

**EQSCI 120 Course Outline as of Fall 2011****CATALOG INFORMATION**

Dept and Nbr: EQSCI 120 Title: INTRO THER RIDING PRNCPL

Full Title: Introduction to Therapeutic Riding Principles

Last Reviewed: 8/28/2017

Units		Course Hours per Week		Nbr of Weeks	Course Hours Total	
Maximum	1.00	Lecture Scheduled	1.00	17.5	Lecture Scheduled	17.50
Minimum	1.00	Lab Scheduled	0	2	Lab Scheduled	0
		Contact DHR	0		Contact DHR	0
		Contact Total	1.00		Contact Total	17.50
		Non-contact DHR	0		Non-contact DHR	0

Total Out of Class Hours: 35.00

Total Student Learning Hours: 52.50

Title 5 Category: AA Degree Applicable

Grading: Grade or P/NP

Repeatability: 39 - Total 2 Times

Also Listed As:

Formerly: AG 110

**Catalog Description:**

An overview of the history, organization, principles and procedures in a therapeutic riding program for persons with disabilities. Skills and training required for staff, instructors, therapists, and volunteers will be covered in this course. The student will also learn how to select and care for a therapy horse.

**Prerequisites/Corequisites:****Recommended Preparation:**

Eligibility for ENGL 100 or ESL 100

**Limits on Enrollment:****Schedule of Classes Information:**

Description: An overview of the history, organization, principles and procedures in a therapeutic riding program for persons with disabilities. Skills and training required for staff, instructors, therapists, and volunteers will be covered in this course. The student will also learn how to select and care for a therapy horse. (Grade or P/NP)

Prerequisites/Corequisites:

Recommended: Eligibility for ENGL 100 or ESL 100

Limits on Enrollment:

Transfer Credit:

Repeatability: Total 2 Times

## **ARTICULATION, MAJOR, and CERTIFICATION INFORMATION:**

<b>AS Degree:</b>	<b>Area</b>	Effective:	Inactive:
<b>CSU GE:</b>	<b>Transfer Area</b>	Effective:	Inactive:

<b>IGETC:</b>	<b>Transfer Area</b>	Effective:	Inactive:
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<b>CSU Transfer:</b>	Effective:	Inactive:
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<b>UC Transfer:</b>	Effective:	Inactive:
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**CID:**

**Certificate/Major Applicable:**

Both Certificate and Major Applicable

## **COURSE CONTENT**

### **Outcomes and Objectives:**

Upon completion of this course, students will be able to:

1. List the therapeutic values of horseback riding for persons with disabilities.
2. List the national and regional associations involved in therapeutic riding, the services/programs offered, and how they can be of support to a program.
3. Describe the range of physical and cognitive disabilities most often encountered in the therapeutic riding setting.
4. Identify the roles of various personnel positions and other professionals associated with therapeutic riding, and how they are integrated into the equestrian program.
5. Discuss the role of safety procedures as it relates to the horses, facility, students, staff and volunteers.
6. Observe and critique a therapeutic riding session.

Repeating students:

1. Increase level of security/trust with the horse.
2. Further develop control skills.
3. Increase level of safety.

### **Topics and Scope:**

- I. Introduction to Therapeutic Riding
  - A. The development of programs of riding for persons with disabilities
  - B. Benefits of therapeutic riding; what disabilities are best served
  - C. Various riding associations will be discussed as they relate to

therapeutic riding. Some examples include NARHA, CANTRA, CHA, and CALNET

## II. Common Conditions/Characteristics seen in persons in Therapeutic

### Riding

- A. Types of physical disabilities
- B. Types of cognitive disabilities
- C. Relating to the disabled student

## III. The Horse and the Riding Session

- A. Factors in horse selection
- B. Safety issues related to:
  - 1. horse handling and care
  - 2. emergency procedures
  - 3. selection, care and fit of tack to horse and rider

## IV. The Therapeutic Riding Team

- A. Roles of volunteers as horse handlers, sidewalkers, spotters
- B. Role of the instructor
- C. Role of consultants: physical, occupational, speech, recreational therapist, and school personnel
- D. Components of a riding lesson: warm up, exercises, games, riding skill
- E. Components of a hippotherapy session

## V. With course repeat

- A. Increasing level of security/trust with the horse
- B. Further development of control skills
- C. Increasing level of safety

### Assignment:

- 1. Chapters will be assigned from textbook and industry handouts, approximately 30 pages per week
- 2. Preparation for skill demonstrations
- 3. Summaries and written homework
- 4. Performance exam
- 5. 2-5 quizzes and exam

With course repeat, skills demonstrations related to:

- 1. Increased level of security/trust with the horse.
- 2. Further development of control skills.
- 3. Increased level of safety.

### Methods of Evaluation/Basis of Grade:

**Writing:** Assessment tools that demonstrate writing skills and/or require students to select, organize and explain ideas in writing.

Written homework and summaries
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Writing 35 - 50%
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**Problem Solving:** Assessment tools, other than exams, that demonstrate competence in computational or non-computational problem solving skills.

None

Problem solving  
0 - 0%

**Skill Demonstrations:** All skill-based and physical demonstrations used for assessment purposes including skill performance exams.

Class performances, performance exams

Skill Demonstrations  
10 - 25%

**Exams:** All forms of formal testing, other than skill performance exams.

Quizzes and exams

Exams  
40 - 55%

**Other:** Includes any assessment tools that do not logically fit into the above categories.

None

Other Category  
0 - 0%

**Representative Textbooks and Materials:**

The Horse, The Handicapped and the Therapeutic Riding Team: by Barbara Engle, Margaret Galloway and Mary Bull, 2008  
Barbara Engle Therapy Services, Publisher, Durango, CO