

Qualification Unit

This unit forms part of a regulated qualification.

Unit Title: Equine Exercise and Movement Therapy

Unit Reference Number: L/651/7464

Level: Five (5)

Credit Value: 30

Minimum Guided Learning Hours: 60

The primary aim of this unit is:

- To provide an understanding of different types of muscles and their role of musculoskeletal health and dysfunction
- To determine suitable exercise programmes and justify exercise progressions
- To encourage critical evaluation of research in the area of equine therapeutic exercise

Learning Outcome (The Learner will):	Assessment Criterion (The Learner can):
1. Understand how therapeutic exercise can improve musculoskeletal function and/or maintain the horse's well-being	1.1 Describe the role of different muscle types (e.g. stabilisers, mobilisers) in musculoskeletal function and dysfunction
	1.2 Select appropriate therapeutic exercises to improve specific impairments
	1.3 Justify the use of therapeutic exercise to improve specific impairments and contribute towards the horse's well-being.
	1.4 Analyse the implications of incorrect and/or inappropriate exercise regimes
2. Be able to carry out in-hand therapeutic exercises	2.1 Describe the goals of in-hand therapeutic exercise
	2.2 Work effectively with due regard for the health and safety of horse and handler

	2.3	Plan a range of in-hand therapeutic exercises
	2.4	Carry out a range of in-hand therapeutic exercises
3. Understand how lunging and training aids can be incorporated into therapeutic exercise regimes	3.1	Describe the biomechanical effects of lunging on the horse
	3.2	Analyse the use and merits of a range of training aids
	3.3	Appraise the use of training aids within a therapeutic exercise regime
	3.4	Describe the progression from groundwork to ridden therapeutic exercise
4. Understand the role of exercise equipment and facilities within a therapeutic exercise regime	4.1	Appraise the use of exercise equipment and facilities within a therapeutic exercise regime: a) Treadmill b) Water treadmill c) Horse walker d) Equine swimming pool

Indicative Content	
LO1	<p>AC 1.1 Could include the function of different types of muscles based on sound anatomical knowledge and biomechanical principles.</p> <p>AC 1.2 Could include a suitable and evidence-based exercise programme considering the needs of the individual horse.</p> <p>AC 1.3 Could include the possible effects of unsuitable exercise programmes (e.g. ineffectual, harmful).</p>
LO2	<p>AC 2.1, AC 2.3, AC 2.4 Could include a rationale for in-hand therapeutic exercise.</p> <p>AC 2.2 Safety of horse and handler, PPE, handling equipment.</p> <p>AC 2.4 Could include:</p> <ul style="list-style-type: none"> • Types of exercises. • Use of ground and raised poles.
LO3	<p>AC 3.1 Could include lunging: correct method, use within an exercise regime, biomechanical effects and stresses, duration.</p> <p>AC 3.2 Could include training aids: Chambon, De Gogue, Market Harborough, Pessoa, draw reins, side reins.</p>

	<p>AC 3.3 Could include the effect on the horse's movement and action.</p> <p>AC 3.4 Could include assessing when the horse is ready to be ridden, ridden exercises.</p>
LO4	<p>AC 4.1 Could include treadmill: safety, gradient, speed, duration.</p> <p>AC 4.2 Could include water treadmill: safety, gradient, speed, water depth, water temperature, duration.</p> <p>AC 4.3 Could include horse walker: safety, shape, size, speed, duration.</p> <p>AC 4.4 Could include equine swimming pool: safety, shape, size, duration.</p>