

Equine Sports and Remedial Massage Practitioner Course

Course accreditation and approval

This course has been developed to deliver the highest quality of training to enable you to become a certified and insured Equine Sports and Remedial Massage Practitioner.

You will learn all the hands-on therapy techniques and the therapy process, together with relevant and detailed anatomy and physiology skills, delivered over 400 hours of guided practical and home study work.

This course is accredited by LANTRA as a customised provision provider. LANTRA is Recognised by Ofqual, the SQA (Scottish Qualifications Authority) and Qualification Wales.

The Your4legs School has been approved as a Training Centre by AIM Qualifications and Assessment Group, who are a leading Awarding (AO) and End-Point Assessment Organisation (EPAO), offering award winning qualifications and nominated end-point assessment services. AIM is regulated by the public regulator governing qualifications in England - Ofqual."

Both the your4legs school and the courses are approved by the BCMA (British Complementary Medical Association)

This course is also recognised by the IAAT (International Association of Animal Therapists) as acceptable for both student and practitioner association membership.

The your4legs courses and the training school are fully insured through Holistic Insurance Services.

Course Description

This course can be **started at any time** to suit the students' other commitments.

The course is part time, consisting of a mixture of home study, placement hours and tutored practical days, enabling students to complete the course around a busy lifestyle.

Students choose their practical days from the your4legs website to fit in with other commitments.

Practical groups are small (a minimum of 1 to a maximum of 6) enabling plenty of individual time with the tutor(s).

This course aims to give you the knowledge, confidence and clinical reasoning skills enabling you to become a safe, competent, experienced professional equine sports & remedial massage therapist. You will learn a varied range of massage and other soft tissue techniques, encompassing –

- Sports and deep tissue massage
- Light touch release techniques (LTR) and soft tissue rolling (by your4legs) related to trigger points and fascia release

- Limb stretches, joint mobilising techniques and working with the bladder meridian

Course Duration

The course tutored days and final assessments can be completed within 8 months by completing between 7 and 8 hours of work each week.

There is home study work which may require more than 8 months to complete, depending on the students' commitments outside the course. An average course completion time is 12 months, with the final course deadline being 18 months from the start date.

A Certificate will be awarded once all course material and payments are completed.

Course Fee

Course cost = £2,223.00

If the total is paid at the time of booking, there is a 10% discount (£223). This reduces the course cost to £2,000.00

You can also pay by instalments. For example –

- Pay an initial deposit* of £317.57, then pay the remainder of £1,905.43 in 6 equal instalments of £317.57
- The pandemic was challenging for many people and during that time we introduced an additional payment plan that we have decided to maintain. This plan enables students to reach their goals by spreading the cost of the course over a longer period with no additional fees – Pay an initial deposit* of £150, then pay the remaining £2,073 in 12 equal payments of £172.75

At your4legs we love teaching and helping and will do our best to enable you to reach your goals. So please do contact Stef Watts directly if you wish to discuss an alternative payment option. We will endeavour to work with you as much as we can to enable you to join and complete the course.

** The deposit is non-refundable. Please refer to the Terms and Conditions for full details.*

The Course Cost Includes

- 12 tutored days and final assessments
- All course textbooks and workbooks, including a 200+ page textbook designed specifically for the course by your4legs
- Any external speakers
- 50% of the 1st years' insurance, if required
- Refreshments during the tutored days. (This does not include lunch.)

Entry Requirements

Students must be over 18 years of age.

Students under 21 years should have achieved 4 GCSE's at grades A - C., including English Language. (Or provide proof of an equivalent educational standard)

Students do not need to have experience of massage, as this will be taught during the course, but any massage and equine handling experience will be a helpful head start.

Students must be able to demonstrate an understanding and practical experience of handling and caring for horses, gained through one or more of the following –

- 3 years' experience of owning and / or competing your own horse or working on a professional yard – references may be required.
- Horse care and riding qualifications, including – British Horse Society (BHS), Association of British Riding Schools (ABRS), NVQ and Pony Club levels

Student material

At the start of the course, students will receive the following material -

- A comprehensive course textbook of over 200 pages (developed by you4legs specifically for the course), together with a supporting workbook.
- An Equine Anatomy text book
- A list of useful reading material
- A pack containing relevant case history sheets, treatment sheets and veterinary approval sheets and Your4legs stationery

Course Content

This course consists of home study, 12 tutored practical days and final assessments

- This course can be started at any time and students can choose their tutored practical days from the your4legs website to fit in with other commitments.
- The 12 practical days need to be chosen and managed by the student from the dates listed on the your4legs website. Students must confirm the dates they have chosen to attend with their tutor, ideally within 10 days of the date. This flexibility enables the student to start the course when they wish to and to fit the course in with their other commitments.
- Each practical day will commence at 9am through to 5pm.
- As part of the 12 practical days there are compulsory lectures subjects that need to be attended as part of the course. These include attending 1 lecture in each of the following subjects -
 - Musculoskeletal and nervous system structure and function
 - Gait and static assessment lecture and practical
 - Saddle fitting lecture
 - Farriery and hoof trimming lecture
 - Dentistry lecture
- A 90% attendance rate will be required to complete the course.

- There are X4 home study blocks. For each of these blocks there is a set of short answer and multiple-choice questions in a supporting workbook. These questions must be answered and submitted to the tutor. Workbooks will be marked as part of continuous assessment and will form a portion of the final theory mark.
- A short project will be required, on an equine subject of your choice. This must be completed before any certificate can be awarded. Although the project does not need to be submitted before the final practical / theory assessment, it must be submitted by the end of the course deadline, which is 18 months from the course start date.
- A set of case studies will be required, consisting of 6 horses, each treated X3 times. A minimum of 3 case studies should be submitted before the final assessment weekend so that students can receive feedback before continuing with the rest of their case studies. The remaining case studies must be submitted by the end of the course deadline, which is 18 months from the course start date.
- The final assessments will consist of –
 - A theory exam consisting of short answer and multiple-choice questions. This is taken on-line and students must treat this as a closed book exam.
 - A massage practical assessment, which will involve the student taking full case history notes, a gait and static assessment of the horse, an explanation to the client about what the treatment will involve, followed by the therapy session, a written report and relevant aftercare advice.
- The practical assessments are marked by an external examiner appointed by the BCMA. In addition, some of the theory work is marked / moderated by the BCMA. This external marking ensures consistency of quality.
- A completion certificate will be awarded once the course has been successfully completed and all course material and fees have been submitted and paid.

Course venue and facilities

The course will be held at the NEW your4legs classroom -

Wellbet Equine
 Wellbet Farm
 Collingham Road
 Swinderby
 Lincoln
 LN6 9JB



The lecture sessions (unless completed via zoom), will be held at the above venue

The practical sessions will be held at both the above venue and other suitable local venues, to give students the experience of delivering the full therapy process at different yards – real life situations.

Wellbet Equine is a lovely facility encompassing recently refurbished American style barn stables and a new menage. The classroom is well furnished and has plenty of room, with access to kitchen and

toilet facilities. It is also warm and comfortable for those cold winter practical days. There are plenty of anatomy props in the classroom to aid with learning.

The your4legs Therapy yard venue -



The course working hours total 400 hours, encompassing –

- 40 hours of home study work
- 96 hours of tutored practical work
- It is envisaged that an additional –
 - 140 hours of work will be gained through students completing their project
 - 124 hours of work gained through completing their case studies

Subjects summary -

9 Equine Body systems

- **The musculo-skeletal system**, comprising of superficial muscles, medial muscles, deep muscles, key muscle insertions and origins, fascia, tendons and ligaments.
- Understanding the **equine digestive system** and its potential influence on movement and behaviour.
- The **equine nervous system**, with priority given to nerves required for movement including the Brachial Plexus and the Lumbo-sacral Plexus.
- The structure and function of the **equine respiratory system**
- The structure and function of the **equine cardiovascular system**
- The structure and function of the **equine reproductive system**
- The structure and function of the **equine endocrine system**
- The structure and function of **equine skin**
- The structure and function of the **equine lymphatic system** and the potential effects of massage

The Therapy Process

- Learning to make contact and obtain **Veterinary approval** under the Veterinary Act 1966
- Learning to work with the client and obtain good **detailed case history notes**
- Learning how to **be safe** around horses, including handling the more nervous horse and how to **look after yourselves** as therapists for the long term
- What are **contra-indications** and guidelines on when to refer a client's horse to the vet
- Learning a process of **equine gait assessment** – by the naked eye and using high speed video work and gait assessment software
- Learning a process of **static assessment**
- Learning how to fill in a **treatment sheet** and feedback to the client with **aftercare advise**
- Understanding **marketing and business management** and the key things required for **setting up a new business**.

Therapy Techniques and routines

You will learn a detailed range of techniques and treatment routines, encompassing –

- Sports massage
- Deep tissue massage
- Adapting massage techniques to warm up and activate muscles prior to activity
- Adapting massage techniques to cool down muscles and help remove toxins after activity
- Fascia and muscle rolling (Designed by your4legs - Stef has developed her own techniques during extensive practise and results over more than 10 years of therapy work)
- Light Touch Release (LTR) Techniques (Designed by your4legs) and bladder meridian
- Limb stretches
- Joint mobilisation techniques

Injuries, illnesses, conditions, the healing process and rehabilitation

- **Equine injuries relating to key disciplines**, including the veterinary diagnostic process.
- Understanding the physiology of **stress and the healing process**

Home study

This work is designed to give you practise on key aspects that you will use when you become a qualified Practitioner.

- Projects and theory subjects - increases your equine knowledge so that you know what anatomical areas you are touching when you assess and work with a horse. This also trains you in the art of research when you need answers to important questions
- Case studies – This is important practise of the entire therapy process ready for when you are a qualified Practitioner and ready to start your own therapy business

New theory and practical topics may be added as the course evolves and the order in which the theory subjects are taught may change from time to time.

Home study blocks -

Block 1:

- Course structure –
 - Home study blocks and practical days
 - Case studies and project
 - The final assessments
- The fundamentals of therapy –
 - Different types of complementary therapies
 - Why use complementary therapies and key benefits
 - Contraindications to therapy and when to refer a client back to the vet
 - The veterinary law

- Therapy process and paperwork –
 - Veterinary approval for maintenance therapy, physiotherapy and rehabilitation
 - The importance of taking a good case history
 - The theory of static assessment
 - The theory of gait assessment – using the naked eye and scientific equipment
 - Therapy explanation to the client
 - The theory of the initial hands-on evaluation
 - Filling in the therapy session sheets and aftercare advise
 - Managing the clients' expectations
- Understanding marketing and business management and the key things required for setting up a new business.

Block 2:

- The structure and function of equine skin
- The structure and function of the equine musculoskeletal system, including muscles, tendons, ligaments, fascia, bones and the skeleton
- The structure and function of the equine nervous system and muscle contraction

Block 3:

- Understanding common injuries, illnesses and conditions
- The veterinary assessment and diagnostic process and tools used
- Understanding the physiology of stress and the healing process
- Understanding equine teeth and dentistry
- Understanding the equine hoof and key aspects of hoof balance
- Understanding saddle fit and its effect on equine movement

Block 4:

- The structure and function of the equine digestive system and Equine nutrition
- The structure and function of the equine respiratory system
- The structure and function of the equine cardiovascular system
- The structure and function of the equine reproductive system
- The structure and function of the equine endocrine system
- The structure and function of the equine lymphatic system

NOTE:

Under the Veterinary Surgeons Act of 1966, it is imperative that ONLY qualified therapists should complete therapy sessions on other people's animals and that ALL qualified Therapists should seek confirmation from the relevant veterinary surgeon prior to performing therapy on an animal. In addition, Therapists should not legally make a diagnosis, but can give a professional opinion.

The Veterinary Act of 1966 was put in place to regulate the treatment of animals. Under its provisions, it is only Veterinary Surgeons who may legally diagnose, prescribe and advise on the basis of a diagnosis and perform surgery on animals.



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Course terms and conditions

By returning your completed application form and your deposit / payment –

- You are agreeing to pay the balance of the course fees by one of the payment methods listed on this application form.
- You agree to the course portfolio relating to the work required to complete the course.
- You understand that the deposit is non-refundable. (Refer to the Your4legs Cancellations and Refunds Policy available on the website)
- You understand that there is a 30 days period following receipt of your application and payment submission, within which you may cancel your place on the course and be entitled to a refund for parts of the course not yet taken. (Refer to the Your4legs Cancellations and Refunds Policy available on the website)
- You understand that you need to inform your tutor of the practical dates you plan to attend within 10 days of the start date to ensure the date is available. (Refer to the Your4legs Cancellations and Refunds Policy available on the website)
- You understand that you need to ensure any practical dates you can no longer attend are cancelled prior to 3 days before the date of the practical day to avoid the risk of incurring any additional costs. (Refer to the Your4legs Cancellations and Refunds Policy available on the website)
- You understand that a completion certificate will be awarded on successful completion of the course once all relevant work and any remaining outstanding payments have been received.
- You agree that you will be 18 years or more at the start of the course.
- You will have no claim to use the content of the your4legs training material to recreate your own equine diagnostic assessment or equine massage courses in any format without prior permission from your4legs.

- You agree to the following data protection (GDPR) statement. (A full copy of the Your4legs Data Protection Policy is available on request) –
Your4legs will hold your data for legitimate business reasons only, to ensure we can process your course application, manage your course assessments or manage ongoing contact if you are a therapy client. Your4legs will hold your data for the time you continue to be a client. Once you are no longer a client, your4legs will hold your data for 7 years after which point it will be securely shredded and/or electronically deleted. Data may be held electronically and in hard copy. Your4legs will not use your data for marketing or profiling purposes. Should you have any questions about your data, or wish to exercise your rights as a data subject, our Data Controller is Stef Watts who can be contacted on 07715498872
- A 90% attendance rate is required for successful completion of the course. If circumstances mean that you cannot attend a part of the course it is possible, with prior agreement from your4legs, to defer your final assessment to the next available date.
- You will need to provide your own lunch and organise your own overnight accommodation – a list of some suitable B&B and hotel accommodation will be provided as part of your welcome pack following completion of your application form and initial deposit / payment.
- You will need to provide your own Personal Accident Insurance Cover for the duration of the course. Your4legs can suggest student insurance cover from Holistic Insurance Services and membership of the IAAT (International Association of Animal Therapists). The aim will be for the student to be able to change to Practitioner Insurance Cover once they have successfully completed the practitioner course.
- Equine massage is quite a physical undertaking so you will need to look after yourself. Stef Watts will endeavour to ensure you learn the safest method to deliver the massage techniques, but all students must adhere to any procedures that are presented relating to safety on the yards you visit and around the horses, including the wearing of appropriate safety clothing when required (For example - appropriate footwear, riding hat and gloves.)
- Although the course venue is secure and the classroom is kept closed when no-one is in it, your4legs does not accept liability at any time for the loss or damage to student property, including vehicles and their contents.