

Equine Touch Intermediate



At a glance...

Integrated Training & Assessment

Duration:	3 day Practical Course.
Delivery Method:	Practical Instruction and Practice (followed by Case Studies); and Theory.
Prerequisites:	Over 18; have a genuine interest in helping the horse; some Attendance on Equine Touch Level One (>Jan 2019) OR Equine Touch Foundation; (Jan 2019 >).
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Introduction

Whether you are a horse owner wanting to help your own horse or wanting to take the training to practitioner level our courses will teach you the skills of Equine Touch and help you make a difference to the horses you work with.

Overview in brief

The Intermediate course is the second of 3 training programmes leading to a Practitioner Diploma and is for students wishing to offer Equine Touch as a professional service to others or who already have qualifications in other related disciplines and wish to add to their portfolio of skills for the equine.

The Programme of Study covers the following elements:

1. Learning the holistic Equine Touch Bodywork (Balances) and Completing Horse Case Studies.
2. Building a portfolio of evidence showing understanding of:
 - i. Equine Touch Knowledge and Application
 - ii. Equine Anatomy & Physiology.
3. Equine Touch Practical Skills Assessment .

On successful completion of the programme, a LANTRA Certificate of Achievement is awarded.



The finer details

Students will build on the Foundation training, improving their understanding of the Equine Touch and learn further procedures to increase their skills.

Scope of the Foundation Practical Course:

Refresh all Foundation human and equine procedures.

Fine tune the student's technique.

Learn an Advanced Body Balance for the horse – this additional 'whole horse' address is a further option that can be used in appropriate situations. Students will be instructed on how to select the appropriate Body Balance for differing Equine Touch scenarios.

Learn fifteen new procedures for Areas of Concern for the horse.

Learn three new procedures for Areas of Concern for the rider.



Home Study Learning and Research:

Understanding the horse and a more detailed application of ET

The Learner must provide evidence of understanding what they are feeling, the information they receive from the horse, and how to respond.

Anatomy & Physiology: Muscles and skeletal system.

Learning the anatomy and physiology of the musculoskeletal system; to gain knowledge of the physiology of muscle tissue and details of the horse's muscles, attachments, and function. This knowledge will assist with recognition of muscle dysfunction and guide the design of an appropriate Equine Touch address.

Who should attend?

The Practical Course is suitable for:

Any person interested in or involved with horses.

Anyone looking for practical skills to help their own horses.

Anyone wishing to offer Equine Touch as a professional service to others or who already has qualifications in other related disciplines and wishes add to their portfolio of skills for the equine must register on the Practitioner Training Route and complete ongoing practical and theoretical training and assessment in order to gain Lantra certification at the end of each Programme.



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What will be covered?

By the end of the course, you'll be able to:

Practical Skills

- Review all skills learnt at Foundation;
- Perform all new Intermediate skills;
- Understand the difference between the balances available and when to apply each correctly;
- Complete a further 10 case studies showing competent use of skills learnt in planning and recording each session and showing due regard for health and safety whilst working around the horse.

Anatomy and Physiology

Understand:

- The anatomy and physiology of the equine musculoskeletal system and be able to apply this knowledge to the Equine Touch session;
- The physiology of muscle tissue and details of the horse's muscles, attachments, and function;
- What happens to the muscle fibres when stimulated by nerve impulses;
- The three types of muscle contraction;
- The role of proprioceptors, their location and function;
- The mechanism by which the action of muscle tissue is 'fuelled';
- The difference between aerobic and anaerobic respiration;
- The structure and function of different joints and the range of movement of each;
- The individual muscles that comprise specific muscle groups in the horse;
- The muscles targeted by specific Equine Touch procedures.

Other areas of interest

- Equine Touch Foundation
- Equine Touch Advanced

