



Australian Government

ACMEQU505 Manage fitness in horses

Release: 1

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Modification History

Release	Comments
Release 1	This version released with ACM Animal Care and Management Training Package Version 5.0.

Application

This unit of competency covers the knowledge and skills required to assess options, design strategies and manage fitness and conditioning programs for horses. It includes monitoring horse responses to conditioning and fitness schedules, responding to problems, and managing spelling and return-to-work periods.

This unit applies to individuals who have responsibility for managing horse fitness, conditioning and exercise programs for a range of purposes. They have extensive knowledge of horses, analyse information, solve routine and at times complex problems, and convey information and skills to others. They may have responsibility for highly valuable animals.

Commonwealth and state/territory health and safety and animal welfare legislation, regulations and codes of practice relevant to interacting with horses apply to workers in this industry. Requirements vary between industry sectors and jurisdictions.

No licensing, legislative or certification requirements apply to this unit at the time of publication.

Pre-requisite Unit

Nil

Unit Sector

Equine (EQU)

Elements and Performance Criteria

Elements	Performance Criteria
<i>Elements describe the essential outcomes.</i>	<i>Performance criteria describe the performance needed to demonstrate achievement of the element.</i>
1. Assess physiological and structural adaptations of horse	1.1 Identify anatomical and physiological effect of conditioning program on adaptations in major body systems of horses

Elements	Performance Criteria
<i>Elements describe the essential outcomes.</i>	<i>Performance criteria describe the performance needed to demonstrate achievement of the element.</i>
musculoskeletal system to conditioning	1.2 Assess structural differences in physical appearance and muscling between conditioned and unconditioned horses 1.3 Determine strategies and techniques to use for conditioning horses
2. Assess changes to the cardiovascular and respiratory systems in response to conditioning	2.1 Arrange for blood tests to be taken and analysed for indicators of fitness and response to training, in consultation with veterinary experts 2.2 Use heart rate monitors or stethoscopes, using safe, low stress horse handling techniques, to evaluate horse fitness and response to training 2.3 Monitor and record heart rate pre-exercise and post-exercise to determine impact of exercise and competition and to track changes in fitness 2.4 Measure and record respiratory rates following exercise to evaluate impact of exercise and track changes in fitness 2.5 Investigate training and conditioning techniques to improve lung function and gas exchange efficiency, and apply where appropriate
3. Monitor and evaluate physiological outcomes of conditioning and exercise programs	3.1 Determine and document conditioning and fitness goals 3.2 Monitor and adapt program on a regular basis to ensure short-term and long-term goals are achieved 3.3 Develop and implement a training and conditioning program to achieve required physiological adaptations 3.4 Identify and manage exercise-related illness and injury
4. Evaluate contribution of feed sources on energy production in exercising horses	4.1 Evaluate nutrient sources for their potential contribution to horse energy needs relative to exercise program, intensity and duration 4.2 Evaluate nutritional supplements suitable for inclusion in diets of horses undergoing a fitness program
5. Manage fatigue in horses	5.1 Identify causes of fatigue in exercising horses and develop measures to prevent or manage fatigue during training and competition 5.2 Identify signs and effects of fatigue, and develop measures to minimise harm to the horse
6. Monitor and manage thermoregulation efficiency in exercising horses	6.1 Develop and implement strategies to prevent over-heating during training and competition schedule 6.2 Identify signs of over-heating in horses and take appropriate and rapid measures to provide relief

Elements	Performance Criteria
<i>Elements describe the essential outcomes.</i>	<i>Performance criteria describe the performance needed to demonstrate achievement of the element.</i>
	6.3 Ensure that horses are kept appropriately hydrated during exercise, travel and competition 6.4 Identify signs of dehydration in horses and take appropriate and rapid measures to provide relief
7. Manage spelling and resumption of work in horses	7.1 Incorporate planned periods of rest into design of training and competition schedules 7.2 Arrange rest or spelling periods to minimise loss of fitness 7.3 Develop and implement strategies to manage transition from work to spelling 7.4 Monitor health and welfare of horses being spelled

Foundation Skills

This section describes those language, literacy, numeracy and employment skills that are essential for performance in this unit of competency but are not explicit in the performance criteria.

Skill	Description
Reading	Extract and interpret technical information in veterinary reports and test results
Writing	Produce structured horse conditioning program and specifications based on clearly articulated goals for use by intended audience in print-based and/or digital formats
Numeracy	- Interpret data and trends, and analyse against goals or benchmarks - Interpret, calculate and adjust feed ration formulations and quantities - Measure and estimate speed, distance and temperature with reasonable accuracy

Unit Mapping Information

Code and title current version	Code and title previous version	Comments	Equivalence status

ACMEQU505 Manage fitness in horses	ACMPHR505 Manage fitness in performance horses	Title changed Unit sector changed to EQU Minor updates to Performance Criteria for clarity Foundation Skills table and Assessment Requirements updated	Equivalent
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Links

Companion Volumes, including Implementation Guides, are available at VETNet: -
<https://vetnet.gov.au/Pages/TrainingDocs.aspx?q=b75f4b23-54c9-4cc9-a5db-d3502d154103>