

# Open Awards Qualification Unit



This unit forms part of a regulated qualification

## 1 Unit Details

|                        |                                  |
|------------------------|----------------------------------|
| Unit Title:            | Equine Sports Massage Techniques |
| Unit Reference Number: | F/650/3933                       |
| Level:                 | 4                                |
| Credit Value:          | 17                               |
| Minimum GLH:           | 70                               |

## 2 Learning Outcomes and Criteria

| Learning Outcome (The Learner will):                | Assessment Criterion (The Learner can):                                                                                                                             |
|-----------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| 1. Be able to perform standard massage strokes      | 1.1 Safely and effectively perform the following standard strokes:<br>a) Effleurage<br>b) Compression<br>c) Kneading<br>d) Wringing<br>e) Tapotement<br>f) Friction |
|                                                     | 1.2 Evaluate the effect of each of the following standard strokes:<br>a) Effleurage<br>b) Compression<br>c) Kneading<br>d) Wringing<br>e) Tapotement<br>f) Friction |
| 2. Be able to perform specialised manual techniques | 2.1 Safely and effectively perform the following specialised techniques:<br>a) Skin rolling<br>b) Myofascial release<br>c) Trigger point therapy                    |

|    |                                                               |     |                                                                                                                                                                                                                                        |
|----|---------------------------------------------------------------|-----|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
|    |                                                               | 2.2 | Evaluate the reasons for use, supporting theory and effect of the following specialised techniques: <ul style="list-style-type: none"> <li>a) Skin rolling</li> <li>b) Myofascial release</li> <li>c) Trigger point therapy</li> </ul> |
| 3. | Be able to perform a complete equine sports massage treatment | 3.1 | Perform a safe and effective massage treatment on a horse                                                                                                                                                                              |
|    |                                                               | 3.2 | Evaluate conclusions drawn from palpation                                                                                                                                                                                              |
|    |                                                               | 3.3 | Justify choice/implementation of strokes used                                                                                                                                                                                          |
|    |                                                               | 3.4 | Evaluate the effectiveness of completed equine sports massage treatment                                                                                                                                                                |
| 4. | Be able to explain contraindications to treatment             | 4.1 | Describe contraindications for performing equine sports massage                                                                                                                                                                        |
|    |                                                               | 4.2 | Demonstrate how to test patient suitability                                                                                                                                                                                            |
| 5. | Be able to reflect on own performance                         | 5.1 | Reflect on own performance, assessing areas for improvement and continued professional development                                                                                                                                     |

### Unit note:

This unit should include live work. Learners are required to complete a minimum of 100 hours in a practical, live environment.