

Equestricare's Certificate in Equine Sports Massage



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

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About Us



Equestricare is one of Australia's most qualified, professional and award winning Equine Therapy Education Centres, with a strong commitment to "Reputation, Reliability and Results".

When you train with Equestricare you are not just taking part in a class but joining a lifetime community of practitioners and fellow students and graduates. At Equestricare our aim is not to get you into one of our classes but to develop you into the best therapist you can be and support you on your continued journey of education and business growth, even after you have graduated

Values

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

Mission

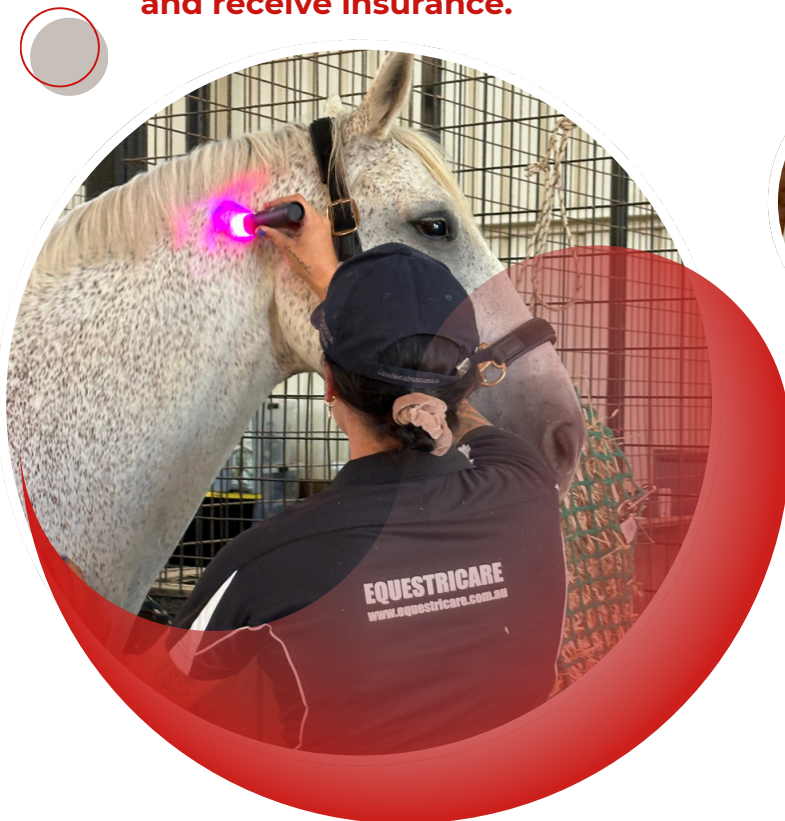
To help our students be the most accredited, professional and innovative therapists that they can be and to be the most recognised Equine Sports Therapy, Rehabilitation and Education service in Australia.



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.
- Graduates 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.
- Graduates will easily be able to set up their own business on completion of the course, and have an understanding of what is required.
- As this course is accredited by the Equine Therapies Association of Australia and International Institute of Complimentary Therapies, graduates will be able to take up membership with both associations and receive insurance.



Delivery

Combined delivery of online self paced theory, practical intensives and case studies.

Upon completion, students will be awarded a Certificate in Equine Sports Massage Therapy accredited by the Equine Therapies Association of Australia and the International Institute of Complimentary Therapies.

The aim of the certificate in equine sports massage is to provide those wanting to become therapists, or those who just want to 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.



Most other courses available focus a large proportion of the practical workshops dedicated to classroom learning. Our view is that this type of learning is best accomplished at a pace set by the individual, and therefore we dedicate most of our practical workshops to developing good feel, technique and a good eye for evaluation.

The program contains 8 modules of theory, self guided study, practical intensives, case studies 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.



Duration

- 5 day practical intensive. This can be done at any stage of the learning.
- 2 years to complete all theory and assessment.

Location

Equestricare is based in Western Australia but we run practicals in every state of Australia. We also have a number of students from New Zealand, the United Kingdom, and Asia

Modules



Module 1 - Introduction to Anatomy

- **The Skeleton**
 - Introduction to skeletal anatomy
 - Naming and identifying bones
- **The Soft Tissues**
 - Superficial and deep muscles, tendons, ligaments and fascia
- **The Body Systems**
 - The body systems and how they function to maintain health

Module 2 - Conformation

- **Conformation & Posture**
 - Conformational features and faults
 - Leg deviations and hoof balance
- **Measurements of Conformation**
 - A mathematical study on ratios and analysis of conformation



Module 3 - Equine Evaluation

- **Equine Assessment** - Learning to assess the horse both visually and dynamically
- **Palpation Techniques** - Learning how to manually assess the horse

Module 4 - Muscles and Massage

- **Muscles**
 - A detailed study of superficial and deep muscles
 - Learning the location, insertion, origin and function
- **Massage Techniques**
 - Learning the different massage techniques including deep tissue
 - Demonstrating the massage techniques including deep tissue
- **Massage Routine**
 - Learning and demonstrating a general 60minute massage that covers all muscle groups and techniques.



Module 5 - Introduction to Equine Fitness

- **Introduction to Equine Fitness**
 - Introduction to body systems, temperature regulation, fluids and dehydration
 - Gain an understanding of cardiovascular fitness, strength training, suppleness and the demands of different sports
 - Learn how to evaluate and write conditioning programs and return to work plans.

Modules



Module 6 - Stretching & Core Body Strength

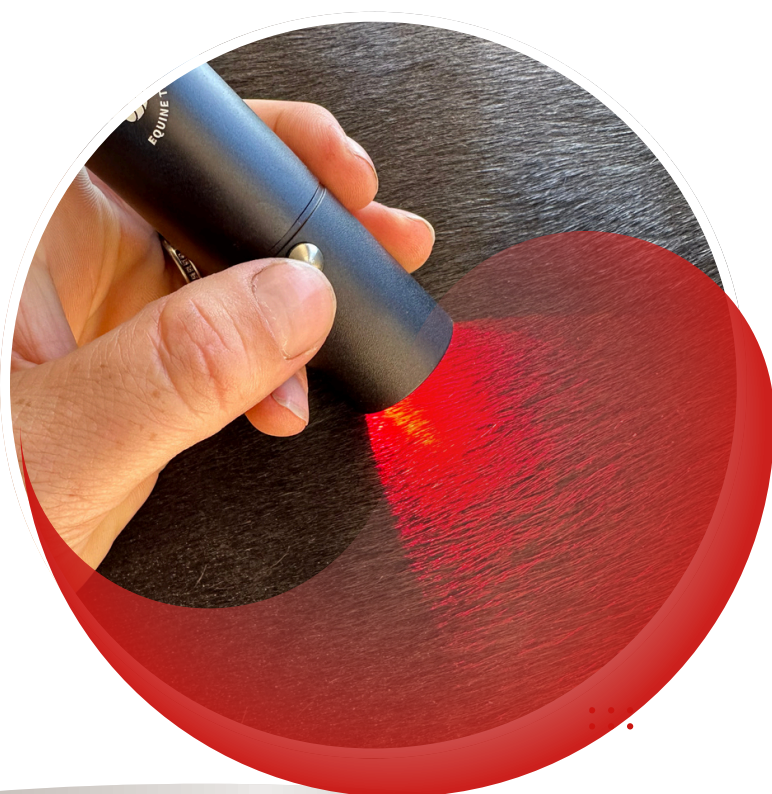
- **Stretching**
 - A detailed look at stretching and it's effects
 - Learning and demonstrating 20 stretches
 - Understand proprioception and core stabilisers
 - Applying balancing exercises
- **Core Body Strength**
 - Naming and locating the four core stabilising muscle groups
 - Understanding the function of core stabilisers and how they effect movement.

Module 7 - Introduction to Red Light Therapy

- **Red Light Therapy for Therapists**
 - Learn about the meridians and acupoints
 - Learn how to use the red light torch and carry out a red light therapy plan

Module 8 - Saddle Assessment

- **Introduction to Saddle Assessment**
 - Introduction to the basics behind saddle fitting
 - Learn how the saddle affects the horses muscles
 - Learn to basically assess the saddle on the horse



Course Details



Prerequisites

The only prerequisite of the course is experience with horses and general horse handling skills. Students are required to have completed year 10 and be over 16yrs.

Investment

The course can be paid in full or you can go on a variety of payment plans

50	Description	Amount	Duration
01	Full Fees	\$2750	NA
02	Deposit & Balance	\$1000 deposit & \$1800 balance	12 moths
03	Quarterly	\$750/qr	12 months
04	Monthly	\$235/month	12 months
05	Monthly	\$130/month	2 years
06	Fortnightly	\$125/fortnight	12 months
07	Fortnightly	\$80/fortnight	2 years

Students on payment plans will not be able to graduate until the course is paid in full

Duration

The certificate is designed to be done in 12 months but students have up to two years to complete it.

The course includes:

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



ENROLMENT

Next Steps



Once you have decided that you want to continue on with this Certificate in Equine Sports Massage there are a few different options:

- If you wish to pay for your course in full with the reduced amount then you can either pay online here: <https://horsemassagecourse.com.au/product/certificate-in-equine-sports-massage> or email us at info@equestricare.com.au for an enrolment pack.
- If you wish to go on a payment plan you will need to sign up online here: <https://horsemassagecourse.com.au/certificate-in-equine-sports-massage> you will need a PayPal account for this option. If you do not have one please contact us directly. There is a privacy policy on the website if you have any concerns.
- In order to enrol you will need to agree to the Code of Conduct and Terms and Conditions of Enrolment. These are in the enrolment pack and also on the website. If you cannot find them please contact us and we will email them to you.
- Course commencement is the date upon which we receive your first payment. Course completion is two years from this date.
- Course enrolment is complete when the participant has returned the enrolment form and been issued a login for online access to Thinkific.
- Participants understand they must attend a 5 day practical and complete and pass all assessment components to graduate.
- Participants are unable to graduate from the course until course fees have been paid in full

Assessment

To graduate, students must undertake:

- all course hours
- study questions and quizzes, complete a minimum of 25 case studies, two essay's and
- perform and pass an equine sports massage practical exam submitted via video.

Cancellations

We have a 48hr full refund change of mind refund policy and a 7 day 50% refund policy.

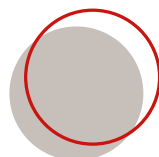
Otherwise all course fees are non refundable.

Courses are transferable.

Please take the time to read this information pack and ask any questions you might have.

Thank You

We look forward to welcoming
you on your journey of equine
health and wellness.



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