



## Level 3 Diploma in Equine Sports & Massage Rehabilitation

*Whether you want to pursue a career as a professional Equine Therapist or would like the knowledge to effectively treat your own horses, Meadowbrook Academy's, Equine Sports Massage Diploma is the ideal choice. Our Diploma will give you all the knowledge, skills and confidence you need to effectively reduce discomfort and improve performance. Our comprehensive e-learning program will give you a suitably in-depth understanding of equine anatomy, but more importantly, you'll learn how to apply that knowledge in a real-world setting during 6 hands-on, highly interactive practical days.*

### **Course Accreditation**

This course is externally accredited by Rural Skills, we are also a Registered UK Learning Provider, giving you the confidence to be sure that you are studying an approved, professional course which meets the required standards of quality and education, and is respected in it's field.

The course is recognised by all of the main insurance companies, and the IAAT (Internal Association of Animal Therapists) & IAAMB (International Association of Animal Massage & Bodywork), allowing you to become professionally affiliated after qualification.

### **Course Duration**

We offer two study pathway's depending on your commitments; the intensive pathway and the single day pathway. Both routes allow you 18 months from date of enrolment, in which to complete the course, there is no minimum time. Both pathways require 6 modules of online study and 6 practical days of training to be completed.

The intensive pathway requires all online study work to be completed, followed by attendance on an intensive week Monday – Saturday, with final assessments on the Saturday.

The single day pathway allows you to begin studying online, once module 3 has been completed you can start to attend your chosen practical training days, which are held on alternating Fridays & Sundays, whilst you complete the remaining online study at your own pace.

On average we recommend a minimum of 100 hours to complete the 6 online modules, written assignments and adequate revision time. You will receive 35 hours of practical, hands on, training at the Academy.

### **Course Venue**

All practical days are held at the Meadowbrook Academy, based in Stafford, ST18 9FB. A private yard, based in a peaceful rural location yet only a few minutes from the M6 with superb access links. We offer 2 large heated class room areas, small kitchen and toilet

facilities, which a mini library which can be taken advantage of on practical days and plenty of anatomical models to aid with learning. "Fergus" is also part of the team, he is a life-size painted horse with the skeletal system painted on one side and muscles on the other, students find him a really effective tool for anatomy revision.

The yard itself offers 12 stables, a solarium area and a new outdoor 25 x 45m arena. We have 11 horses ranging from young to old, Cobs, Arabs, Andalusian's, some having various historical physical issues so we can allow you to train your eye to various forms of lameness, and allow your hands to feel a large variety of tissue types depending on the horse.

### **Course Assessments**

Both pathways have the same assessment requirements:

1. There are 5 online, end of module, assessments and assignments.
2. A written theory exam – 75% pass mark
3. A practical assessment – this will take the form of a full treatment session, including initial observations, a full treatment of one side of the horse, stretching recommendations and advice on after care - lasting up to 60 minutes.

The theory & practical assessment will take place on the final day of your training, all assessments must be passed the course paid for in full, before the final grade and award of certification can be made.

Final Grading Awards.

Merit – 75 -85%

Distinction – 86% or above

### **Course Fee**

Both pathway options are at a cost of £1350 which includes all assessment fees, and one free resit for both written and practical assessments if required.

Receive a 10% discount if the course is paid in full at the time of enrolment, reducing the price to £1215.

We offer the option to spread the cost, interest free over 4, 6 or 8 monthly instalments, all options will be offered at the checkout stage of enrolment

### **Entry Requirements**

You must be 18 or over and be confident in handling a variety of types of horses.

### **Additional Extras!**

Both during and after your study time at Meadowbrook, we really focus on being able to support you in your learning and more latterly your business, we are always on the end of the phone or messenger, to answer any questions you have. As part of our ongoing support

package, we offer all graduates the opportunity to attend a refresher day, whereby you can visit the Academy and brush up on any anatomical knowledge or practical skills as required. We also offer you the opportunity, once qualified and insured, to shadow your tutor in a “real life” situation with her own clients – a great learning experience.

If you feel that you need extra training days or would like to book a refresher day, these can be purchased at a cost of £150 per day for one-to-one tuition.

The Academy offers a range of CPD days, and further professional qualifications, so that once qualified you can return and continue building on your tool box of skills.

### **Course Content/ Syllabus**

#### Module One – Introduction & Skeletal System

1. Introduction to Massage & A History of its Foundations
2. Anatomical Terms & Directions
3. The Skeletal System – Joints & Bone Anatomy
4. Ligaments & Tendons

#### Module Two – The Systems

1. The Nervous System
2. The Digestive System
3. The Respiratory System
4. The Cardiovascular System
5. The Lymphatic System
6. The Endocrine System
7. The Integumentary System
8. The Genitourinary System

#### Module Three – Musculature & Kinesiology

1. Superficial Muscles
2. Deep Muscles
3. Origins & Insertions
4. Trigger Points – Basic locations and treatment methods
5. Fascia – Structure, purpose & dealing with scars & fascial release
6. Kinesiology & Stay Apparatus – Spine, forelimb & hindlimb muscle movements

#### Module Four – Massage Treatments

1. Contraindications to Massage – When not to treat & recognizing when to refer
2. Benefits & Effects of Massage
3. Techniques
4. Therapist Posture
5. Treatment Routines

## Module Five – Observations & Rehabilitation

1. Conformation – What to look for
2. Gait Patterns – Correct footfalls & Gait patterns
3. Initial Observation – How to approach the first treatment, including history taking
4. Discipline specific issues – Racing, polo, dressage, eventing, driving, endurance etc
5. Muscle Problems/issues – TMJ dysfunction, tying up etc
6. Stretching – Types, reasons and recommendations as to safe stretching routines

## Module Six – Business & Beyond

1. Starting a Business – Tax, Paye, company formation & structures
2. Marketing – Social media, basic branding considerations, websites
3. Vet Consent
4. Record keeping – GDPR, data protection, example client forms
5. Health & Safety
6. Rehabilitation Equipment – Laser, red light, taping etc

## Enrolment

You can start the course at any time and book your training days to suit you when you are ready, you can switch between pathways once enrolled if your needs change.

You have 18 months to complete the course, and you are free to work through as quickly or slowly as required, the upcoming available training dates are listed on our website. Enrolment is online, where you will be given all available payment options – just visit <https://www.meadowbrook.co.uk/diploma-in-equine-sports-massage> and click on the enrol button at the bottom of the page.

If you have any questions, please don't hesitate to contact us to discuss.

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[www.meadowbrook.co.uk](http://www.meadowbrook.co.uk)