

Discipline: Agriculture	Sub-discipline: Equine Science
General Course Title: Equine Acupressure and Massage	Min. Units: 1 Semester
Proposed Suffix:	
Course Description: An introduction to equine acupressure and massage methods to improve performance and behavior in the horse.	
Required Prerequisites or Co-Requisites ¹	
Advisories/Recommended Preparation ²	
Course Objectives: <i>At the conclusion of this course, the student should be able to:</i> <ul style="list-style-type: none"> • Locate acupressure meridians on a horse. • Differentiate between issues that respond to acupressure and massage and those that are veterinary medical concerns. • Identify acupressure points and massage methods that achieve improvement in equine performance. • Identify acupressure points and massage methods that achieve improvement in equine behavior and learning ability. • Demonstrate proper acupressure point technique and consideration for safety. • Demonstrate proper techniques for a variety of massage methods and consideration for safety concerns. • Adapt methods according to varying degrees of equine skin sensitivity, muscle tension, and fear. 	
Course Content: <ol style="list-style-type: none"> 1. Acupressure Theory <ol style="list-style-type: none"> A. Meridian system <ol style="list-style-type: none"> 1. Twelve organ systems of Classical Chinese Medicine 2. Location of meridians on the horse 3. Location, indications and uses of important acupressure points B. Behavioral issues related to imbalances 2. Overview of Acupressure and Massage Applications <ol style="list-style-type: none"> A. Behavior improvement applications B. Performance improvement applications C. Veterinary concerns 3. Behavior Improvement <ol style="list-style-type: none"> A. Acupressure point locations B. Massage methods 4. Performance Improvement (Gait quality and coordination) <ol style="list-style-type: none"> A. Acupressure point locations B. Massage methods 5. Acupressure Techniques <ol style="list-style-type: none"> A. Stance B. Hand position C. Evaluation of Qi flow D. Safety concerns <p>Equine Acupressure and Massage Content</p>	

¹ Prerequisite or co-requisite course need to be validated at the CCC level in accordance with Title 5 regulations; co-requisites for CCCs are the linked courses that must be taken at the same time as the primary or target course.

² Advisories or recommended preparation will not require validation but are recommendations to be considered by the student prior to enrolling.

- 6. Massage Technique
 - A. Stance
 - B. Hand position
 - C. Safety concerns

- 7. Adaptations
 - A. Skin sensitivity
 - B. Muscle tension or pain
 - C. Fearful horses

Laboratory Activities: Individual Laboratory Activities are designed to support course objectives.

Methods of Evaluation: Lecture
 Comprehensive Quizzes and Exams
 Written Critical Thinking Scenarios
 Problem Analysis and Solution
 Research and Term Papers

Methods of Evaluation: Laboratory
 Laboratory Skill Validation by Observation
 Laboratory Projects and Reports
 Laboratory Research Projects and Reports
 Laboratory Skill Practicum Exams

Typical Textbooks, Manuals, or Other Support Materials
 Equine Massage: A Practical Guide. Hourdebaigt, Jean-Pierre.
 Howell Book House, 1997.
Equine Acupressure, 3rd ed. Zidonis, Nancy and Snow, Amy.
 Equine Acupressure Inc., 1999.

Statewide Articulation: Transfers as lower division elective.

FDRG Lead Signature:

Date:

Mark E. Bender, PhD CSU Stanislaus

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Internal Tracking Number