

Discipline: Agriculture	Sub-discipline: Equine Science
General Course Title: Introduction to Therapeutic Riding Principles	Min. Units: 1 Semester
Proposed Suffix:	
<p>Course Description:</p> <p>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.</p>	
Required Prerequisites or Co-Requisites ¹	
Advisories/Recommended Preparation ²	
<p>Course Objectives: <i>At the conclusion of this course, the student should be able to:</i></p> <ul style="list-style-type: none"> • Summarize the history of the development of therapeutic riding programs. • List the therapeutic values of horseback riding for persons with disabilities. • List the national and regional associations involved in therapeutic riding, the services/programs offered, and how they can be of support to a therapeutic riding program. • Describe the range of physical and cognitive disabilities most often encountered in the therapeutic riding setting. • Identify the roles of various personnel and other professionals associated with therapeutic riding and describe how they are integrated into the equestrian program. • Outline the components of a riding lesson and hippotherapy session. • Discuss the role of safety procedures as they relate to the horses, facility, students, staff and volunteers. • Critique a therapeutic riding session. 	
<p>Course Content:</p> <p>1. Introduction to Therapeutic Riding</p> <p style="padding-left: 20px;">A. The development of programs of riding for persons with disabilities</p> <p style="padding-left: 20px;">B. Benefits of therapeutic riding</p> <p style="padding-left: 20px;">C. Disabilities best served</p> <p style="padding-left: 20px;">D. Various riding associations related to therapeutic riding</p> <p style="padding-left: 40px;">1. NARHA</p> <p style="padding-left: 40px;">2. CANTRA</p> <p style="padding-left: 40px;">3. CHA</p> <p style="padding-left: 40px;">4. CALNET</p> <p style="padding-left: 40px;">5. Others</p> <p>2. Common Conditions/Characteristics seen in Persons in Therapeutic Riding</p> <p style="padding-left: 20px;">A. Types of physical disabilities</p> <p style="padding-left: 20px;">B. Types of cognitive disabilities</p> <p style="padding-left: 20px;">C. Relating to the disabled student</p> <p>Introduction to Therapeutic Riding Principles (Content Continued)</p> <p>3. The Horse and the Riding Session</p> <p style="padding-left: 20px;">A. Factors in horse selection</p> <p style="padding-left: 20px;">B. Safety issues related to:</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.

1. Horse handling and care
2. Emergency procedures
3. Selection, care and fit of tack to horse and rider

4. Therapeutic Riding

A. The Team

1. Roles of volunteers as horse handlers, sidewalkers, spotters
2. Role of the instructor
3. Role of consultants
 - a. Physical, occupational, speech, recreational therapists
 - b. School personnel

B. Components of a riding lesson

1. Warm up
2. Exercises
3. Games
4. Riding skill

C. Components of a hippotherapy session

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

The Horse, the Handicapped and the Therapeutic Riding Team.
 Engle, Barbara and Galloway, Margaret and Bull, Mary.
 Durango, Colorado: Barbara Engle Therapy Services, 1994.

Statewide Articulation: Transfers as lower division elective.

FDRG Lead Signature:

Date:

Mark E. Bender, PhD CSU Stanislaus

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Internal Tracking Number