Dogs: A Course on Basic Companion Animal Care and Training

A Rutgers University course on general canine care and training to improve the welfare and lives of dogs and their owners

Tag Words: training course; dog behavior; dog care; Rutgers

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Summary

There is a growing problem of companion animal cruelty and shelter overcrowding due to a lack of dog owner knowledge of proper care and training. The current solution to the problem involves training classes that owners can take at local kennels or pet stores and often trying to correct issues after they have already developed, or owners may choose to read books on their issues. Unfortunately, these classes and books tend to focus solely on obedience training and not the overall care of the animal. Health and mental well-being play an important role in training a dog to be an obedient and loyal companion. Also, these classes are not always available in all areas and can range in price for the same information – in other words, owners may not be getting the full bang for their buck. A new solution is to establish a course at Rutgers University to teach dog owners and potential owners the basics of caring for a dog, including financial burden, healthcare, feeding, basic obedience training, etc. This course would be offered primarily to Rutgers students but will also be open to interested community members.

Video Link

http://www.youtube.com/watch?v=4_p-MINp_sw&list=UUts4_1WyqXMmVDfu9ZffstA&index=5&feature=plcp

Canine owner relinquishment as a result of behavioral issues

(KP)

Pet statistics and relinquishment to shelters

According to the American Veterinary Medical Association (AVMA), there are about 72 million owned dogs in the United States (4). Compared to a population of over 310 million people in the nation, that is about 4-5 people per owned dog. Sadly, this number does not include the millions of dogs that enter shelters each year across the nation, nor does it include an uncountable number of stray dogs. The American Society for the Prevention of Cruelty to
Animals (ASPCA) estimates that about 5 million dogs are brought into shelters every year, either relinquished by owners, abandoned, picked up as a stray, or by some other means, and 60% of those dogs are euthanized (1). More often than not, the dogs that are euthanized are so simply because no one will adopt them. Either not enough people are willing to adopt a shelter/rescue dog, or the dog may be considered unadoptable. A dog may be deemed unadoptable if there are severe aggression issues or health complications that would make it considerably unethical to burden the adopter with such a financial and emotional obligation.

Unfortunately, there have not been many recent studies on shelter dogs and the reasons for their relinquishment. In 1997, a study surveyed the different reasons for relinquishment among dogs in 12 various shelters across the United States. 28% of the dogs surveyed were given up for a clear-cut behavioral problem, including aggression towards humans or other animals, defecating in the house, excessive energy or noise, coprophagy, and other issues (2). Although there is recent statistic, individuals in animal shelter communities claim that most of the dogs that go through are young adults with behavioral problems that could be resolved with time and effort if the owners knew how to handle such issues (2). Dogs look to their humans for guidance; they must be taught how to behave properly lest they act on instinct and behave however they see fit. It is important for owners to understand their dog’s body language and natural instincts in order to understand how to teach the animal what is acceptable. It has been noted that 74% of owners consider their dog to be part of the family (3). However, it is usually unacceptable for a family member to growl, bite, or eat feces. Many owners are unaware of how far a little bit of training and trust can go. Training not only teaches a dog what is acceptable, but it also helps to establish a bond between the dog and its owner. The earlier a dog is trained, the better. Throughout Salman’s study, the majority of dogs surrendered (47.4%) were between 5 months and 3 years of age – the time when many puppies are no longer simply cute, cuddly, and harmless. Dogs in this age group are now rapidly growing into their adult sizes and can be overly energetic and destructive to a home if they are not properly trained. Statistics imply that neuter status is not a great factor in general behavior, with 54.7% of surrendered dogs being intact and 42.8% being spayed or neutered (2). The most common length of ownership before relinquishment in the study was 7 months to a year (2). The time taken to train and/or bond with a dog varies among dogs and dog owners. It may take several years to establish full trust between a dog and its owner. If those owners whose dogs had behavioral issues knew how to handle their pups, they might have taken more time to work on their problems and avoid surrendering their pet. A dog does not become perfectly well behaved overnight – it takes time and consistency.

Consequences of ignoring training needs

An untrained dog is a dangerous dog. An aggressive dog can pose a threat to people and other animals, while a dog that likes to escape its property, engage in coprophagy, or has anxiety issues poses a threat to itself and its health. If an owned dog bites a human or attacks another owned animal, it is the fault of the owner, not the dog. Unfortunately, though blame falls on the owner, the dog is often punished because it simply did not know any better. Ideally, exposure should begin when a dog is still a young puppy. Exposure means allowing your puppy to be exposed to various objects, sounds, animals, people, and situations so that they are not fearful when they encounter such things as a fully-grown adult dog. Your dog should also be exposed to various surfaces, such as grass, blacktop, sidewalks, carpet, sand, etc. as well as different types
of weather if possible. A major part of exposure is putting your puppy into situations that they will regularly encounter as an adult, such as grooming and veterinary visits. Nothing is worse than a dog that screams while he is simply having his heartbeat checked. Exposing a dog to these types of events can avoid making future visits unpleasant.

Socializing your dog with other dogs, animals, and people may reduce the likelihood of aggression towards such things. A dog does not necessarily have to want to play with other dogs or people, but it should at least be tolerant of others around it and not be fearful. Different dogs can display different types of aggression in different situations; it just depends on the dog. Walking a dog on leash at a young age around other dogs or setting up puppy play dates or trips to a local park are all aspects of socialization that can build up a dog’s confidence and reduce fear and anxiety.

Dogs speak and bond to their owners

An issue with behavior and socialization that lies with the dog owner is language. Dogs communicate primarily through body language, and it is important to know what a dog is trying to say. Understanding how to tell when a dog feels threatened or is alert or on guard can avoid physical injury, emotional damage, and legal troubles. The issue of body language is not only the problem of the owner, but of the general public. It is not uncommon for a person to try to pet a strange dog on-leash when it passes by. Unfortunately, this can be a sure way to get bitten if done improperly. There are no valid statistics for dog bites because many incidents go unreported. The bottom line is that any dog can and will bite if it feels threatened or that its owner is in jeopardy.

The bond between a dog and its owner can often become so strong that it can be upsetting to the dog to be left alone for extended periods of time. The dog needs to understand that its owner will come back. When left alone, a dog may become bored and frustrated to the point that it is destructive to the house, especially if the dog is left with nothing to do but chew on furniture or tear up clothing. Simple house manners can ensure that a dog does not damage any household items, and there are ways to deal with boredom. A well-mannered dog may only need a few toys or a nice kong to entertain itself around the house. Leaving the television or radio on may help the dog believe that it has not been left alone, so it must behave itself. In other cases, a dog may need to be kept in a special room or in a crate. The problem with crating a dog is that many owners only do so when they need to go out of the house, and they end up having problems getting the dog into the crate. A dog that fights to get into his crate knows that he is about to be left behind. It is important for owners to understand how a dog thinks, so that they can live in a way that makes sense to the dog, to the owner, and help create balance in the relationship.

Importance of knowing the breed

Dogs of the same breed do not necessarily behave the same. A dog’s genetic background, however, can play a huge role in an individual dog’s energy level and ability to learn, focus, and perform tasks. Dog breeds are subspecies of the domestic dog, and in an ideal world, each breed has been carefully bred to have certain characteristics. Knowing a dog’s genetic background can give an idea of its basic energy level and demeanor; however, each dog
is an individual and should be selected based on its own attributes, not those of its breed. The majority of dogs surveyed in Salman’s study (68.4%) were mixes or mutts, not purebred. It is often difficult to determine every genetic background that is present in a dog’s bloodline unless special care has been taken to keep track of such information. A so-called terrier-mix thought to mature to only 30 lb could potentially end up at a mature weight of 50 lb or more depending on its genetic tree.

The costs of caring

Another major problem among various dog breeds and mixes is the cost of grooming. Poodles are not the only breed that needs a lot of care and attention when it comes to their coat. Most longhaired breeds require daily brushing, and many require haircuts every few months at the very least. Large, longer-haired breeds, such as St. Bernard’s, may need haircuts to keep cool, depending on the climate in which they live. Leaving a dog’s coat unkempt in hot temperatures can lead to heat stroke, which can be life threatening if not treated quickly. Failing to keep a dog’s coat untangled can lead to matting. Mats in a coat can hide various pests that may harbor diseases. A dog should not be bathed every week, but every few weeks or even every few months depending on the individual dog. Bathing ensures that any bacteria-infested dirt or feces are removed, and special shampoos are available for sensitive skin, allergies, or flea-removal. However, excessive bathing can cause the dog’s skin to dry out, leaving it itchy and irritated, leading to excessive scratching and sores. Even after a bath, the usual “dog smell” may return within a few days due to the natural oils in a dog’s skin, much like oils in human skin. If a person cannot stand the “dog smell,” then they probably should not adopt or purchase a dog, especially one that will run around the yard and roll in dirt and other substances.

Unless the owners are capable of doing it themselves, some dogs need their nails trimmed by a veterinarian or groomer every 2 weeks, which may come out to over $200 per year. Leaving nails long will eventually become incredibly uncomfortable for the dog, especially if the nails begin to embed themselves into the dog’s toe pads. Long nails are also subject to tearing, which can expose the nerve and become a bloody, painful mess. Many owners choose to bathe and trim their dogs’ nails on their own, which greatly reduces costs to only that of a pair of clippers and shampoo, conditioner, and grooming sprays. Those who choose to bring their dogs to a groomer, even just for a bath and nail trim, could potentially be paying $400 or more per year, depending on the breed and the groomer.

The costs to purchase/adopt and maintain a dog are something to be greatly considered. An easy keeper may only need about 1-2 cups of store-brand dog food per day, a bath every few months and routine vaccinations. The average cost for routine veterinary visits and vaccinations is about $200 per year, as of 2007 (4). Now imagine what an owner with a working-group dog with consistent health problems and grooming needs faces. For example, a German Shepherd which needs to be brushed often, fed about 3-4 cups of dry food per day, given routine shots, checkups, has a great risk of developing hip dysplasia, must be properly exercised physically as well as mentally stimulated, and are often incredibly attached to their owners can cost thousands of dollars per year and requires a lot of valuable time and attention.

A bit of consideration
This is not meant to be a deterrent against owning a dog, but rather a consideration. As of 2007, only about 37.2% of households in the United States owned a dog, a number that can certainly stand to increase. Dogs provide unconditional love and companionship, which outweigh the financial costs for many owners. However, the financial burden must still be understood prior to taking on a $1000 per year commitment for anywhere from 7-18 years, give or take a few years. In addition, to be considered is the emotional burden on the owner and dog, should the dog develop behavioral problems or health problems. It can be frustrating to deal with training a dog that seems to be out to get you and simply will not listen. However, giving up on the animal should not be an option. There is always a way to teach an old dog new tricks. All aspects of a dog’s lifestyle are components to proper training. Health, grooming, exposure to various situations and people, feeding, and right down to the type of collar being used are all things that can greatly impact the effort to train a dog.

While it is important to lower the number of homeless animals, and it would certainly be nice to see every dog is adopted, potential owners must be forward thinking when selecting a new dog. A person should not adopt a German shorthaired pointer or a Weimaraner if they plan on sitting on the couch all day long while the dog is building up energy and frustration. The dog must fit your lifestyle and budget, and the owner must consider future plans and issues such as relocation or behavioral problems. Plans of action must be considered before a dog is acquired, if possible.

References


(RC)

Good intentions gone wrong

Upon acquiring a new canine companion, the prospective owner rarely thinks of anything other than how cute he/she is, how much fun they are going to have together or how relaxing it will be to have a puppy curl up with them after a long day. However, what many dog caregivers fail to take into consideration are the currently available options when it comes to training their new pet and friend. Methods range far and wide, each debunking the last and proclaiming greatness. It seems as though around every corner is a new procedure, trick or gadget
guaranteeing total training perfection. The process of choosing a training plan that works for the owner and the pet quickly becomes an overwhelming endeavor. This often leads to the owner not sticking to their intended course of action and in turn an unsatisfactory relationship between the dog and trainer. The following will outline many but not all available training techniques and styles, as well as common tools and training aids.

Ideally, the hopeful dog owner should be a relatively knowledgeable trainer before they even bring the new dog home. Such preparation is crucial in the development of a workable plan between pet and handler. Much information on the subject can be gathered through a multitude of training videos, DVDs, and books or found browsing the internet. There is no shortage of available material. However, choosing an appropriate training outline from such a wealth of information can be especially daunting for the first time owner. Further complicating the problem is the fact that while training options can vary greatly from one to the next, nearly all are applicable in a particular time and situation. It is up to the owner alone to weigh the options carefully and decide on a plan that works for their training goals along with the style in which they hope to achieve them.

A multitude of training options

A common desire of dog owners is to have their companion animal exhibit basic obedience to simple commands such as sit, come, down, and stay. Traditionally, the teaching of these and many other actions began with the trainer forcefully manipulating the dog to exhibit said behavior and overlaying visual or verbal prompts. The dog gradually begins to understand that a particular motion or word warrants the desired action. In order to enforce behavior, the trainer would make corrections when the command is ignored or disobeyed. While this method was and still is generally effective, it takes a skilled and stern hand to not overpressure the dog while demanding appropriate behavior. Other options that may be more appealing to the novice trainer who wishes to remain “friends” with their dog include lure-reward, clicker/marker, and compulsion-praise training.

Lure-reward training consists of the handler bringing about a desired behavior by using a lure, commonly food, or treats, to persuade the dog into the wanted position (8). For example, if the owner wishes for the dog to lie down, the lure may be placed in front of the dog’s nose and lowered to the floor, causing the dog to follow. Thus, the desired behavior is accomplished with little to no pressure on the animal. This technique is especially simple because the reward for the behavior is instant in the sense that the food lure can be immediately given to the dog upon completion of the task. As always, repetition is crucial. Once the animal understands the lured behavior, the trainer can begin to overlay a prompt. Eventually, the lure is removed and the dog reacts simply to the command and the action is captured.

Instead of using a lure, when compulsion-praise training, the trainer manipulates the dog into the desired position using a minimal force (8). Considering the aforementioned example of wanting the dog to lie down on command, a compulsion-praise training exercise would proceed as follows. The animal would be mildly worked into a lying position by placing a hand on the back and pressing down with just enough pressure to accomplish the desired result. Once the dog is lying, the trainer would then provide a form of reward such as a bit of food or verbal
praise. After multiple repetitions, the dog will begin to understand what is wanted and lie down with little to no pressure. The chosen prompt will then be associated with the action and replace any physical contact between the handler and dog.

A final common method that requires minimal force is marker or clicker training. This method makes use of a touch, sound, or “click” made by the trainer between the time of the desired behavior and the given reward for said behavior. The click helps to bridge the gap between behavior and reward for the dog and tends to accelerate the learning curve in many animals (8). Once again, take the example of wanting the dog to lie down on command. The trainer could elicit the lying behavior with lure or compulsion or simply wait until the dog chooses to lie down on its own. Immediately upon seeing the desired behavior, the trainer would “click” and provide the dog with a reward in the form of praise or food. Initially, the dog may have no idea why the click or food was provided but after many repetitions, it will begin to understand that upon lying down, it will receive a click and reward. Once the dog begins to lie on its own in anticipation of the reward, a verbal or visual prompt is overlaid. Eventually, the dog reacts to the command in an effort to garner the click and reward. Clicker training is especially popular because it allows the handler to capture a multitude of novelty behaviors that would be otherwise difficult to lure or manipulate an animal into doing (8). In addition, it allows the trainer to use the same procedure (clicker to reward) in order to accomplish all obedience training. A familiarity with the method develops for both the trainer and dog and subsequent lessons often progress quickly and efficiently.

Clicker training utilizes the aid of a tool that gives the handler a mechanical advantage in the training process. As such, there is a variety of other products available to the technology-savvy dog handler. Each of which can have their place in particular training situations. Generally however, the common trainer wishing for basic obedience can limit themselves to a few simple pieces of equipment, namely, the leash, collar, and crate. The vast majority of dogs seen in public and in the home wear some form of collar. This collar serves multiple purposes. Initially, it can provide a place to put identification tags. In addition, it can greatly aid training in the form of a connection point between the handler and dog in the way of a leash (7). This allows the trainer to be in constant control of the dog when applying training methods. There are also various specialty leashes and collars that can be molded to fit particular training methods and apply various pressures. Depending on desired training techniques and goals, the handler can choose the leash/collar combination that gives the best chance for success. Along with the leash and collar, an owner should provide a place for their dog to call home. This is most easily provided in the form of a crate. A crate is little more than a lockable box that comfortably fits the size of the dog (7). It gives the animal a safe haven of his own as well as easing the transition into house breaking. With these three simple pieces of equipment, a competent trainer can establish desirable obedience in an efficient manner. Even though training with a few simple items can be successful, many trainers choose to employ tools that are more advanced. There is hardly a right or wrong way to do things as long as the desired behavior is achieved.

The basics outlined above are certainly not the only methods with which an owner can produce a well-trained dog. As well as many variations on these on these techniques, there is also endless training programs could be a perfect fit. In order to be successful, the owner must choose an appealing method and stick with it. For some, undertaking such a task alone is
undesirable due to personal or time constraints. In this case, the aid of a professional trainer may be the best option.

Professional dog trainers come in many forms, offering a wide variety of courses, methods, and guarantees. The courses can be private, in a group or the dog can be sent away for a period time to work one on one with the trainer. Courses commonly offered are those in puppy socialization and housebreaking, basic obedience training, and advanced obedience training. Again, it is up to the owner to decide which trainer and course fits with what they wish to accomplish. Regardless of their chosen route, when working with a professional trainer, there are steps that the owner should take to ensure the best possible chance for the desired training outcome. Initially, the owner should have a list of desired goals that they wish to accomplish through the training sessions as well as a prior training history of the animal. It is much easier to reach the wanted result when both the trainer and owner are on the same page. In addition, it is important that the owner follow the instruction of the professional in the sense that training should continue between sessions in order to reinforce behavior. Without repetition at home, it would be unfair to the dog to expect perfect behavior with only a weekly professional session. Such is fatal flaw of contracting a professional trainer. Unless the owner enforces the training continuously while at home both between sessions and upon completion, the dog will commonly revert back to an untrained state. This leaves the owner in the same position as before hiring the professional and wondering where they may have gone wrong. Professional trainers oftentimes educate merely the dogs, when it is the owners who need the most teaching. This leaves the owner at a loss and pushes them toward other pet care options.

Other options to cope with owning a dog

Daily pet care facilities for dogs, commonly called “Doggy Daycares,” are another method for handling a problematic animal. It is not uncommon that a dog owner has to work during the day and leave their dog home alone. The dog will often exhibit much worse behavior in the absence of the owner than if someone were to oversee. This leads many owners to enroll their dog in a daycare operation that provides a place for the dog to spend the day with constant care from the staff. While these daycare operations are a viable option for many, the use of such a facility for an ill-behaved dog is merely a crutch for the owner and a temporary solution. The owner is often overwhelmed in their training or lack thereof and chooses instead to pass their problems unto the daycare. This does not lead to an improvement of the situation and can further deteriorate the relationship between the dog and owner.

Getting owners to participate

In order to generate interest in training, there is an assortment of organizations that the owner can become involved in which require various levels of training for their dog. Many programs are outlined to reward dogs as well as handlers for respectable and appropriate training. These programs could include hunting or herding trials as well as agility and obedience competitions. They often have rigid guidelines that a trainer can strive for in order to accomplish a particular title or award. For example the American Kennel Club’s Canine Good Citizen program which was created in order to provide positive feedback for responsible owners and dog obedience. This program culminates in a 10-step test that requires participants to exhibit
competent obedience training with their dog. Upon completion, the passing entrants receive a certificate deeming the dog a Canine Good Citizen. In creating a goal for dog owners to work towards, the Canine Good Citizen, as well as other such programs provides a needed incentive for proper training. However, even though the organizations provide incentive for training, the owners must take it upon themselves to train their dog to an acceptable level to participate. In this way, the organizations limit those that are incapable of or do not wish to achieve such a stringent level of training from becoming a part of the organization.

Each of these currently available training options can be independently successful if they are embraced by the trainer and followed through to completion. However, they are each slightly flawed, not in the sense that the dog cannot adapt to the method but more so that the owner fails as a trainer. The owner’s lack of knowledge on the subject of dog training prevents them from achieving the type of relationship with their pet that they had hoped for. With this in mind, a graded, college-level course on dog obedience training will provide the initiative for many prospective and current owners to become competent handlers.

References


A new way to prepare for a dog

A solution to this complex problem is to provide owners with the knowledge to be able to take care of their dog as well as train a happy and healthy pet. In order to do this owners need to not only have the knowledge to be better owners but also be able to use this knowledge effectively. The best way for owners to understand training and basic care would be practical hands on training after leaning a topic. By practicing what they learn in class, they would be better able to implement this training when they go home to their own pet. This group of responsible owners would also be able to pass on the tools they learned to other owners or potential owners thus creating an ever-growing network of responsible owners. By passing on the information about courses such as this one, more courses around the country would then be able to be started. Courses at other colleges around the country could borrow the model set forth
by Rutgers University in order to make implementation of the course even smoother. There would not be a need to fund the course, as it would be a part of university curricula. As such, students would pay for the course and this would fund any salaries or costs of the course. This would ensure the future of these courses and thus the future of responsible ownership. The course would be promoted through the universities in order to increase student enrollment.

The dog-training course at Rutgers University would be overseen by Dr. Julie Fagan, with guest lecturers presenting the topics of the class. The class would be a one-credit fourteen-week class that would meet one to two times a week. The class time would be broken up into three parts including lectures, timed assessments, and hands on experience using the techniques presented in lecture. The lecture topics would go over basic commands that all owners should be familiar with such as sit, down, recall and more. Other topics covered would also be types of training such as clicker and reward methods, as well as higher-level training, which could lead to competitions, therapy work, and other fun activities to do with your dog. Each course would also be somewhat individually tailored to the students needs. In order to do this the instructor would gain feedback from the students about specific topics they would like to see covered or issues they currently have with their pet. This would make the class even more fun and interactive by enhancing the student experience. In addition, this would make sure that the students were able to address the specific issues that their pets had. This type of tailoring would benefit the class, as dogs can tend to have similar issues.

Benefits of the Rutgers course

The benefits to a person taking this course would be enormous. The course would help them to better understand dog behavior and training. This training can stop at commands that are more basic or continue on to therapy work, Canine Good Citizen (CGC), search and rescue, Utility competitions, hunting, herding, and much more. By continuing onto higher levels of training, you not only benefit your animal but you also benefit the community. Dogs that are trained in search and rescue or therapy work for example help the community by caring for its citizens. Therapy dogs in particular bring great happiness to those who are sick or injured and help them to keep a positive attitude during a trying time. This type of training can also enhance the owner to pet relationship creating a higher level of fulfillment in your own life. This level of fulfillment is not reserved to higher levels of training but can be seen in dogs and owners who learn even the most basic of commands. By increasing this relationship and training owners would be less likely to have a problem with their pet, which would lead to them being placed into a shelter. Dogs that know their commands and have had training are also less likely to have behavioral issues that would lead to other unexpected outcomes, for example, dog bites or a dog getting out and running away. Both of these outcomes cost the community and the owner.

References

A new course at Rutgers to prepare people for canine ownership

(KP)

The Rutgers course entitled “Dogs” is designed to prepare potential or current dog owners to properly care for their dogs. The course is a 2-credit lecture/practical combination that will meet for two periods every week (ideally consecutive periods on the same day, making it seem like one 3-hour course). The lectures will give general information on dog husbandry and basic obedience training. The practical portion of class will allow students to gain hands-on experience in areas such as grooming, feeding, training, etc. Grading will be based on exams as well as attendance and participation. Exams will consist of written and practical portions.

The syllabus and all lecture outlines and accompanying powerpoints can be found in the Appendices section.
Appendix I
(KP)

DOGS: A COMPANION ANIMAL CARE AND TRAINING COURSE
11:067:131
Fall 2012
Wednesday, Bartlett 123
Lecture – 10:55-12:15pm
Practical – 12:35-1:55pm
Course Coordinator: J. Fagan, Bartlett 109, Fagan@rci.rutgers.edu
Course Instructor: TBD

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<tr>
<td>9/5</td>
<td>1</td>
<td>Choosing a Breed: energy, finance, grooming, home preparation</td>
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<td>Nail-trimming, bathing, brushing</td>
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<td>9/12</td>
<td>2</td>
<td>Healthcare: vaccinations, bloat, kennel cough, toxic substances</td>
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<td>Identify toxic substances, administer medication, treat injuries</td>
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<td>9/19</td>
<td>3</td>
<td>Feeding: requirements, ingredients, quantity, Body Conditioning Scale</td>
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<td>9/26</td>
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<td>Canine Body Language: positioning, controlling your dog, anxiety</td>
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<td>Identify state of mind, maintaining control</td>
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<td>6</td>
<td>Basic Training: house-breaking, crates</td>
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<td>Basic Training: rewards, sit, down</td>
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<td>Practice &quot;sit&quot; and &quot;down&quot;</td>
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<td>10/24</td>
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<td>Basic Training: leash-walking, collars and leashes</td>
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<td>Practice leash-walking, identify collars and leashes/how to use them</td>
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<td>Basic Training: recall, stay, Canine Good Citizen</td>
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<td>Dog-friendly activities</td>
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<td>FRIDAY CLASSES - Do Not Come Here!</td>
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<td>Practice exposure, approaching dogs</td>
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<td><strong>Final Practical Exam</strong></td>
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Final Exam: TBA
Lecture: Lecture periods will convey information relevant to owning and/or caring for a domestic dog.

Practical: Practical periods will provide hands-on training and experience in performing tasks relevant to owning, caring for, and training a dog.

GRADING: Grades will NOT be curved. You must earn an “A”

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GRADES ARE DISTRIBUTED AS FOLLOWS:
25% Exam 1 (written and practical)  
30% Exam 2 (written and practical)  
20% Exam 3 (written only – some cumulative)  
15% Final Practical (cumulative)  
10% Attendance and Participation

Attendance is mandatory to both lecture and practical periods and will be taken during BOTH periods.

You are allowed 3 unexcused absences (each lecture or practical period counts as 1 absence each). Use them wisely! After 3, each unexcused absence will result in 1 percentage point deducted from your final grade. Excused absences require documentation, such as doctor’s note, tow truck receipt, etc. Unavoidable circumstances and bad days happen, so do not waste your unexcused absences just because you want to sleep in.

There is no extra credit. Don’t bother asking.
Dogs: Basic Care and Training

Course coordinator: Dr. Julie Fagan
Email: Fagan@rci.rutgers.edu
Course instructor: Dana Shaute
Office hours: By appointment

Class meets on Wednesdays from 10:55-12:15 and 12:35-1:55 in Bartlett 123

*See syllabus handout for course outline and class information

Today’s Class:

• Choosing the right breed
  – Need to consider energy level, size, maintenance, healthcare and overall costs, etc.
  – Top breeds today
    • Labrador Retriever
    • German Shepherd Dog
    • Beagle
    • Golden Retriever
    • Yorkshire Terrier

• Practical class: nail trimming, brushing, bathing, dog proofing
Breeds by category

• Sporting
  – Naturally attentive and lively; members include pointers, retrievers, setters, and spaniels; excel in hunting and field activities; require lots of exercise

• Hound
  – Diverse group of hunting dogs; most breeds have a high level of stamina; some dogs of this group can produce the unique sounds known as baying

• Working
  – Originally breed to do specific jobs for man; intelligent and quick to learn; size and strength of these breeds make them unsuitable for inexperienced owners; require regular exercise

• Terrier
  – Feisty and energetic; range in size; most require special grooming to strip coat; not good with other small animals

Breeds Groups Continued...

• Toy
  – Good for small living spaces; less shedding, lower monetary cost, and easier to handle due to small stature

• Non-sporting
  – Diverse group; varied in size and personality; include Bichon Frise, Poodle, and Dalmatian

• Herding
  – Originally developed to herd livestock; need regular exercise; intelligent and respond quick to training
Labrador Retriever

- Originally bred to work alongside fishermen
- Comes in three colors- yellow, black, and chocolate
- Excels in retrieving wild game for hunters as well as service dogs
- Good breed for families
- Needs regular exercise and occasional bathing/grooming
- Has a double coat
- Average size: 55-75 lbs

![Labrador Retrievers](image)

German Shepherd Dog

- Excels in police and military work
- Needs regular exercise, best for active family/individual
- Average size: 60-80 lbs
- Long double coat requires daily grooming, heavy shedder
- Very intelligent and fast learner

![German Shepherd](image)
Beagle

- Originally bred as small game hunter
- Good for families
- Happy go lucky personality
- Strong sense of smell, which can lead them into trouble if not properly exercised
- Needs moderate exercise
- Average size: 20-25 lbs

Golden Retriever

- Originally bred as a hunting dog in Scotland
- Very long double coat, needs daily grooming, heavy shedder
- Good breed for active families/individual
- Requires regular exercise
- Excels as a service dog
- Average size: 55-75 lbs
Yorkshire Terrier

• Nicknamed “yorkie”
• Originally bred to catch rats
• Ideal bred for small living spaces
• Require low level of exercise
• Long coat needs daily brushing
• Average size: 4-7 lbs

• In general, larger dogs are going to require more exercise than smaller dogs; they will also be more expensive from both a food and medical standpoint
  – * this is not always true as every dog is an individual and not every individual will conform to both breed and size descriptions. Also, deviations from this general rule do exist.
Home preparation

• Should pick up loose items off the floor
• All wires and electrical cords should be covered or placed out of reach
• Until your dog is house trained and has been properly trained you may want to keep them gated in a smaller area
  – Preferably the area would be tile floor for easy clean up of messes

![How to Cut Your Dog's Nails](image)
Brushing and bathing

- Long/medium coats should be brushed at least every other day to keep from knotting.
- Short coats can be brushed weekly to remove excess hair and keep the coat clean.
- Dog skin is more sensitive than humans and should only be bathed once a month max to prevent over drying.
- Must use dog friendly shampoo and conditioner, human products may cause irritation or excessive dryness.

- Nail trim demo at the front of the class.
- Bathing and brushing demo to follow.
Veterinary Care

- Vet care is essentially for a happy and healthy pet
- As soon as you acquire your new dog you should bring them asap to a vet to have a full checkup and start needed vaccinations
- With your vet your should discuss vaccination schedules as well as optional vaccinations and treatments (ex. Bordetella and flea/tick medication)
Canine Bloat

• The bloating and twisting of a dogs stomach and/or intestines due to large amounts of food, water, and/or air. This leads to damage of internal organs and possible death.

• Signs: Attempting to vomit but unable, visible distress, tight abdomen

• Prevention
  – Have emergency vet number and directions to 24 hour vet hospital
  – Split feeding into at least 2 meals
  – Do not feed using elevated bowls
  – Do not exercise an hour before or after feeding
  – If dog gulps food, place a large rock in food to slow or use special bowl
  – When switching dog food, do so little by little each day
  – Do not allow gulping of water

Kennel Cough

• Upper respiratory infection caused by both virus and bacteria

• Tell tale sign is deep hacking cough

• Transmitted through air to other canines

• Treated using antibiotics for bacterial cause

• Can be prevented by giving vaccine (Bordetella), however it is not an absolute protection against the infection

• Vaccine needed in dogs who are going to be kenneled, dog daycare, or in contact with many different dogs regularly
Toxic Substances

- Chocolate
- Onions
- Mushrooms
- Grapes/raisins
- Macadamia nuts
- Bones from chicken, fish, etc
- Cat food
- Fat trimmings
- Raw eggs, fish, etc
- Dairy products
- Poinsettias
- Easter lilies

Today’s practical class

- Identifying toxic substances
- Taking care of injuries
- How to administer medications
  - Pill demo
  - Alternative methods: pill pockets, pill shooters
Lecture 3

Canine feeding

Requirements

• All dog foods need to meet requirements for protein, fat, vitamins, and amino acids

• These requirements are met through the feeding of premium dog foods

• Examples of foods include: Iams, Nutro, Blue Buffalo, Science Diet, and Purina
Ingredients

• Quality ingredients in dog food are ideal for a healthy diet
  – This means they should not be fed human food as it will upset their system and can cause illness

• The main meat ingredient in most dog foods is either chicken, fish, or lamb
Quantity

• Dogs should be fed at least twice a day
  – Feeding three times a day is advised for puppies up to 16 weeks of age

• An estimate of feeding quantity can be found using the label on the back of feed packaging

• The feeding chart provided is a guide and adjustments might need to be made based on your dog's needs
Quantity Continued

• First, you need to identify your dogs body condition score
• Then, you can adjust the feed up or down based on your dogs needs
Appendix V
(AC)
Class 4 - Exam 1

Name: ______________________________

RU ID#: ______________________________

Multiple choice, True/False, Fill in the blank: Circle the answer that is the most correct (4 pts each).

1. What unique sound can many members of the hound group make?
   A. Barking
   B. Baying
   C. They cannot bark normally

2. Based on general group characteristics, which breed group would be the worst choice for first time dog owners?
   A. Working Group
   B. Hound Group
   C. Toy Group

3. Which of the following breeds is a part of the top five registered breeds in the United States?
   A. Labrador Retriever
   B. Yorkshire Terrier
   C. Both A and B are correct

4. Which of the following are characteristics of the German Shepherd Dog breed?
   A. They excel in police and military work
   B. They require minimal exercise
   C. They have a long double coat that requires daily grooming
   D. Both A and C are correct

5. What task was both the Beagle and Golden Retriever originally developed for?
   A. Police work
   B. Hunting
   C. Being a lap dog

6. In general, larger breed dogs are going to require more exercise but be less expensive (food and medical standpoint) when compared to smaller breed dogs.
   A. True
   B. False
7. When preparing your home for a new puppy or dog, which of the following should you do?
   A. Cover or remove all electrical wires
   B. Clear floor space of all unnecessary items (i.e., shoes, clothes, etc)
   C. Consider gating your new addition in a confined area of the house (preferably with tile or similar flooring for easy clean up of messes)
   D. All of the above

8. Regular trimming of a dog’s nails will cause the quick to…
   A. Grow longer
   B. Stay the same
   C. Recede
   D. Disappear altogether

9. Which of the following would help prevent bloat in your dog?
   A. Feeding with an elevated bowl
   B. Feed one meal in the morning
   C. Do not exercise one hour before and after meal times

10. The most common symptom of bloat is…
    A. Attempting to vomit but unable
    B. Gasping for air
    C. A hacking cough

11. Kennel cough is an upper respiratory infection that can be caused by both viruses and bacteria which is transmitted through the air to other dogs.
    A. True
    B. False

12. To protect against kennel cough dogs can receive the vaccine called…
    A. Kennel Cough vaccine
    B. Bordetella
    C. There is no vaccine for kennel cough

13. Which of the following substances are toxic to dogs?
    A. Chocolate
    B. Mushrooms
    C. Grapes
    D. All of the above

14. Which of the following substances are toxic to dogs?
    A. Poinsettias
    B. Carrots
    C. Dog food
    D. Both A and B are correct
15. A healthy diet for your dog should include both premium dog food and small amounts of human food.
   A. True
   B. False

16. In addition to the feeding chart on the back of dog food, and owner should also take into 
    account their dog’s __________________ as well as activity level to determine proper 
    food quantity.
    A. Preference of food amount
    B. Length of coat
    C. Breed
    D. Body condition score

17. The ideal number on the body condition scale is…
    A. 1
    B. 2
    C. 3
    D. 4
    E. 5

18. Using the body condition scale, the following dog would be…

   A. 2
   B. 3
   C. 4
19. Using the body condition scale, the following dog would be…

   ![Dog Image]

   A. 1  
   B. 2  
   C. 4  
   D. 5  

20. Using the body condition scale, the following dog would be…

   ![Dog Image]

   A. 1  
   B. 2  
   C. 4
Dog Training and Care
Exam 1 answer key

1. B
2. A
3. C
4. D
5. B
6. B
7. D
8. C
9. C
10. A
11. A
12. B
13. D
14. A
15. B
16. D
17. C
18. A
19. D
20. C
Appendix VI
(Kelly Peterson)

Class 5 – Canine Body Language and Anxiety

Dogs do not talk.
   Cannot explain to us what is wrong with words.
   Use vocalizations and body language.
   It is important to understand the messages your dog is trying to convey.

By understanding your dog’s language you can determine if he/she is:
   In pain
   Anxious
   Feeling threatened or fearful
   Alert or relaxed

Knowing your dog’s state of mind can help prevent dangerous situations that can physically or emotionally damage your dog

Common misconceptions of dog language

Panting
   Does not necessarily indicate that your dog is happy or in a playful mood
   Dogs do not sweat
      They release excess heat through their tongue
   People sweat when they are hot, exercising or nervous
      Panting may indicate that a dog has just been exercised (physically or mentally), is overheated or anxious

“Smiling”
   When dogs show their teeth, they are not smiling
      Baring teeth is an indication of feeling threatened
      Can be threatening his dominance, territory, owners, resources, etc.
      Baring teeth is a warning – Back off; don’t push me.

Ear positioning
   Natural/hanging ears make it slightly more difficult to read your dog’s expression.
   The position of the ears is a good indicator of a dog’s state of mind

Tail movement
   Determining your dog’s state of mind through tail movement depends on what portion of the tail is moving, the rate of movement, and the position of the fur on the tail.
   If a dog has a docked tail or naturally short or cork-screwed tail, then tail position or movement is not a good indicator of the dog’s state or mind.

Positioning of the body in relation to the dog’s state of mind

Relaxed – Content, not concerned with its environment
   Ears up (but not forward)
   Head high – confidant, not fearful and trying to back his head away
   Mouth open slightly – tongue exposed, but not hardcore panting
Loose stance – not crouching, but not stiff
Tail down – not tucked between the legs, but not sticking straight up
Alert – responding to and focusing on an aspect of its environment – sound, object, person, animal
  Ears forward – listening intently
  Head high, eyes wide – focusing on an object/searching for movement
  Mouth closed – not threatening with teeth, but not relaxed
  Leaning slightly forward – may have one paw up, as if ready to move
  Tail horizontal – sticking straight out, not stiff but no longer relaxed
Fear/passive aggressive – frightened or threatened, may attack if provoked. This position may be taken when a dog is cornered without an escape route. A fearful dog will show you that they are trying to back off from the threat, but have weapons to use if they are pushed.
  Head low
  Ears back
  Nose wrinkled
  Lips slightly curled, corner of the mouth pulled back – ready to show teeth
  Tail tucked between back legs – covering genitals
  Body lowered – leaning away from the threat, but also may be ready to attack if pushed
  Hackles up (the fur on the back of the neck and back down to the tail) – sometimes only a small portion will be up, other times they will all be erect
Dominance/Active aggression – communicating dominance and/or threatening aggression – something or someone has invaded the dog’s space and he/she is ready to attack – this dog is telling you to back off. Much of this positioning is making the dog seem taller/bigger and more threatening, as well as displaying its weapons.
  Ears forward
  Nose wrinkled
  Lips curled, teeth exposed – displaying a weapon – come closer, and you’ll be bitten
  Hackles raised
  Tail raised and bristled
  Stiff-legged stance, body leaning forward – holding his ground
Submission/Fear – is fearful of a person or another animal, is showing submission, but is still in a position to attack if he begins to feel threatened
  Brief and indirect eye contact
  Licks face of dominant animal
  Corner of the mouth pulled back
  Ears back
  Paw raised
  Body lowered – making itself seem smaller and not threatening
  Tail down, may be wagging slightly
Passive submission – communicating complete surrender, fear and submission – is not going to attack from this position
  Ears flat and back against its head
  Avoiding direct eye contact
Nose and forehead smooth
Corner of mouth back
Role onto its back exposing its stomach and neck – not protecting its vital organs
Tail tucked – making his body seem smaller – because he is on his back, his genitals are still somewhat exposed, allowing the dog to sniff
Playful – the dog is inviting another dog or animal to play, could be accompanied by barking.
Ears up – Not forward, but not back
Tail up – not straight up, may be wagging, but should not be tucked between legs
Mouth open, tongue exposed
Front end lowered and back end raised – Play Bow

Anxiety

Signs of Anxiety – Dog is uncomfortable with the situation and is telling you not to push it further. It is good for a dog to show that they are uncomfortable rather than resorting to biting or nipping straight away. PAY ATTENTION TO YOUR DOG!
Licking lip – when no food is present
Yawning – when not tired
Scratching – sudden and excessive
Biting/chewing its paws or body
Panting
**These are normal everyday behaviors. You must look at the context of the situation to see if your dog is uncomfortable, or simply just behaving normally.

Pacing
One paw raised – does not want to be touched
**Excessive** jumping (usually accompanied by whining, whimpering)
Some dogs just jump because they’re happy to see you, a few times doesn’t necessarily mean they are anxious about anything.

*Situational anxiety is not the same as separation anxiety

Avoidance – the dog is not trying to act on its discomfort, but escape it.
Dog leaves the situation voluntarily (when able to)
Dog may turn its head away from the stimulus or hide behind a person or object
Dog may roll into a submissive position or tuck its tail between its legs

A dog can be uncomfortable in any situation

Meeting new people
It is important to let strangers know how you want them to greet your dog.
If your dog is not completely comfortable with people (which no dog is), then you must dictate the meeting because your dog cannot speak for himself.
The proper way to greet a new dog is to ask the owner if you can say hello, do not hover over the animal, but do not put your face near his face, allow the dog to sniff your hand, then scratch under dog’s chin ONLY if the dog is receptive to your advance. If a dog growls, turns away, tries to escape, etc. DO NOT push the situation. Accept that the dog is uncomfortable, and move on.
If your dog displays any signs of anxiety when meeting a new person, remove the stimulus or remove your dog from the situation. Any stress can quickly escalate to biting or attacking because, again, your dog cannot speak, but is trying to tell you that he is not okay.

Traveling – let your dog go on a few short car rides to fun places or straight back home before expecting him to be completely comfortable riding in the back seat for 5 hours to grandma’s house.

A lot of the time, a stressful situation can’t be avoided, like long car rides or things like inclement weather.

When the situation is unavoidable, it is helpful to make it fun instead of frightening.
If you are stressed, your dog will be stressed. Try to remain calm throughout unusual situations rather than getting frazzled and assuming your dog will freak out.
For things like car rides, bring a special high-value toy or treats to entertain your dog and reward them for behaving in the car.
If there is a thunderstorm, try to be upbeat and make a game out of the storm. (saying “BOOM” really loudly and happily when there’s a thunderclap, playing with the dog, etc)
Appendix VII

( RC )

Class 6 – House-breaking and Crate-training

House breaking a companion animal is defined as the process of training the domestic animal to use a designated area (oftentimes outside of the house) for excretion. This allows the animal to more easily coexist with the owner in a home.

Initially, there are a few general guidelines to follow that will ease the process as a whole as well as shorten the time between untrained and fully housebroken.

1. Before bringing the dog home, find a house breaking plan and make sure to understand it fully.
2. Start the house breaking regimen as soon as you bring your dog into your home. If you give any leeway period in which you don’t enforce house breaking rules, it will make the task that much more difficult when you decide to undertake it. Remember, what you are allowing the dog to do, you are teaching it to do.
3. Dogs need to relieve themselves many times throughout the day. Depending on the age of the dog or the particular breed and individual, this can be upwards of 6 or 7 “potty breaks.”
4. Watch for signs of the dog needing to relieve itself and be prepared to act immediately to get the dog to a designated bathroom spot.
5. These signs can include but are not limited to behaviors such as turning in circles or wandering off alone. Keep an eye out and make not of what your dogs does before doing its business and you will soon be able to key in on pre bathroom behavior. Immediate action upon seeing these signs can do wonders in helping the dog understand acceptable behavior.
6. Similarly, there are times when a dog should be taken out regardless of whether or not it is showing that it needs to relieve itself. These times are immediately following release from the crate, following meals, after play activities or before being crated for the night. Preventative measures are the most valuable steps in this case.
7. House breaking can be completed effectively with both adult/older dogs as well as puppies. Individual time frames may vary, patience and persistence from the owner’s perspective is key.

There are many accepted methods for housebreaking a dog and two of the most common techniques will be outlined in the following. These techniques are suitable to a majority of pet owners and each provide a different result.
**Crate Training**: Crate training is an accepted and effective way to quickly house break canine companion animals. The basic steps are outlined as follows:

Pet crates come in many shapes, sizes and models and not all are right for your dog. Choosing the proper crate is crucial in being successful in house breaking practices.

**Crate style**-

- Open wire sides with hinged and lockable door. Can be covered to give the dog a sense of greater security
- Closed hard plastic with few openings as “windows” and lockable front door

**Crate size**-

- The crate should be just big enough to allow the dog to enter comfortably and bed without knocking around inside.
- It may seem inconsiderate to not have a roomy area for your pet to sleep in but the proper fit is essential in creating a place of safety and a sense of “personal home” for the dog.
- If the crate is too large, the dog may choose to sleep in one are of the crate and defecate or urinate in another.
- A crate just big enough for bedding forces the pup to use the allotted space for sleeping only. The dog does not want to soil the area in which it sleeps.

**Crate training technique**-

- First, the dog should view the crate as a safe haven of sorts. The crate should not be used as a time out area or form of punishment.
- Also, the dog should be crated sparingly. One that spends all but an hour or two boxed up in a closed crate can be problematic when released.
- Toys or a type of bedding materiel can be placed in the crate to make it a more desirable place for the dog to spend time.
- The dog should be watched for the aforementioned signs of needing to relieve itself in order for the owner to act in a preventative manner and not allow soiling of the crate.
- The key of the crate training method lies in allowing the owner to dictate the precise moment that your dog wants to relieve itself (when exiting the crate) and acting accordingly.
- Upon releasing from the crate, the dog should be immediately brought outside to the designated “bathroom” location.
- Use the same spot in the yard as a designated bathroom location each time you take the dog out. This reinforces the behavior and helps the dog understand that using the bathroom in that particular location is acceptable.
- Do not give the dog time to wander around the house after exiting the crate as it will not wait for you to do its business. Immediately outside.
- Once outside, do not rush the dog, give plenty of time to use the bathroom and remember that going multiple times per trip are common.
- Make sure to take into consideration the duration of time that you expect the dog to remain in the crate without a bathroom break. Clearly, an all day stint is going to result in soiling the crate. Be realistic in your expectations.
Be sure to praise the dog when it relieves itself in an appropriate manner to reinforce good behaviors.

Over time, the dog will develop cues that let you know when it needs to relieve itself. You can reinforce this behavior by overlaying a key word with going out.

After much repetition, the dog will begin to understand the meaning of the command word as well as what is expected.

Accidents will continually get less frequent and eventually become virtually nonexistent.

After a time of accident free behavior, the owner can choose to crate the dog much less throughout the day or even get rid of the crate altogether.

**Crate training drawbacks-**

- The owner must always be around to let the dog outside in order to eliminate
- It can take a bit longer as opposed to methods allowing the dog to relieve itself in the house
- Dog must be kept in the crate for a fair bit of time

**Paper Training:** Paper training is a technique that allows the dog to relieve itself within the house in a designated location on sheets of stacked paper. The top layer of paper is then discarded while the bottom layers are left in place. It is often used for smaller breeds of dogs that are required to remain within the house for extended periods of time.

**Paper training technique-**

- As an owner, first decide whether or not paper training will be an acceptable method of training your pet.
- The only required materials are sheets of old newspaper or absorbent pads used made for such training
- Choose a designated room in which to paper train your dog.
- The room should be relatively small and should not have damageable flooring such as rugs or carpets.
- Cover a large portion of the floor with the newspapers or pads and in the other area place toys, food and water for the dog.
- Watch the dog and when any signs of needing to relieve itself become apparent, move the dog to the newspaper area and allow it to eliminate on the paper
- Remove the top layer of soiled paper and leave the bottom layer remain in place. This allows the scent of the previously used location to remain and add an element of familiarity the next time the dog needs to relieve itself
- Over a period of time, the dog will continually relieve itself on the newspaper. Be sure to praise each time good behavior is executed
- At this point, the area covered by newspaper can be gradually reduced until the dog is reliably using a single sheet to eliminate

**Paper training drawbacks-**

- The dog is expected to relieve itself in the house and the odor can become unpleasant if not dealt with immediately.
- Unsightly paper or pad in the house
Summary-The keys to successfully housebreaking a dog are prevention and persistence on the part of the owner. Dogs, for the most part want to please their owners and it is up to the handler to help the dog understand what is expected in the way of behavior. Regardless of the desired results, one of the aforementioned training methods will create a housebroken canine. Also, be sure to remember that not all dogs are created equal. There will be missteps throughout the housebreaking process that may require slightly different actions. As long as you are dedicated to the housebreaking, a month or two of training will result in a lifetime of a well-mannered dog in the home.
Class 7 - Basic Training: Rewards, Sit, Down

Rewarding

Must be something high in value that dog really wants and will work for.
Many types of rewards
  Treats/food most common
    High value: chicken, soft meat rolls, steak, cheese
  Toy
    High value: squeaking toy, favorite toy, something dog enjoys but is not given often
  Praise
    Vocal: excited tones, happy sounds
    Physical: petting, scratching
Miscellaneous rewards
  Water squirted from bottle

Dog knows what he likes and what he considers rewarding.

To avoid always needing to have treats on hand to reward your dog with, a sound will be paired with the reward. This sound is called a “mark” and can be something like “yes” or “good”.
Another option for a mark is using a clicker. The dog will associate the sound with the reward, and eventually you will fade out the food/physical reward and can rely on the mark to let your dog know he’s done a good job. The mark should be limited to one syllable to make it simple.

The dog will not automatically know that the mark means a reward is coming. You must create the association between the mark and the reward by making your mark, then immediately rewarding your dog, and repeating this several times.
  Once the association is made, make the mark when your dog is turned away from you. If he looks at you once you mark, then reward him.

CONSISTENCY IS KEY.

Sit

Use a treat as a lure.
Hold the treat in front of the dog’s nose so he knows you have it.
Slowly raise the treat back over the dog’s head.
The dog will most likely move into the sit position.
  It may take a few attempts to get the dog to actually sit.
  If the lure is not quite working, you may use your free hand to tuck your dog’s bum under into position.

DO NOT PUSH on your dog’s rear end. You may injure their back.
Have patience. Every dog is different, and some dogs just take a bit longer to learn than others.

Once your dog sits consistently with the lure, you can begin to name the command.

Still using the lure, say “sit” just before your dog’s rear hits the floor.
Mark and reward immediately.
Doing this will teach your dog what the action is called.
You may still need to use the lure until your dog can perform the behavior consistently.
After a while, you may no longer need a lure, but you may need a hand signal, such as the motion your hand makes when bringing the treat over your dog’s head.
When you are no longer using the treat as a lure, do not forget to continue to mark and reward with praise (a scratch, petting, or excited vocalizations).
Try commanding without the lure. Say the command, then mark and reward if your dog complies.
If the dog does not follow the command, then lure him into position, but do not re-command (*do not keep asking your dog to sit)
    By re-commanding, you are letting your dog think that he does not have to obey the first time you say the command.
Once you lure your dog into the sit position, do not give him the treat – only praise verbally.
Fade the lure, and only reward when your dog sits with the verbal command. He will make the association that he only gets a treat if he sits without a lure.

**Down**

The same principles are applied to the “down” command.
Use a treat as allure.
Hold the treat in front of the dog’s nose so he knows you have it.
Slowly lower the treat to the floor – dog should follow with his nose.
Depending on the dog, you may move the treat back towards its rear or outward and away from its face.
If your dog falls into the down position, reward them.
If they stay in the down position, give them a few more rewards.
There is usually a reason for you to want your dog to lay down, so it is especially good if they hold the position.
Once your dog is lying down consistently with the lure, begin naming the command by saying “down” right before your dog lays down.
Mark and reward immediately.
Fade out the lure just as you would with “Sit”.

It is also helpful to reward your dog if you catch them laying down on their own. Especially in situations where you expect your dog to be very excited and distracted, rewarding them for laying down on their own teaches them that you expect calm behavior even though there’s a lot going on.
Appendix IX
(KP)
Class 8 – Leash-walking, Collars, and Leashes

Leash-walking

Do not expect your dog to automatically know how you want them to walk. They must be taught how to behave on-leash, and it is your job to teach them. It is your job to set the pace, and to ensure that your dog complies through discipline and consistency.

If your dog is not used to a leash, choose a lightweight leash at first to avoid excess weight on your dog’s neck. Save the leather and chains for the experienced dogs.

Properly attach the leash to your dog’s collar or harness
   NEVER let your dog have the full length of the leash. A little bit of slack allows room for control and correction.
   Most people walk with their dog on the left-hand side so that their right hand is free.
   For training purposes, hold the handle in your right hand, and the body of the leash in your left hand. This will prevent your dog from having the full length of the leash and ripping it from your hand, should they decide to chase something or flee for whatever reason.

Begin walking with your dog on-leash.
   Praise him when he walks without pulling (causing tension in the leash/straining). Use treats, your marking word, positive tones, a squeaker toy, etc.
   If your dog pulls and creates tension on the leash
      Drop the leash from your left hand and walk backwards. (“Drop and Go”)
      When your dog comes back to you, praise him.
      The pressure created from bringing the leash with you is something the dog wants to alleviate.
      By coming back to your side, the leash is loose again, and the pressure from the collar is gone.
      Your dog will learn that if he pulls, he will not get to go anywhere.

Loose-leash walking

The dog is allowed to walk out in front of you, wander along. Although this is a more relaxed walk, you must still maintain control over your dog.

Working walk

The dog is right by your side, your left arm is at your side, and the leash is parallel to your body (the dog is not pulling in front of you, nor is he dragging behind).
Although it is a difficult reflex to ignore, DO NOT pull or “pop” your dog’s collar if he pulls during a working walk.
If he is pulling, use the same “drop and go” method. Popping the collar is a correction. Pulling the dog tightly to you is like punishing him for coming closer.

**Distractions on-leash**

It is rare that you’ll take your dog for a walk and not encounter something interesting. The important thing is that you keep your dog focused on you and not on the squirrel, car, jogger, etc. When training your dog to walk on leash, it is helpful to have treats or a toy – something very enticing like chicken, pieces of steak, or a favorite squeaky toy – to keep your dog focused on you.

Avoid a distraction by
- Continuing to walk in the direction that you were going (assuming the distraction is not following).
- It may be helpful to switch to the opposite side of the street if possible.
- If you know something distracts or bothers your dog, do not allow your dog to come into contact with it unless he is under complete control – especially a person or other living being that could be injured or property that can be damaged.
- Having your dog halt and sit or down.
- Doing obedience will keep your dog focused on you.
- Make sure to give your dog plenty of praise for ignoring distractions and walking nicely.

**Collars**

Collars are a way to control your dog and/or keep identification attached to them.

Flat collars – usually made of nylon or leather, have a metal loop to attach identification tags or leash
- **Buckle collars**
  - Buckle similar to a belt buckle, usually metal
- **Quick-release collars**
  - Quick-release buckle, plastic or metal

Training collars – typically not worn except during training or on walks because the features of many training collars may strangle a dog or cause other injuries if left on unsupervised
- **Chain collars**
  - Also known as slip collars or choke chains
  - Is a length of metal chain or nylon rope with a ring on each end
  - Forms a loop to slip over the dog’s head and tightens when the live ring is pulled
  - Used to correct a dog with a quick jerk followed by immediate release
  - Do not have a limit of constriction
- **Martingale collar**
  - Designed to fit over the dog’s head with limited constriction
Recommended for dogs whose heads are smaller than their necks (e.g. Sight hounds) to prevent them from slipping out of their collars.
A small metal loop attached to a larger chain loop, which is attached to the base length which may be made of nylon, leather, fabric, or rope.
Leash is attached to the smaller loop, which causes the larger loop to tighten when pulled.
Loops may also be made of rope.
Base length may be adjustable and/or contain a buckle.

**Prong collar**
- Martingale-style collar, the smaller loop is pulled to tighten the collar.
- Metal links with blunt ends that open toward the dog’s neck.
- Designed to have limited constriction.

**Head collar**
- Also called a head halter, or Gentle Leader (brand name).
- A loop goes over around the dog’s snout and two straps fasten behind the dog’s head with a quick-release buckle.
  - Leash attaches to a metal loop which is connected to the noseband.
  - Pulling the leash puts pressure on the dog’s snout and controls its head.
- Is adjustable to the size of the dog’s head.
- IS NOT THE SAME THING AS A MUZZLE and will not prevent a dog from biting.

**Medical collars**
- **Flea collars**
  - Worn in addition to another collar.
  - Contains chemicals to repel fleas and some other pests.

**Elizabethan collar**
- Also known as a cone.
- Used to prevent the dog from scratching a wound on its head or neck, or to prevent the dog from licking a wound or sutures, etc. on its body.

**Leashes**

Attach to the dog’s collar or slip around the dog’s neck for control or restraint.
Used to protect the dog and the public.

Usually 6 feet long, though there are extended lengths.
May be double-sided (have two hooks) to either switch between lengths or to attach one hook to the flat collar and the other to a head collar.
Retractable leashes are meant to prevent the leash from becoming tangled around the dog’s legs.
- Dog can wander a few yards away while still essentially being attached to its owner.
Appendix X
(KP)
Class 9 - Exam 2

Name ______________________
RUID____________________

1) Name and describe two common misconceptions of canine body language. (10 points)
   Panting does not mean your dog is happy or playful. Smiling is a dog baring its teeth. Natural/hanging ears make it more difficult to read a dog’s expression. A wagging tail does not indicate a happy dog.

2) Fill in the following chart with the appropriate positioning of each body part in relation to the dog’s state of mind. (35 points)

<table>
<thead>
<tr>
<th>State</th>
<th>Head</th>
<th>Ears</th>
<th>Mouth</th>
<th>Tail</th>
<th>Body Stance</th>
</tr>
</thead>
<tbody>
<tr>
<td>Relaxed</td>
<td>held high</td>
<td>up, but not forward</td>
<td>open slightly, tongue exposed</td>
<td>down, not tucked</td>
<td>loose, not stiff or crouching</td>
</tr>
<tr>
<td>Alert</td>
<td>held high, eyes wide</td>
<td>up and forward-facing</td>
<td>closed</td>
<td>horizontal</td>
<td>leaning slightly forward</td>
</tr>
<tr>
<td>Fear/Passive</td>
<td>lowered</td>
<td>back</td>
<td>lips slightly curled</td>
<td>tucked between legs</td>
<td>lowered</td>
</tr>
<tr>
<td>Dominance/Active Aggression</td>
<td>held high</td>
<td>forward</td>
<td>lips curled, teeth exposed</td>
<td>raised and bristled</td>
<td>stiff-legged, leaning forward</td>
</tr>
<tr>
<td>Submission/Fear</td>
<td>lowered</td>
<td>back</td>
<td>corner pulled back</td>
<td>down, possibly wagging slightly</td>
<td>lowered, making itself smaller</td>
</tr>
<tr>
<td>Passive Submission</td>
<td>lowered slightly</td>
<td>back flat against head</td>
<td>corner pulled back</td>
<td>tucked between legs</td>
<td>rolled onto back</td>
</tr>
<tr>
<td>Playful</td>
<td>held high</td>
<td>up, but not forward</td>
<td>open, tongue exposed</td>
<td>up, possibly wagging</td>
<td>front end lowered, back end raised</td>
</tr>
</tbody>
</table>
3) Name 5 behaviors that may accompany anxiety. (10 points)
   Licking lips, yawning, scratching, biting/chewing body parts, panting, pacing, excessive jumping, whining/whimpering

4) Name the 4 kinds of rewards that were covered in class. (10 points)
   Treats/food, Toys, Praise, Miscellaneous (water squirted from a bottle)

5) Name the 4 kinds of collars commonly used in training. (10 points)
   Chain, Martingale, Prong collar, Head collar

6) When crate training a dog in an attempt to housebreak, what size should the crate be and why? (10 points)
   Answer: The crate should be just big enough to allow the dog to enter comfortably and bed without knocking around inside. It may seem inconsiderate to not have a roomy area for your pet to sleep in but the proper fit is essential in creating a place of safety and a sense of “personal home” for the dog. If the crate is too large, the dog may choose to sleep in one area of the crate and defecate or urinate in another. A crate just big enough for bedding forces the pup to use the allotted space for sleeping only. The dog does not want to soil the area in which it sleeps.

7) Define housebreaking in terms of a companion animal. (5 points)
   Answer: House breaking a companion animal is defined as the process of training the domestic animal to use a designated area (oftentimes outside of the house) for excretion. This allows the animal to more easily coexist with the owner in a home.

8) What is the desired end result when paper training a dog? (5 points)
   Answer: upon completion of paper training a dog, the dog should use a designated area within the home to relieve itself. This is often denoted by a layering of newspaper laid on the floor

9) Why is paper training most frequently used with smaller breeds of dogs and not as effective with larger breeds? (5 points)
   Answer: It is easier to clean up after a small dog than a large one.

Practical Portion

1) Identify the collar and put it on the dog. (10 points)
   Quick-release flat collar
   Chain
Martingale
Prong collar
Head collar

2) Put the dog into a sit. (10 points)

3) Put the dog into a down. (10 points)

4) Walk with a loose-leash. (15 points)

5) Perform a working walk. (15 points)
Appendix XI
(KP)
Class 10 – Stay, Recall, & Canine Good Citizen

Stay

The dog should hold their position until you return to release them.
Using a 6-foot leash, have the dog sit or down.
Ask your dog to “stay”.
Take one step away from your dog.
   If dog stays in position, immediately mark, return to your dog, and reward.
   Do this multiple times and then slowly begin to increase the distance between you and your dog.
   Vary your position – step to the side, behind the dog, etc.
   Eventually increase the intensity so that you are stepping behind a corner or into another room, while your dog “stays”
   If you add distractions, you may have to go back to the beginning and take small steps away from your dog.
   If your dog stands up during “stay”
      Take very small steps, beginning with only lifting one foot.
      Try not to recommand. You want your dog to “stay” the first time that you ask.
DO NOT FORGET TO RELEASE YOUR DOG!
   Create a release command (e.g. “Free”) so that he knows when it’s okay to leave his position.

Recall

The dog should come directly to you after hearing the command “Come”.
May take months or years to perfect, and 100% recall is very difficult and requires a lot of work and consistency.
The most important thing is to make recall a positive experience.
Do not get frustrated if your dog does not come to you right away.
Coming to you should be the greatest thing ever; yelling at your dog or punishing them once they do come to you will only influence the idea that coming to you is an unpleasant experience.
Do not ask your dog to “come” if you are going to do something that the dog finds unpleasant (e.g. crate him, trim his nails, administer medication, etc.)
With your dog on a 6-foot leash, stand in front of your dog and get his attention.
With an excited tone, tell your dog to come while backing away from him.
   Backing away will help to draw your dog towards you.
When your dog comes to you, stop and lure him into a sit.
Mark and reward with A LOT of praise.
   May want to add some sort of touch to the command (a neck scratch, etc) in case your dog decides to flee after coming.
      The touch will allow you to grab your dog if necessary.
Eventually graduate to a longer lead or retractable leash to increase the recall distance.
Begin adding distractions and distance, while still keeping your dog on leash. While training, do not use your recall command “come” unless you are able to enforce the behavior. This command should not be optional, and your dog must learn that he has to come.

Find a different word or way to get your dog’s attention off-leash.

If your dog is easily distracted, you may want to show your dog a treat or favorite toy before practicing, so that you are more enticing than any other distraction.

It is important to NEVER CHASE YOUR DOG! This makes the situation seem like a game, and your dog will come on cue only if it benefits them. Instead, make it a game, and reward your dog with a treat or toy when they come to you.

**Canine Good Citizen**

From the American Kennel Club website ([http://www.akc.org/events/cgc/program.cfm](http://www.akc.org/events/cgc/program.cfm))

The Canine Good Citizen test (CGC) is designed to evaluate dogs for manners in the home and in public.

Dogs who pass the test receive a certificate from the AKC.

Many owners whose dogs pass the CGC test go on to have them train to be a therapy dog.

Dogs are tested on the following:

- **Accepting a friendly stranger**
  The dog will allow a friendly stranger to approach it and interact with the dog’s handler.

- **Sitting politely for petting**
  The dog will allow a stranger to touch it while sitting at its handler’s side.

- **Appearance and grooming**
  The dog will allow someone to examine and groom them.

- **Loose-leash walking**
  The dog is under control in public.

- **Walking through a crowd**
  The dog moves about politely, keeping its nose and paws to itself while passing closely by people, and resisting jumping up.

- **Sit, down, and stay**
  The dog must respond to its handler’s commands.

- **Recall**
  The dog must come when called by the handler.

- **Reaction to another dog**
  The dog must behave around other dogs and not show too much interest.

- **Reaction to distraction**
  The dog must be confident and able to ignore or deal with distractions in a polite manner.

- **Supervised separation**
  The dog must continue to behave itself when left with a trusted person and its usual handler is out of sight. The dog should not whine, bark, pace, or show other signs of anxiety.
If the dog bites, snaps, growls, or attempts to attack a person or another dog, then it automatically fails the test.

Any inappropriate elimination will result in failure of the test.
Appendix XII
(RC)
Class 11 – Dog-friendly activities

Many dogs are capable of so much more than simple obedience, friendly cuddling, or mindless games such as fetch or tug-of-war. In fact, there are a multitude of engaging activities that cater particularly to dog and owner teams. Depending upon individual breed, particular interest and amount of free time, the majority of dog owners can find an organized activity to take part in with their pet. There are such a wide variety of dog-friendly activities that it would be impossible to cover all in one lecture.

Benefits of participating-

- Better the relationship with your dog. The activity creates a shared interest which strengthens the bond between you and the dog.
- The activity could have a set of guidelines to follow thus giving a goal to work toward in training.
- Ultimately results in a better trained companion animal in and outside of the home
- Allows your dog to expend energy and be more reserved in the home environment
- Meet people that share your interest in the activity as well as dog training
- Many experienced people in the area of training can provide assistance
- The following will outline the basics of a few of the common joint activities for you and your canine companion.

Dog parks/common areas-

Guidelines:

- Do not bring very young and unsocialized dogs to the dog park
- Try not to use toys or treats when other dogs are in the immediate vicinity
- Do not bring intact dogs to a dog park and risk unwanted breeding
- Talk to a veterinarian to determine whether or not your dog is physically capable of handling a dog park environment
- Be sure that your dog is up to date with all of its current vaccinations
- Keep a sharp eye on your dog as well as those around it at all times to avoid problematic situations
- Clean up after yourself and your dog
- Try not to let your dog pick up bad behaviors from others
Benefits:

- Can allow your dog to socialize with other dogs as well as other people in a relatively controlled environment
- An area where you are likely to meet others who share an interest in dog training
- A great source of exercise for the dog
- Gives dogs the freedom to run, many times off leash in a safe environment
- Opportunity for owner to learn about how their dog will behave in particular situations and learn methods of control and training
- The area is designated dog friendly and there will seldom be nearby vehicle or pedestrian traffic that an owner must worry about
- Gives your dog the opportunity to experience and handle emotions such as excitement, anger or hesitation
- A dog park is an excellent place to determine what areas of training need work. If the dog is obedient in such a distracting setting, you can be confident that it will behave in other such environments

Negatives-

- Not the best place to train a new command or attempt to reinforce one that has been recently attempted. The environment is too distracting for such work
- Dogs can pick up poor behaviors off-leash that makes leash walking difficult. This could be things such as running to greet another dog upon visual contact or attempting to play with another dog in passing. Both of which are fine off-leash but on leash, they are undesirable
- It is easy for owners to lose control of their dog when it is overcome with such new sensations
- If not closely monitored, the dog could have a frightening or traumatic experience thus affecting further work with the dog
- There is always a potential danger from aggressive behavior of dogs towards your pet or yourself
- Disease and illnesses can easily pass from dog to dog at the park

Solitary activities-

- Hiking- Many areas that allow people to hike are also dog friendly so long as a few basic precautions are taken. Each area will have its own basic rules and regulations and the owner should be familiar with them before entering the premises. Hiking can provide a bonding experience between owner and pet as well as great exercise for both parties.
- Hunting-Similar benefits to hiking yet the dog is most often kept off-leash. Again, a great source of exercise. Also, hunting is mentally stimulating and satisfying in the sense that the dog has a particular task to perform and results can be measured. Most often, hunting areas a relatively remote with little worry of encountering vehicles or other people.
• Neighborhood walks- Most likely, the dog will be leashed at all times but it still provides adequate exercise for many breeds. The dog may get the opportunity to socialize with other people/pets in a one on one environment.

Organized events-

• American Kennel Club
  ▪ Offers many different events for pet and owner to participate
  ▪ These include agility, obedience, tracking and other performance events.
  ▪ Regardless of the event an owner chooses to participate, there is extensive training required.
  ▪ The events give owners a set of guidelines and goals to work towards in their training endeavors.
  ▪ The events provide a place to receive feedback on your current training progress and be judged on your performance.
  ▪ Can learn from others who may be more experienced in the field.
  ▪ Any dog registered within the American Kennel Club can participate in an event tailored to their breed and conformation.

Summary: For a willing owner, finding an activity that both you and your dog can enjoy should not be difficult. The aforementioned activities only represent a fraction of that which is offered. A bit of research can ensure that you find something best suited for your goals as a trainer as well as current interests. Most importantly, choose an activity that you as an owner enjoy participating in. In the end, you will be more apt to continue with training if it is more of an enjoyment than a burden.
Appendix XIII
(KP)
Class 12 – Socialization and Exposure

In order for a puppy to turn into a well-socialized adult dog, it should be exposed to a variety of objects, people, and environments.

The Primary Socialization Period begins at about 3 weeks and extends until around 16 weeks. This is the time when a dog becomes responsive to interactions with the environment and other beings.

The Rules of 7’s
Guidelines to developing a well-socialized dog
Dictates that by seven weeks of age, the puppy should be exposed to a variety of stimuli including:

- 7 types of surfaces
  - Carpet, hard-wood floors, tile, grass, gravel, concrete, wood chips, tarp, dirt

- 7 different types of objects
  - Various toys
    - Small balls, large balls, soft toys, squeaky toys
  - Household items
    - Cardboard boxes, paper, garbage cans, shovels, rakes, brooms, hose pieces, keys,

- 7 different locations
  - Around the house
    - Front and back yards, kitchen, bathroom, car, garage
  - Out of the house
    - Park, pet store, veterinarian’s office

- 7 different types of people
  - Different ethnicities
  - Children, teenagers, adults, elderly
  - Someone with a wheelchair, cane, walker, crutches, etc
  - People in a variety of clothing
    - Hats, gloves, coats, different shoe types

- 7 challenges
  - Climbing up/down stairs, go through a tunnel, climb over obstacles, in and out of different doorways, run around a fence

- 7 containers to eat from – in case there is an emergency and the usual food dish is not available
  - Metal, plastic, paper plate, frying pan, ceramic, china

- 7 locations to eat in
  - Crate, yard, kitchen, bathroom, etc

Other things to expose your puppy to are passing cars/trucks/buses, sudden loud sounds, other dogs, other species, grooming processes.
It is important to get your dog used to having their ears, tail, body and feet touched at an early age.

Getting your puppy used to a tub and nail clippers at an early age can prevent complications and annoyance when your cute 8 lb lab puppy turns into an 80 lb adult.

Dogs can still learn and accept new objects/people/locations after the PSP; it just may be more difficult and take a bit longer, depending on the dog and the situation.

It is important to only expose your puppy to new situations when you can control them. A traumatic experience can affect the dog for the rest of its life.

e.g. exposing your dog to a broom
    make sure the object cannot harm the puppy in anyway (i.e. falling over and landing on puppy)

Anything sudden, such as new people approaching the puppy too quickly, may frighten the animal and setback your hard work.

It is YOUR job to protect your dog and control who and what approaches them.

It is YOUR job to tell people how you to approach your dog.

If your dog shows fear in anyway, correct the person, not the dog.

Growling or fearful posture is your dog’s way of telling you he is not comfortable, so do not punish them for communicating.

Punishment of proper communication may cause the dog to lash out without warning in the future.

It is also important not to tease your puppy with objects or people. Anything new is potentially frightening and can cause problems later on if not controlled properly.

Treats/praise/reward can help your puppy associate new stimuli with a positive experience.

Reward your dog when he reacts properly to new stimuli, and ignore the improper behavior or use a signal to let your dog know you do not like the behavior.

You do not necessarily have to correct your dog, but let him know that there is a better way to behave.

Do not coddle or baby your dog. If a stimulus is bothering your dog, then remove the stimulus and do not force your dog to encounter it.

Exposing your puppy to other dogs at a young age is important so that they learn how to properly posture themselves around other dogs.

Practice socialization with other FRIENDLY dogs.

Non-aggressive adult dogs are able to teach younger dogs how to communicate and interact appropriately.

Do not allow another dog to bully your puppy.

At this young critical age, your puppy may develop defensive behaviors if you allow him to be bullied.

Again, it is YOUR job to control the situation.

Reward your dog when he is playing nicely with others.

Rough play is okay as long as both dogs are actually playing and having fun.
Intervene if it gets too rough or out of hand.
A dog constantly trying to hide or get away from another dog is probably not having a very good time.
Introduce your dog to a new dog on neutral ground so that there will be minimal territorial issues.

When exposing your dog the public situations, it is important to keep your dog on a leash to control the situation.
 Keep the leash loose so that your dog cannot feel tension.
 Your dog can feel your nerves through the leash.

**Adult Dogs**

If your dog has an irrational fear of an object or people wearing certain articles of clothing, etc. it is important to get your dog used to these objects, but to do it slowly.
 Rewarding your dog for good behavior goes a long way.
 Place the object on the ground, and with your dog on-leash, approach the object.
 Reward your dog for being interested in the object from far away but not reacting or becoming anxious.
 Decrease the distance between your dog and the object slowly, and don’t forget to reward for good behavior.
 Once you reach the object, touch it and reward your dog.
 Eventually increase intensity to picking up the object and rewarding, showing your dog that the object is not going to hurt you or him.

If your dog does not get along with another dog
 If your dog has a scuffle with another dog, it does not necessarily mean that your dog of the other dog is not socialized.
 Not all dogs will get along, just like not all people get along.
 Do not force the situation or make it worse.

If you see a dog off-leash, another dog being walked, are approaching another dog, etc.
 If your dog is on-leash, do not tighten your grip or pop your dog’s collar, etc.
 Your dog will feel the tension in your leash and make it think there is reason to be afraid or on-guard.
 If you remain your calm, your dog will remain calm, or at least not be afraid because he believes that you are in control of the situation.

Rewarding your dog for behaving appropriately or coming into contact with new stimuli can be the most important aspect of socializing and exposing your dog.
Appendix XIV
(Ryan Chini)
Class 13 – Exercise and toys

Oftentimes, the sole responsibility of a canine companion is to lounge lazily throughout the day and respond to minor commands. Dogs are fed and watered without having to do more than travel from the couch to the kitchen. Unless the dogs are provided with a supplementary form of both physical and mental exercise, they can become sedentary, overweight, or even hyperactive and difficult to control depending upon the breed and individual. Exercise can be provided in many forms and usually requires little effort or cost on the part of the owner. A well exercised dog will also be much easier to train and control both in and out of the home. The following will discuss they type of exercise as well as amounts needed for particular common breeds.

Types of exercise:
- Physical- As the name implies, physical exercise is any activity that puts physical strain on the dog, often keeping him in a prolonged state of motion
- Mental-Any activity that causes your dog to think in order to complete a task. The completion of said task is often rewarded with a form of treat or praise. The task may not provide great physical strain but should be challenging enough to require the dog’s attention for a prolonged period of time

Benefits of exercise:
- Reduce or eliminates common undesirable behaviors such as digging, excessive barking, chewing and hyperactivity
- Helps to keep dogs healthy
- Helps to reduce digestive problems
- Helps timid or fearful dogs build confidence
- Helps dogs feel tired and able to relax in the home
- Helps to keep the dog’s weight under control

Signs of lack of exercise:
- Destructive chewing, digging or scratching
- Investigative behaviors, like garbage raiding
- Hyperactivity, excitability and night-time activity
- Unruliness, knocking over furniture and jumping up on people
- Excessive predatory and social play
- Play biting and rough play
- Attention-getting behaviors like barking and whining
- Lack of conditioning
- Overweight appearance
- Sedentary lifestyle

How much is sufficient:
- Amount of exercise necessary is dependent upon a dog’s age, breed, and individual health
Active breeds that are responsible for things such as hunting or herding are going to need more physical exercise than traditionally inactive breeds.

Generally speaking, 30 to 60 minutes of difficult aerobic activity will do wonders for dog behavior.

As a rule of thumb, upon finishing a period of exercise, the dog should show visible signs of beginning to slow and a noticeable reduction in energy level.

The amount will needed to reach this point will vary greatly and should be determined by the owner on an individual basis.

Exercise possibilities:
- Many activities can work both the mental and physical aspects of your dog.
- These include things such as playing fetch, exploring new locations, training drills, hunting, herding or many other activities that combine mental work with physical.
- Some activities are strictly physical such as roading or running with the dog on a short leash.
- Others require mostly mental concentration such as canine puzzles or search and find activities.
- Balance both mental and physical exercise for a happy, healthy and well-behaved canine companion.

Summary: Proper physical and mental exercise is a must if you wish to have a well-behaved pet in and outside of the home. Be sure to understand your individual circumstances and tailor the amount and type of exercise to your particular dog.

Toys for your dog-
- Dog toys come in all shapes, sizes, varieties and even flavors. They can be as simple as a tennis ball or as complicated as a canine puzzle. There are so many options that choosing the right toy for your dog can seem like an overwhelming undertaking. If a few simple guidelines are followed, you can be sure to find a toy that your dog enjoys and is beneficial to behavior in the home.

Toy recommendations:
- Be sure that the toy is large enough that your dog can not swallow or choke on it.
- But not so large that a smaller dog cannot handle the toy and quickly becomes bored and unresponsive to it.
- Attempt to match to toy to the individual. For example, if your dog loves to play fetch, a simple training dummy may be a sufficiently enjoyable toy. Tailor the toy to the dog.
- Attempt to choose a toy that is easy to clean.
- Choose a durable toy if you plan to leave it with your dog while unsupervised.
- Do not leave toys such as stuffed animals or rope toys with dogs that are known to chew destructively on such items as pieces can be removed and cause choking.
- Attempt to choose toys that invoke some mental or physical stimulation rather than sedentary chewing.
- Try to have a variety of toys for your dog to keep them occupied. The dog may quickly become bored with a single toy and turn to furniture or another undesirable object for enjoyment.
• Rotate toys in and out for your dog to play with. Keep it interesting and the dog will remain occupied
• Check the dog’s toys frequently for wear and tear and replace damaged toys immediately

Summary: A basket of toys should not be used as a substitute for actual mental or physical stimulation but they can be a great way to fill in the gaps between periods of exercise. If you choose the toys carefully, they can provide an occupying activity at times when you cannot personally engage the dog.
Appendix XV
(KP)
Class 14 – Practical review

Students request what they would like to go over. Dogs will be available for grooming, training, etc.
Appendix XVI
(KP)
Class 14 – Final Practical

Name_______________________________
RUID_______________________________

Each item will be worth 10 points. An extra point will be given for obedience items if performed flawlessly.

1) Trim a dog’s nails.
2) Brush and bathe a dog.
3) Identify the Body Conditioning Score.
   4
   3
   1
   5
   2
4) Have the dog sit.
5) Put the dog in a down.
6) Walk with the dog on a loose-leash.
7) Walk the dog in a working walk.
8) Have the dog stay.
9) Have the dog come to you.
10) Identify potential dangers of the toys in front of you.
Appendix XVII
(RC)
Final Exam – Exam 3

Name_________________________
RUID_________________________

1) What is the desired result of the “stay” command? (5 points)
   The dog should hold their position until you release them.

2) What should you NEVER do when teaching “come” or practicing it in real life and why? (5 points)
   Never chase your dog. This makes it seem like a game.

3) Name 5 of the 10 items tested for during the Canine Good Citizen test. (10 points)
   Accepting a friendly stranger, sitting politely for petting, appearance and grooming, loose-leash walking, walking through a crow, sit down and stay, recall, reaction to another dog, reaction to distraction, supervised separation

4) Give two general guidelines to follow when bringing your dog to a dog park. (10 points)
   Answer: Any of the following are acceptable:
   • Do not bring very young and unsocialized dogs to the dog park
   • Try not to use toys or treats when other dogs are in the immediate vicinity
   • Do not bring intact dogs to a dog park and risk unwanted breeding
   • Talk to a veterinarian to determine whether or not your dog is physically capable of handling a dog park environment
   • Be sure that your dog is up to date with all of its current vaccinations
   • Keep a sharp eye on your dog as well as those around it at all times to avoid problematic situations
   • Clean up after yourself and your dog

5) Name two benefits of attending a dog park regularly (10 points)
   Answer: Any of the following are acceptable:
   • Can allow your dog to socialize with other dogs as well as other people in a relatively controlled environment
   • An area where you are likely to meet others who share an interest in dog training
   • A great source of exercise for the dog
   • Gives dogs the freedom to run, many times off leash in a safe environment
   • Opportunity for owner to learn about how their dog will behave in particular situations and learn methods of control and training
   • The area is designated dog friendly and there will seldom be nearby vehicle or pedestrian traffic that an owner must worry about
   • Gives your dog the opportunity to experience and handle emotions such as excitement, anger or hesitation
- A dog park is an excellent place to determine what areas of training need work. If the dog is obedient in such a distracting setting, you can be confident that it will behave in other such environments.

6) Name two negatives associated with dog parks. (10 points)
Answer: Any of the following are acceptable:
- Not the best place to train a new command or attempt to reinforce one that has been recently attempted. The environment is too distracting for such work.
- Dogs can pick up poor behaviors off-leash that makes leash walking difficult. This could be things such as running to greet another dog upon visual contact or attempting to play with another dog in passing. Both of which are fine off-leash but on leash, they are undesirable.
- It is easy for owners to lose control of their dog when it is overcome with such new sensations.
- If not closely monitored, the dog could have a frightening or traumatic experience thus affecting further work with the dog.
- There is always a potential danger from aggressive behavior of dogs towards your pet or yourself.
- Disease and illnesses can easily pass from dog to dog at the park.

7) Name the 7 categories of items that puppies should be exposed to during the PSP. (10 points)
Surfaces, objects, locations, people, challenges, containers to eat from, locations to eat in.

8) What is the most important aspect of socializing your dog? (10 points)
Rewarding your dog for behaving appropriately.

9) Name and define the two types of exercise. (10 points)
Answer: Physical- As the name implies, physical exercise is any activity that puts physical strain on the dog, often keeping him in a prolonged state of motion.
Mental-Any activity that causes your dog to think in order to complete a task. The completion of said task is often rewarded with a form of treat or praise. The task may not provide great physical strain but should be challenging enough to require the dog’s attention for a prolonged period of time.

10) Name two indications that your dog is not receiving enough exercise. (10 points)
Answer: Any of the following are acceptable:
- Destructive chewing, digging or scratching.
- Investigative behaviors, like garbage raiding.
- Hyperactivity, excitability and night-time activity.
- Unruliness, knocking over furniture and jumping up on people.
- Excessive predatory and social play.
- Play biting and rough play.
- Attention-getting behaviors like barking and whining.
- Lack of conditioning.
Overweight appearance
Sedentary lifestyle

11) Give two guidelines to follow when selecting and using toys with your dog (10 points)
Answer: Any of the following are acceptable:

- Be sure that the toy is large enough that your dog can not swallow or choke on it
- But not so large that a smaller dog cannot handle the toy and quickly becomes bored and unresponsive to it
- Attempt to match the toy to the individual. For example, if your dog loves to play fetch, a simple training dummy may be a sufficiently enjoyable toy. Tailor the toy to the dog
- Attempt to choose a toy that is easy to clean
- Choose a durable toy if you plan to leave it with your dog while unsupervised
- Do not leave toys such as stuffed animals or rope toys with dogs that are known to chew destructively on such items as pieces can be removed and cause choking
- Attempt to choose toys that invoke some mental or physical stimulation rather than sedentary chewing
- Try to have a variety of toys for your dog to keep them occupied. The dog may quickly become bored with a single toy and turn to furniture or another undesirable object for enjoyment
- Rotate toys in and out for your dog to play with. Keep it interesting and the dog will remain occupied
- Check the dog’s toys frequently for wear and tear and replace damaged toys immediately
References for Appendices

(Andria Caruso)


(Kelly Peterson)


(Ryan Chini)


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www.paw-rescue.org/PAW/PETTIPS/DogTip_ExerciseBenefits.html

www.activedogtoys.com/
Letters to the Editors

(Andria Caruso)

To whom it may concern,

My name is Andria Caruso and I am a senior at Rutgers University. I am writing you in hopes that you could inform Paw Prints the Magazine readers about a class that I am initiating here at the Rutgers New Brunswick campus in New Brunswick, NJ. The 14-week class is going to cover some basic overall canine care but mostly focus on training. The training segments will cover basic through advanced obedience as well as other forms of training in hopes of informing current or future dog owners. In the end, we expect this class to help reduce the volume of dogs being surrendered to shelters for behavioral issues.
Sincerely,

Andria M. Caruso

(Ryan Chini)

Ryan Chini

Letter to Editor
April 4, 2012

The letter was submitted to The Grapevine, a local newspaper in Vineland, New Jersey

Currently, there is a rampant but often overlooked problem with many of today’s companion animals. “The dogs won’t listen.” Nearly everyone has experienced such an animal in some form or another, whether their personal pet or that of a friend or family member. These disobedient canines are frequently labeled as “problem” animals when most often, it is the owner who should be taking he brunt of responsibility. The lack of owner knowledge of training practices results in such an unsatisfactory relationship between pet and handler that neither can be truly happy. In order to combat this issue, many new and current dog owners could benefit greatly from a companion animal care and training course. Recently, the idea for such a course has been developed at Rutgers University in New Brunswick, New Jersey. The course would be worth two college credits and meet twice weekly for a period of one semester (14 weeks). It would cover basic training and care topics as well as multiple advanced training techniques. The course would allow prospective dog owners as well as those who already have a companion animal to work hands on with a professional trainer or guest lecturer. Upon completion of the course, the student handler would have the knowledge to handle many frequently encountered training and care issues. If you find that such a course could be beneficial to you and your pet, keep an eye out at Rutgers.edu for registration opportunities.

(Kelly Peterson)
To the Editor:

The number of dogs entering animal shelters every year is appalling. About 5 million dogs are brought into shelters each year for various reasons. Among the top reasons are behavioral problems and financial burden. Many dog owners do not consider the costs of caring for such a high-maintenance pet before purchasing or adopting the animal, and are surprised when the veterinary and food bills rack up. Other owners do not understand the importance of training their dog as soon as possible to avoid behavioral issues later. Many dogs with behavioral problems are simply surrendered, rather than worked with to resolve the issues.

As a Rutgers University student and with the help of Dr. Julie Fagan, I seek to establish a course in which other Rutgers students and/or the general public will be taught the basics of caring for a dog as well as how to teach simple commands. With the right information, potential dog owners can decide whether or not they are truly ready for the responsibility of owning a dog. I wish to generate interest in this potential course so that it may become a reality.

Kelly Peterson
SEBS Class of ‘12
Animal Science Major
New Brunswick, NJ