaptations to Training
- Thermoregulation and Exercise
- Quantifying Athletic Training
- Growth, Development, and the Young Athlete

## **Sport Medicine**

Modules:

- Conformation, Soundness, and Lameness
- Tendon Injuries
- Joint and Ligament Injuries
- Periostitis
- Developmental Orthopaedic Diseases
- Arthritis
- Fractures
- Muscle Injuries and Diseases

## **Medical/Surgical Nursing**

Modules:

- Handling and Restraint
- Normal Physiological Data
- Emergencies
- Wounds
- Common Pathologies of the Head and Neck
- Common Pathologies of the Skin and Hair
- Common Pathologies of the Respiratory System
- Common Pathologies of the Cardiovascular System
- Common Pathologies of the GI System
- Common Pathologies of the Nervous System

## **Rehabilitation**

Modules:

- Drugs and Medications

- Alternative Therapies
- Manual Therapies
- Individual Research Project

## **Nutrition and Feeding**

Modules:

- Nutritional Requirements
- Feedstuffs
- How to Feed
- Weight Gain/Loss
- Vices

## **The Art of Equine Rehabilitation and Conditioning**

Modules:

- Introduction
- A Discipline and a Practice
- Values and Ethics
- Documentation
- Hypothetical Situations

## ***What are the Tuition and Exam Registration Fees?***

Tuition is \$449.00 CDN per course or clinical practicum. There is a registration fee of \$100.00 CDN for those students enrolled to write the cumulative examination and receive the **Champion Equine Sciences Rehabilitation and Conditioning Certificate**. All fees are subject to applicable GST. Course materials are supplied by Champion Equine Sciences.

## ***How do I Apply?***

You can apply by sending your completed **Registration Form** to:

Champion Equine Sciences  
PO Box 297  
Carstairs, AB, T0M 0N0

Please contact us for a **Registration Form** or download a PDF from our website.

## ***Need More Information?***

If your questions are not fully answered here or by reading our **Frequently Asked Questions**, please do not hesitate to visit us in person, call (403) 998-8697 or email us at [championequine@hotmail.ca](mailto:championequine@hotmail.ca).

## ***Frequently Asked Questions***

*Q. Is this a registered College?*

A. No. We are not yet a registered or accredited institution although this is our goal in the near future.

*Q. Are tuition payments eligible for income tax consideration?*

A. No. Because we are not yet a College, we are not yet registered with Human Resources for income tax purposes.

*Q. Can students qualify for a Canada Student Loan?*

A. No. As we have not yet gone through the process of accreditation, we do not qualify for the standard student loan. Other financing options are usually available through lending institutions.

*Q. When are tuition and exam registration payments due?*

A. Tuition is due upon course registration which is 30 calendar days prior to course/semester commencement. For those students enrolled to write the cumulative examination the exam registration fee is due upon completion of the program and usually two weeks prior to the examination date.

*Q. Does Champion Equine have boarding or living facilities?*

A. We do not have any living accommodations for students. There are several motels between Carstairs, Crossfield, and Didsbury which are all within a 10 minute commute. We do, however, have space for horses if a student wishes to bring his/her horse(s) for class or clinical practicum. This space is available on a first come, first served basis. Horses may stay indoors at a rate of \$40.00 CDN per day or \$800.00 CDN per month for the duration of the semester or practicum.

*Q. Do I have to move to Carstairs to attend the program?*

A. Not usually. If it is within reason, we encourage students to live in the area they are planning to build their practice so their business can build while studying and attending class. Students usually drive or fly, whichever is convenient. Some students may find a sublet or rental in the area for the duration of their clinical practicum.

*Q. What kind of jobs are available if I choose to complete the entire **Rehabilitation and Conditioning Program**?*

A. There are certainly a number of jobs in the horse industry such as: training barns, breeding operations, racetracks, boarding facilities, rehabilitation centers (although these are still rare in Canada but are more common in Europe and the United States). The reality is that most jobs in

the horse industry pay minimum wage. Our graduates are encouraged to start their own rehabilitation and conditioning businesses or join in partnerships with others as this is where the greatest rewards lie. Graduates who are self-starters, life-long learners, and disciplined in their business earn a very good living.

*Q. Is Equine Rehabilitation and Conditioning a recognized profession?*

A. No, at present animal therapy and performance conditioning is a leading edge industry and is not yet recognized by any province or state. It is advisable to research regulations applicable in your area.