



Australian Government

ACMPHR505 Manage fitness in performance 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 1.0

Application

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

This unit applies to individuals who have management responsibilities in professional horse businesses, working independently and in conjunction with others within organisational guidelines. They have extensive knowledge of horses in a wide range of situations and may have responsibility for highly valuable animals.

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

Work health and safety and animal welfare legislation relevant to interacting with horses applies to workers in this industry. Requirements vary between industry sectors and state/territory jurisdictions. Users are advised to check with the relevant authority for specific requirements.

NOTE: The terms 'occupational health and safety' (OHS) and 'work health and safety' (WHS) generally have the same meaning in the workplace. In jurisdictions where the national model WHS legislation has not been implemented, RTOs must contextualise the unit of competency by referring to current OHS legislative requirements.

Pre-requisite Unit

Nil

Unit Sector

Performance Horse (PHR)

Elements and Performance Criteria

Elements	Performance Criteria
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<i>Elements describe the essential outcomes.</i>	<i>Performance criteria describe the performance needed to demonstrate achievement of the element.</i>
1. Assess the physiological and structural adaptations of the musculoskeletal system of horses to conditioning	<p>1.1 Identify the anatomical and physiological effect of conditioning regimes on adaptations in major body systems of horses</p> <p>1.2 Assess structural differences in physical appearance and muscling between conditioned and unconditioned horses</p> <p>1.3 Determine strategies and techniques to use for conditioning horses</p>
2. Assess changes to the cardiovascular and respiratory systems in response to conditioning	<p>2.1 Arrange for blood tests to be taken and analysed for indicators of fitness and response to training, in consultation with veterinary experts</p> <p>2.2 Use heart rate monitors or stethoscopes, using safe horse handling techniques, to evaluate horse fitness and response to training</p> <p>2.3 Monitor and record heart rate pre- and post-exercise to determine the impact of exercise and competition, and to track changes in fitness</p> <p>2.4 Measure and record respiratory rates following exercise to evaluate the impact of exercise and track changes in fitness</p> <p>2.5 Investigate training and conditioning techniques to improve lung function and gas exchange efficiency, and apply where appropriate</p>
3. Monitor and evaluate physiological outcomes of conditioning and exercise programs	<p>3.1 Determine and document conditioning and fitness goals</p> <p>3.2 Monitor and adapt program on a regular basis to ensure short- and long-term goals are achieved</p> <p>3.3 Develop and implement a training and conditioning program to achieve required physiological adaptations</p> <p>3.4 Identify and manage exercise-related illness and injury</p>
4. Evaluate contribution of feed sources on energy production in exercising horses	<p>4.1 Evaluate nutrient sources for their potential contribution to the energy needs of the horse relative to exercise regime, intensity and duration</p> <p>4.2 Evaluate nutritional supplements suitable for inclusion in the diet of horses undergoing a fitness program</p>
5. Manage fatigue in horses	<p>5.1 Identify causes of fatigue in exercising horses and develop measures to prevent or manage fatigue during training and competition</p> <p>5.2 Identify the signs and effects of fatigue, and develop measures to minimise harm to the horse</p>
6. Monitor and manage thermoregulation efficiency in exercising	<p>6.1 Develop and implement strategies to prevent over-heating during the training and competition schedule</p> <p>6.2 Identify the signs of over-heating in horses and take appropriate</p>

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

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	<ul style="list-style-type: none"> Extract and interpret technical information relating to horse fitness and conditioning in veterinary reports, test results and progress reports
Writing	<ul style="list-style-type: none"> Prepare written conditioning programs and specifications for individual horses using clear language, accurate industry terminology and logical structure
Numeracy	<ul style="list-style-type: none"> Interpret health and conditioning data, including trends in heart rate responses and performance against goals or industry norms Measure and calculate ration formulations, and speeds and distances travelled, in horse records
Navigate the world of work	<ul style="list-style-type: none"> Take responsibility for complying with regulatory requirements, including work health and safety and animal welfare, within own role and area of work Follow safe, ethical and humane horse handling industry practices
Interact with others	<ul style="list-style-type: none"> Select and use appropriate communication protocols and conventions when seeking or sharing information with others

Skill	Description
Get the work done	<ul style="list-style-type: none">Organise and plan sequential programs for multiple horses; monitoring actions against stated goals, and adjusting plans and resources in response to changing conditions

Unit Mapping Information

Code and title current version	Code and title previous version	Comments	Equivalence status
ACMPHR505 Manage fitness in performance horses	Not applicable	New unit	No equivalent unit

Links

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