



# Equestricare Certificate in

## Equine Sports Massage

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Endorsed by the International Institute  
of Complimentary Therapies and the  
Equine Therapies Association of Australia

A woman with dark hair tied back, wearing a black long-sleeved shirt, is gently touching the face of a brown horse. The horse is wearing a brown leather halter with brass-colored buckles. The background is a blurred green hedge.

# EQUESTRICARE EQUINE SPORTS MESSAGE CERTIFICATE

73% of clients surveyed said that the most important thing for them when looking for a therapist was reputation. So why not start out in your career with an exquisite one?

The aim of this certificate is to provide those wanting to become therapists, (or just gain more skills in equine massage), with the latest tools and techniques of the trade, as well as essential anatomical and evaluational knowledge and skills.

The program contains a large amount of theory and self guided study, with a practical intensive, a facebook support group and one on one guidance.

Our commitment is to developing practitioners with high quality skills in the field of equine sports therapy, and developing therapists that not only have good technique and feel, but also a wealth of background knowledge on anatomy, biomechanics, conformation and exercise physiology.

## Equestricare Vision

To be Australia's most accredited, professional and innovative Equine Sports Therapy, Rehabilitation and Education service in Australia.

## Equestricare Values

- The client (both two legged and four)
- Knowledge and Education
- Reliability & Reputation
- Innovation
- Passion



# COURSE OBJECTIVES

- On completion of the course graduates will be qualified in Equine Sports Massage.
- Graduates will be professional practitioners able to assess and treat general muscle pain and disorder, and assist in the maintenance of sport horses.
- They will have a good understanding of anatomy, biomechanics, equine assessment and exercise physiology, and will not only be able to treat horses but also be able to plan rehabilitation plans for the future.
- They will easily be able to set up their own business on completion of the course, and have an understanding of Equine Business Management.
- As this course is accredited by the International Institute of Complimentary Therapies (IICT), and the Equine Therapies Association of Australia (ETAA). Graduates will be able to take up membership to both and receive discounts on insurance etc.

## CODE OF CONDUCT

### Duty of care

- 1.1 Under no circumstances shall a graduate or student diagnose an equine. This will be left to the discretion of a vet.
- 1.2 Under no circumstances shall a therapist or student knowingly undertake any action or treatment that would adversely affect the health of the equine.
- 1.3 The therapist or student shall always maintain the highest standards of professional conduct and duty of care to the equine.
- 1.4 The primary duty of the therapist or student is to assist the equine in achieving optimum health, within the circumstances of their condition
- 1.5 Therapists or students must never claim to "cure" any equine condition.
- 1.6 Therapists or students will behave with courtesy and respect towards the owner of the equine they are treating, even if a situation arises with which they disagree.
- 1.7 Therapists or students shall ensure they are physically, mentally and medically fit to treat equines.
- 1.8 Therapists or students should never work in situations where they feel their own safety or that of their client is compromised.

### Confidentiality

- 2.1 In this new age of social media, any information on clients discussed in the Private group of Equestricare will be completely confidential.
- 2.2 A therapist or student may not disclose information obtained in confidence from or about any equine in their care unless consent has been given.
- 2.3 Client records are to be kept confidential at all times
- 2.4 Under no circumstance will you disclose negative information about other therapists to the public unless agreed upon by the therapist in question or the committee.

### Professional Conduct

- 3.1 Therapists or students will not knowingly breach any guidelines laid down in the course.
- 3.2 Therapists or students will not use professional connections or affiliations in an unsuitable manner.
- 3.3 Therapists or students will not treat any equines whilst under the influence of alcohol or drugs or whilst ill.
- 3.4 Therapists or students will not smoke or behave inappropriately whilst attending to clients.
- 3.5 Therapists or students will wear appropriate clothing and footwear whilst treating clients. This does not include revealing clothing, skirts, dresses, or uncovered shoes.
- 3.6 A therapist or student shall not use any unsafe or improper practice, or use equipment or modalities in which they are not trained.
- 3.7 Therapists or students shall always behave in a professional manner and do everything in their power not to bring Equestricare into disrepute.
- 3.8 Therapists who are still students should not take remuneration for services rendered, and should make it publicly aware that they are still students so as to avoid confusion.
- 3.9 A therapist or student shall at all times show due respect and co-operate with therapists of other disciplines. Slander will not be tolerated.
- 3.10 Therapists or students shall at no time take part in or promote any activity, verbal or otherwise, which will reflect negatively on Equestricare.



## THEORY MODULES

### MODULE 1 – INTRODUCTION TO ANATOMY

- The Skeleton
  - o Introduction to the skeletal anatomy
  - o Naming and identifying bones
- The Soft Tissues
  - o Introduction to superficial and deep muscles, tendons, ligaments and fascia.
- The Body Systems
  - o Introduction to the body systems of the horse
  - o How they function to maintain health.

### MODULE 2 - CONFORMATION

- Conformation & Posture
  - o Conformational Features
  - o Conformational Faults
  - o Leg Deviations
  - o Hoof Balance.
- Measurements of Conformational
  - o A mathematical study on performing measurements to assess conformation. \* This is the only place this is offered in Australia\*

### MODULE 3 - EQUINE EVALUATION

- Equine Assessment: Learning to assess the horse both visually and dynamically.
- Palpation Techniques: Learning how to manually assess temperature, tension, texture and tenderness.

### MODULE 4 - MUSCLES AND MASSAGE

- Muscles
  - o A detailed study of superficial and deep muscles.
  - o Learning the names, locations, origins, insertion points and functions.
- Massage Techniques
  - o Description of effleurage, petrissage, tapotement, deep direct pressure, and tissue mobilisation techniques.
  - o Performing the different massage techniques
  - Massage Routine
  - o Learning a general 60 minute massage routine that covers all muscle groups, techniques and core stabilizers.

### MODULE 5 – INTRODUCTION TO EXERCISE PHYSIOLOGY

- Introduction to Exercise Physiology
  - o Introduction to all body systems, temperature regulation, fluids and dehydration.
  - o Gain an understanding of cardiovascular fitness, strength training, suppleness and demands of different sports.
  - o Learn how to evaluate and write conditioning programs for different sports.

### MODULE 6 - CORE BODY STRENGTH & STRETCHING

- Core Body Strength
  - o Naming and locating the four core stabilizing muscle groups
  - o The functions of the core stabilizers and how they effect movement.
- Stretching
  - o A detailed look at stretching and its effects
  - o 20 stretches and their techniques.
  - o Understand the horses proprioception and core stabilising muscles
  - o Apply balancing exercises.

### MODULE 7 – INTRODUCTION TO RED LIGHT THERAPY

- Red Light Therapy for therapists
  - o Learn about red light therapy, laser therapy, ultrasound, electrotherapy and how to use the red light torch

### MODULE 8 – INTRODUCTION TO SADDLE ASSESSMENT

- Introduction to Saddle Assessment
  - o Introduction to the basics of saddle fitting
  - o Learn how saddles affect the horses muscles.



## PREREQUISITES

The only prerequisite for this course is experience with horses and general horse handling skills. We do offer recognition of prior learning.

## COURSE DURATION

This is a 12 month course, but students have up to two years to complete their case studies and final assessment. (Although the course can be completed in as little as 3 months).

## The course includes:

- 50-200 hours of guided study
- 40 hours of external practical experience
- 200 hours of self guided study

## ASSESSMENT

To graduate students must undertake all course hours, study questions & quizzes, complete case studies on 25 horses, two essays, and perform a sports therapy practical exam via video

## DELIVERY

This course offers combined delivery options of self guided and guided study via distance and online education as well as practical placements, intensives and workshops.

We are very flexible with our training options, especially for those eastern states participants, so if you have any questions at all please contact us at [training@equestri-care.com.au](mailto:training@equestri-care.com.au)

## INDIVIDUAL SUBJECT

For those that do not wish to undertake a certificate course, but would just like to further their knowledge, all modules and intensives can be undertaken on an individual basis.

Please contact [training@equestri-care.com.au](mailto:training@equestri-care.com.au) for further information.

## INVESTMENT – CONDENSED VERSION

- Option A - Certificate in Equestri-care Equine Sports Massage including 6 day intensive \$2499
- Option B - Certificate in Equestri-care Equine Sports Massage including 6 day intensive. Three payments of \$999
- Option C - Certificate in Equestri-care Equine Sports Massage including 6 day intensive. \$799 non refundable deposit and balance (\$1999) paid before intensive.

## ACCREDITATION

Upon completion, students will be awarded a Certificate in Equestri-care Equine Sports Massage accredited by the International Institute of Complimentary Therapies and the Equine Therapies Association of Australia and recognised internationally. Those doing theory units will only be awarded a Certificate of Completion.

## TERMS & CONDITIONS OF ENROLMENT

I understand that after enrolling in this course I am a student until I have sat all my assessment, passed and received my certificate. Up until that point it is dishonest of me to charge for my services or advertise my services as if I am already qualified.

I understand that although I will be certified by Equestri-care, I am by no other means associated with the business and will not make out as if I am.

I understand that enrolling in this course is a financial commitment.

If I am unable to attend then I will be able to transfer my place to another workshop, but the fees are non-refundable. Fee's must be paid within 14days of receiving an invoice. If left longer then 30 days they will incur a late payment charge of 10% of the outstanding payment.

If in the event that I do not pay my fees within three months, a debt collector will be called upon, and failing that I will be taken to the magistrates court. I will incur all fee's associated with chasing up payment.

In order to graduate, I must attend all the required practical days, complete all the quizzes and study questions. Complete no less then 25 case studies, pass both my essays's and my practical exam.

Places on practicals are limited. Payment must be received at least 14days prior to the practical. If I am unable to pay within this time my place may be given to someone else.



# ENROLMENT FORM

## EQUINE SPORTS MASSAGE CERTIFICATE

Name: \_\_\_\_\_

Address: \_\_\_\_\_

\_\_\_\_\_

DOB: \_\_\_\_\_

Phone Number: \_\_\_\_\_

Email: \_\_\_\_\_

Equine Experience: \_\_\_\_\_

Educational Background: \_\_\_\_\_

Current Occupation: \_\_\_\_\_

Allergies etc: \_\_\_\_\_

## INVESTMENT

D Option A - I enclose full fee payment of \$2499 (inc gst)

via ☐ Credit Card

☐ Direct Deposit

☐ Cheque ☐ D Cash

D Option B – I enclose the first of three instalments of \$999 (inc gst)

via ☐ Credit Card

☐ Direct Deposit

☐ Cheque ☐ D Cash

D Option C - I enclose the upfront deposit of \$799 (inc gst) and agree to pay the outstanding balance (\$1999) prior to attendance at the practical workshop.

via ☐ Credit Card

☐ Direct Deposit

☐ Cheque ☐ D Cash

**DECLARATION:** I hereby declare that I am applying for the above named course. I have read the course information package terms and conditions and agree to pay all fees by the due date and understand that fees are not refundable and are required to be paid in full on completion of the course.

**SIGNED:** \_\_\_\_\_

**DATE:** \_\_\_\_\_/\_\_\_\_\_/\_\_\_\_\_

On completion of the form an invoice will be emailed to you with payment details