

CURSUS OVERVIEW

TITLE Basic Sport Physiology of the Horse

ANIVADO Course CODE BSP01

ANIVADO course level 1-2

*Click [here](#) for an overview of the ANIVADO course levels.

Goal / Summary

Following this course will give you an insight in the sport physiological differences between a human and a horse. Thermoregulation, muscle function and energy supply will also be discussed. You will learn practical training principles and how to apply these principles. You will also get instruction on how to use a heart rate monitor and how to interpret the data for optimizing the training.

MODULE OVERVIEW

1. Differences between Human and Horse

In this module we will present you the differences between humans and horses. We will show you cardiovascular and respiratory differences between humans and horses and you will get an insight in basic values for horses. In addition you will learn the concept of the cardiovascular and respiratory system that are involved in daily training.

This module consists of two presentations, an exercise and a module quiz.

2. Thermoregulation of the Horse

In this module you will get an insight in the differences between horses and humans. You will also learn the consequences of training, the meaning of sweating and how to cool down horses.

This module consists of a presentation, an exercise and a module quiz.

3. Muscles

In this module you will learn what physical training of a horse means, which factors you can improve and how that relates to the muscle composition of the horse. You will get an insight in the muscle building of horses, different muscle fiber types and its relation to training.

This module consists of two presentations and a module quiz.

4. Energy Supply

In this module you will learn about the diversity of energy systems of the body and how muscles are supplied with fuel. The use of different energy systems of the different disciplines will also be discussed. This module consists of a presentation, an exercise and a module quiz.

5. Transfer to Daily Training Practice

In this module we combine and translate previous knowledge to the needs of horses in different disciplines. What does this mean for the use of energy systems and muscle fiber types? You will learn how this is practically implemented in daily training practice and the preparation for the different discipline. The training principle 'overcompensation' will also be explained and discussed.

This module consists of two presentations, an exercise and a module quiz.

6. Using the Heart Rate Monitor

In this module you will learn how to quantify the training load and how you can use heart rate measurements as a useful tool for getting an insight in training load. We will present you how to use the heart rate monitor and how you can interpret the heart rate measurement data.

This module consists of two presentations, an instruction video, two videos with heart rate monitoring including the interpretation, supplementary material, an exercise and a module quiz.

7. How to Train?

In this last module you will learn how to use a checklist to evaluate the training. With the previous knowledge you will learn how to optimize the training with the use of basic training guidelines.

This module consists of a presentation, a training schedule and a module quiz.

End of course & Feedback

ANIVADO ONLINE COURSE BASIC SPORT PHYSIOLOGY OF THE HORSE

COURSE DETAILS	
COURSE LEADER	Dr. Carolien Munsters
COURSE TUTOR	Dr. Carolien Munsters
Pre-requisite Knowledge	Not necessary
COURSE FORMAT	MOOC (Massive Open Online Course) *CLICK HERE FOR IT REQUIREMENTS
Specified limited access time	30 Days/Module = 210 Days from payment. There is no individual limit on Module time as long as all are completed within the overall Course Time Limit. Each module becomes available as you complete the previous Module Quiz and remains live until the specified limited Access time has been used up.
Learning resources	Online lectures; Supportive Material; Practical instructions; End of Module Quiz;
Study time	Start any time after payment. Estimated time for the whole course: 7 – 10 hours.
Interaction	Self-Study. Quiz and Results generated online; FAQ section; For problem solving please contact us;
Optional assessment	Not currently available: Contact us if you wish to discuss tailor-made assessments for you students.
License and usage	This course is for individual use only.
Course Cost	€96,80 incl. VAT *Click here for ANIVADO terms and conditions

Education & Training