

# Canine Comfort

	Beginning	Intermediate	Advanced
1	Touch your dog all over and make notes on his reactions to touch. Note where you are touching him when he reacts.	Touch your dog all over and make notes on his reactions to touch. Use different types of touch. Note where you are touching him when he reacts.	Touch your dog all over and make notes on his reactions to touch. Use different types of touch. Touch another dog all over. Make notes on how the other dog reacts to your touch. Compare and contrast the reactions of the 2 dogs.
2	Research the benefits of massage. Make a list of the benefits of massage.	Interview a canine massage therapist, either by a visit or through email.	Compare dog massage to human massage. List the similarities and differences.
3	Watch this video with your project helper and spend a total of 30 minutes massaging your dog. This time can be spread out over different days. <a href="https://youtube.com/watch?v=3kbO2krzr0g">youtube.com/watch?v=3kbO2krzr0g</a>	Watch this video and spend a total of 60 minutes massaging your dog. This time can be spread out over different days. <a href="https://youtube.com/watch?v=3kbO2krzr0g">youtube.com/watch?v=3kbO2krzr0g</a>	Watch this video and spend a total of 2 hours massaging your dog. This time can be spread out over different days. <a href="https://youtube.com/watch?v=3kbO2krzr0g">youtube.com/watch?v=3kbO2krzr0g</a>
4	Play 3 types of music and note your dog's activity level during each type of music.	Play 4 types of music and note your dog's activity level during each type of music. Explain your choices and why the music may have had that impact.	Record respiration and heart rate for your dog during 4 types of music. Make a chart listing each type of music and your dog's corresponding respiration and heart rates.
5	Identify where your dog will rest when he is outside, inside, and at different times of day. Discuss why you think your dog rests in these areas.	Identify where your dog will rest when he is outside, inside, and at different times of day. Make a chart showing where your dog prefers to spend his rest time.	Make observations of resting behaviors and preferences in 8 different dogs. Record where, when, how, and their body postures. Discuss with the owners about why dogs may have those preferences.



# Considerations for Exercise



	Beginning	Intermediate	Advanced
1	Visit a doctor and take your dog to visit a veterinarian prior to starting an exercise program [Note, this is not a required activity but it is strongly recommended.]	Visit a doctor and take your dog to visit a veterinarian prior to starting an exercise program [Note, this is not a required activity but it is strongly recommended.]	Visit a doctor and take your dog to visit a veterinarian prior to starting an exercise program [Note, this is not a required activity but it is strongly recommended.]
2	Research appropriate exercise for your dog's breed, age, health, and environment and determine what exercises are appropriate for you and your dog.	Research appropriate exercise for your dog's breed, age, health, and environment and determine what exercises are appropriate for you and your dog. Repeat this for 2 other breeds of dogs.	Research appropriate exercise for your dog's breed, age, health, and environment and determine what exercises are appropriate for you and your dog. Repeat this for 5 other breeds of dogs.
3	Do an experiment to find out what types of water your dog prefers (room temperature, old water, ice water, etc). Record his reactions	Measure and record how much your dog drinks during active and rest periods. Compare this to the average needs for a dog. Do this for 2 weeks.	Measure and record how much your dog drinks during active and rest periods. Compare this to the average needs for a dog. Do this for 3 weeks.
4	(1) Collect phone numbers to have on hand in an emergency; (2) prepare and find a good way to carry water for you and your dog during exercise; (3) and create an equipment checklist to use prior to exercise.	(1) Collect phone numbers to have on hand in an emergency; (2) prepare and find a good way to carry water for you and your dog during exercise; (3) and create an equipment checklist to use prior to exercise.	(1) Collect phone numbers to have on hand in an emergency; (2) prepare and find a good way to carry water for you and your dog during exercise; (3) and create an equipment checklist to use prior to exercise.
5	Talk to a veterinarian to learn how to tell when a dog has had enough exercise. Go for a 30 minute hike/walk/run, stopping to take notes every 10 minutes. Record your dog's gait, respiration, and energy level.	Talk to a veterinarian to learn how to tell when a dog has had enough exercise. Go for a 30 minute hike/walk/run, stopping to take notes every 10 minutes. Record your dog's gait, respiration, pulse, and energy level.	Talk to a veterinarian to learn how to tell when a dog has had enough exercise. Go for a 30 minute hike/walk/run, stopping to take notes every 10 minutes. Record your dog's gait, respiration, pulse, and energy level.

# Strength and Conditioning

	Beginning	Intermediate	Advanced
1	Research 3 strength building activities that you can try. Find or create a similar dog version for your dog to try. Rate your favorite activities and your dog's favorite activities.	Research 4 strength building activities that you can try. Find or create a similar dog version for your dog to try. Rate your favorite activities and your dog's favorite activities.	Research 5 strength building activities that you can try. Find or create a similar dog version for your dog to try. Rate your favorite activities and your dog's favorite activities.
2	Find 3 stretches for humans and 3 for dogs. Do these 1 per day for 1 week.	Find 4 stretches for humans and 3 stretches for dogs. Do these 1 per day for 2 weeks.	Find 6 stretches for humans and 3 stretches for dogs. Do these 1 per day for 3 weeks.
3	Find and read an article about the conditioning and exercise that sled dogs get prior to a race. Discuss the article with an adult and explain why your dog has different exercise and feeding needs.	Find and read an article about the conditioning and exercise that a dog gets prior to a big competition event. Discuss the article with an adult and explain why your dog has different exercise and feeding needs.	Find and read articles about the conditioning and exercise that high level dog athletes get prior to an event. Read about at least 2 different sports. Compare and contrast those needs as well as with what your dog needs. Share what you learn with a dog owner.
4	Meet with a veterinarian or dog professional to show you how to tell if a dog has appropriate muscle tone. Evaluate and record your results when looking at least 4 other dogs.	Meet with a veterinarian or dog professional to show you how to tell if a dog has appropriate muscle tone and is in good condition for the activities he is doing. Evaluate and record your results when looking at least 6 other dogs.	Meet with a veterinarian or dog professional to show you how to tell if a dog has appropriate muscle tone and is in good condition for the activities he is doing. With this person, evaluate and record your results for at least 8 dogs. See if your results are the same or different.
5	Meet with a veterinarian or appropriate dog professional to show you ways to stretch or strengthen your dog. Try these activities as recommended for at least 1 week. Record your results.	Meet with a veterinarian or appropriate dog professional to show you ways to stretch or strengthen your dog. Try these activities as recommended for at least 10 days. Record your results.	Meet with a veterinarian or appropriate dog professional to show you ways to stretch or strengthen your dog. Try these activities as recommended for at least 2 weeks. Record your results.



# Exercise with Your Dog



	Beginning	Intermediate	Advanced
1	Record walking time spent with your dog. Complete at least 10 total hours of walking to complete this activity. Make a few notes after each exercise session about what you did, the conditions (temperature, weather, terrain), and where you exercised.	Record walking time spent with your dog. Complete at least 15 total hours of walking to complete this activity. Make a few notes after each exercise session about what you did, the conditions (temperature, weather, terrain), and where you exercised.	Record walking time spent with your dog. Complete at least 20 total hours of walking to complete this activity. Make a few notes after each exercise session about what you did, the conditions (temperature, weather, terrain), and where you exercised.
2	Record running/jogging time spent with your dog. Complete at least 8 total hours of running/jogging to complete this activity. Make a few notes after each exercise session about what you did, the conditions (temperature, weather, terrain), and where you exercised.	Record running/jogging time spent with your dog. Complete at least 13 total hours of running/jogging to complete this activity. Make a few notes after each exercise session about what you did, the conditions (temperature, weather, terrain), and where you exercised.	Record running/jogging time spent with your dog. Complete at least 16 total hours of running/jogging to complete this activity. Make a few notes after each exercise session about what you did, the conditions (temperature, weather, terrain), and where you exercised.
3	Record active playing time with your dog. Complete 10 total hours of playing to complete this activity. Make a few notes after each exercise session about what you did, the conditions (temperature, weather, terrain), and where you exercised.	Record active playing time with your dog. Complete 15 total hours of playing to complete this activity. Make a few notes after each exercise session about what you did, the conditions (temperature, weather, terrain), and where you exercised.	Record active playing time with your dog. Complete 20 total hours of playing to complete this activity. Make a few notes after each exercise session about what you did, the conditions (temperature, weather, terrain), and where you exercised.
4	Create an appropriate fitness course for you and your dog. List the obstacles, terrain, etc. describing your fitness course. Record time spent exercising in the fitness course with your dog. Complete 10 total hours on the fitness course. Make a few notes after each exercise session about what you did and the conditions (temperature, weather, terrain).	Create an appropriate fitness course for you and your dog. List the obstacles, terrain, etc. describing your fitness course. Record time spent exercising in the fitness course with your dog. Complete 15 total hours on the fitness course. Make a few notes after each exercise session about what you did and the conditions (temperature, weather, terrain).	Create an appropriate fitness course for you and your dog. List the obstacles, terrain, etc. describing your fitness course. Record time spent exercising in the fitness course with your dog. Complete 20 total hours on the fitness course. Make a few notes after each exercise session about what you did and the conditions (temperature, weather, terrain).

# Exercise with Your Dog, cont.

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## Beginning

Create a dog-safe triathlon activity for you and your dog. Record time spent working on those tasks with your dog. Complete 5 total hours exercising (these hours do not count towards other categories). Make a few notes after each exercise session about what you did, the conditions (temperature, weather, terrain), and where you exercised.

## Intermediate

Create a dog-safe triathlon activity for you and your dog. Record time spent working on those tasks with your dog. Complete 10 total hours exercising (these hours do not count towards other categories). Make a few notes after each exercise session about what you did, the conditions (temperature, weather, terrain), and where you exercised.

## Advanced

Create a dog-safe triathlon activity for you and your dog. Record time spent working on those tasks with your dog. Complete 15 total hours exercising (these hours do not count towards other categories). Make a few notes after each exercise session about what you did, the conditions (temperature, weather, terrain), and where you exercised.



## Exercise Benefits and Conditions Management



	Beginning	Intermediate	Advanced
1	Learn how to modify exercise for a senior dog.	Learn how to modify exercise for a puppy.	Research what happens to the body during aerobic exercise and why this is beneficial. Find a creative way to present this information to your club or family.
2	Find out why core strength is important for dogs and people. Research the types of exercises that can help increase core strength.	Research why core strength is important for dogs and for people. Find 5 easy at-home exercises for people and dogs. Share these activities with your club.	Research why core strength is important for dogs and for people. Find 10 easy at-home exercises for people and dogs. Share these activities with your club.
3	Create a cold weather/indoor exercise plan for you and your dog. Describe this plan. Practice this on 5 occasions.	Create a cold weather/indoor exercise plan for you and your dog. Describe this plan. Practice this on 10 occasions.	Develop an indoor/winter fitness plan acting as a personal trainer for another person and dog. Note: If the person you are helping is under 18, get parent/guardian permission.
4	Research why exercise can help reduce stress. Share this with friends.	Research how exercise can help reduce stress. Make a plan for how you and your dog can benefit. Practice this plan 5 times.	Research how exercise can help reduce stress. Make a plan for how you and your dog can benefit. Practice this plan 10 times.
5	Learn why you and your dog should warm up before exercise and a cool down after exercise. Practice and document this for 10 exercise sessions.	Find a good warm up and cool down routine for you and for your dog. Practice and document this for 15 exercise sessions	Find a good warm up and cool down routine for you and for your dog. Practice and document your plan and any changes made for 20 exercise sessions.