

## KURSUS NR. 2020-07:

### Praktisk Workshop i "sikre" Fitnessøvelser, som vi kan instruere i på hvalpe-/unghunde- & voksenhunde-hold



#### Kursusindhold:

##### Day 1: Puppy-gym:

Theory about puppy development and the importance of proprioception training.  
What do puppies need?  
Elements of proprioception training.

Elements of proprioception translated to exercises.  
Looking at how to teach basic exercises needed.  
Practical exercises that can be added to classes safely.

##### Day 2: Proprioception for sports:

The day is meant for observing and practicing with the dogs that are present. At no point in time will Sam be offering a full class structure.

The dogs that are present will guide the exercises in as far as they can go which usually is very representative of beginner dogs.

Sam will also always start with basic work. That will give the participants exercises that they can safely do at home or offer as part of a class.

PRACTICAL where we will look at one dog at a time with an exercise, sometimes repeating an exercise with different dogs.

Sam will look at the dogs that are there, and per dog work on what she thinks they need. She will be talking everyone through what the dogs' body is showing us.

Inventory of what participants are looking for or are working on.

Warming up and cooling down, what, when and how.

Flexibility (part of warm up and cool down).

Materials: stay away from sexy, keep your dog safe! (Theory with explanation about the different materials).

Coordination.

Body awareness.

Strength training (basics and safety first)

**Deltagere:** Kredsinstruktører og Lokalforeningsinstruktører

**Instruktør:** Sam Turner

Sam studied Ethology at Wageningen University where she received her Masters of Science (Msc) degree in 1998. From there she specialised in dog behaviour and training. In 2006 she founded her own dog training facility Paws4Fun.

Always wanting to continue learning and teaching she is always in search for more information by attending conferences and seminars.

In 2012 she developed Proprioception training for dogs in The Netherlands. This has resulted in a puppy, adolescent and senior programme in the form of workshops and courses.

#### Uddannelsesudvalget

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In October 2017 her fourth of a series of books was published in The Netherlands. The series title is 'Your dog physically and mentally in balance' focusing on different developmental stages in dogs (pup, adolescent, adult/senior) and the fourth book is about the dog as an athlete. Also she has written several articles on dog behaviour and clicker training for the Dutch website doggo.nl and has published an article in the Spring 2017 issue of the APDT quarterly magazine The Chronicle of The Dog.

**Tid:** 12.-13. september 2020 kl. 09.00-16.00 (morgenmad fra kl. 8.30)

**Sted:** Fjeldsted Skov Kro, Store Landevej 92, 5592 Ejby

**Pris:** 1.800,- incl. overnatning og forplejning

**Kursusleder:** Nanna Schmidt

**Tilmelding:** Kredsinstruktører tilmelder sig via [www.dch-tilmeld.dk](http://www.dch-tilmeld.dk)

Lokalforeningsinstruktører tilmelder sig gennem Klubmodul.

Tilmelding senest den 10. august 2020