

HORSES INSIDE OUT

Two Day Biomechanics Course

Saturday 28th and Sunday 29th April 2012

Moulton College, Pitsford Campus, Moulton, Northamptonshire. NN3 7QL

Equine Biomechanics is the study of the anatomical principles of movement related to the horse. This course will take an in depth look at the structure and function of the equine body and relate it to the way of going. The course is of interest to anyone who would like to appreciate the relevance of applied anatomy to how the horse moves. The course is a mix of theory and practical observation.

Course Content and Timetable

08.30	<i>Registration and Coffee</i>	08.30	<i>Registration and Coffee</i>
09.00	Anatomy and Biomechanics of the Axial and Appendicular Skeleton	09.00	Anatomical Preparation for Action Strength vs Suppleness
10.30	<i>Break</i>	10.30	<i>Exercises for Mobility and Maintenance</i>
10.50	Muscular Anatomy of the Horse	11.00	*
11.45	Biomechanics of the Tendons and Ligaments of the Fore and Hind Limbs	11.30	<i>Break</i>
12.30	<i>Lunch</i>	12.30	The Biomechanics of Jumping
01.30	Surface Anatomy. Palpation	01.30	<i>Lunch</i>
02.00	Demonstration		<i>Observation and comparison of 3 ridden horses on the flat and jumping *</i>
03.30	<i>Palpation Practical *</i>	03.15	
03.45	<i>Break</i>	03.30	<i>Break</i>
	Way of Going: Biomechanics of Posture, Positioning of the Head and Neck Spinal	03.45	The Effect of Rider Asymmetry Questions and discussion.
04.15	Bend and Engagement	04.30	
	Achieving Postural Correctness		<i>Close</i>
05.00	The Training Aid Debate	*	<i>Denotes practical session</i>
	<i>Close</i>		

Please Note:

- *Tea and Coffee will be available throughout the day.*
- *Lunch is Included.*
- *Course notes will be provided.*
- *Certificates of Participation (CPD) and receipts will be available on the day.*

Suggested Reading List

- > How Your Horse Moves by Gillian Higgins
- > Horse Anatomy, A Colouring Atlas by Kainer and McCracken
- > Anatomy of the Horse by John Goody
- > Physical Examination and Massage for the Horse by Jean-Marie Denoix and Jean-Paul Pallioux

Places to stay

- To be displayed soon

Application Form ([download word97 doc if req.](#))

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For office use only 120220	
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Payment Received:	
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BACS	

ONE APPLICATION FORM PER PERSON PLEASE

Name: Today's date

Email:.....

Telephone:

Mobile:

Address:.....

Profession:.....

Course Fee: £250.00

We are happy to take two cheques for this course, the second dated 20th March 2012

Please make cheques payable to:
'HORSES INSIDE OUT Ltd'

And post, to :
Horses Inside Out,
38 Main Street,
Bunny,
Notts.
NG11 6QU

For PC Banking use: – Bank: Santander, Bootle, Merseyside. L30 4GB Sort Code: 09 01 51.
Account : Horses Inside Out Ltd. Account No 16663189 and reference with your name.
International: BIC: ABBYGB2LXXX IBAN: GB05ABBY09015116663189.

Email application to shirley@horsesinsideout.com

www.HorsesInsideOut.com

Any further queries please call **01159 212 648**

Thank you

Cancellation Policy. We charge 25% for cancellations up to two weeks in advance and 100% thereafter unless we can fill the place from a waiting list in which case we will then refund 75%.