

GO GREEN & CARE

Professional Development Course



Output Identification:	Green Care / Animal Assisted Activities (AAA)	
Output Title:	Horsemanship / Green care activities at the horse stables and horse care	A photograph showing a person in a pink shirt and black helmet riding a dark brown horse. Their arms are outstretched to the sides. Another person in a dark jacket and jeans stands next to the horse, appearing to assist or guide the rider. The scene is outdoors in a dirt arena with trees in the background.
Keywords	Green Care, horsemanship, stables, animal assisted activities, horse care, human-animal interaction, emotional reflection	
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FRAMEWORK OVERVIEW

The training course is developed in a modular form, each module corresponding with a particular unit of learning outcomes, following the principles of EQF and ECVET. The objective of the training course is to provide the necessary knowledge, skills and competencies for the understanding of how to use aspects of animal assisted actions related to horse handling. The course consists of 50 hours, to include both online and distance learning (5 Credit unit – Level 3-4)

The training course addresses social and emotional challenges in people of all ages through the use of horses and includes the use of stable environment and surrounding areas as sensory stimulants and healing spaces. It covers:

- how to design and plan a green care session with horses
- horse handling in various situations in GreenCare context
- basic dialog and facilitation with horses
- how to handle self-esteem with animals (animals and people)
- reflection and review of different emotions related to animal assisted actions
- how to raise and facilitate good atmosphere among animal assisted actions

The training material consists of:

- online course materials
- case samples
- timing and units
- evaluation model / assessment criteria

LEARNING OBJECTIVES

This unit is aimed at those working in a wide range of settings in the health and social care sector. Learners will develop their understanding of a range of aspects of work using horses and stable environment, including the underlying theory of Green Care principles and the ways in which it can be used to benefit those cared for in this sector.

TARGET GROUPS

People involved in the following areas:

- Physical disability
- Emotional imbalance
- Retardation
- Sensory limitations
- Disabled persons and groups
- Other traumas

LEARNING METHODOLOGY

The positive effects that animals have on people's well-being are largely based on their calming abilities. Touching of animals, as well as being close to them, bring comfort and support. Animals' natural abilities to bring joy of life and good mood have been used e.g. to make children's hospital experiences easier.

The calming effect is supported by the reliability of animal relationships. The comfort and closeness provided by the animal are present at all times. Many people can resort to animals when one experiences difficulties in close human relationships. One thing that makes communication with animals easier is the absence of words. The communication is conducted through body language which can often be more genuine and real than verbal communication.

Another crucial difference between people and animals is that animals don't evaluate and classify people by their social status and external characteristics that are connected to it. Animals react equally to all people.

What also supports people's well-being is the daily rhythm that animals provide. Basic needs: nutrition, sufficient rest and exercise are similar to people and animals.

Social pedagogical horse activity registered association:

Preventing and remedial social rehabilitation method in preventing social exclusion

Social pedagogical horse activity strives to prevent social exclusion and support social growth and welfare. The basis of the activity is the interaction between human and horse as well as the stable environment where the activity takes place.

The basic elements of the activity originate in the social pedagogical theory: communality, memorability, functionality and quality of being dialogical (genuine encounter). Social pedagogical horse activity is based on the individual's own experience and thus learning and realization of facts.

The activity conducted with the horse is communal, comprehensive and engaging. The aim is to use the horse to show the importance of the things of which one's well-being consists of, such as cleanness, healthy nutrition, regular meal times, suitable exercise and sufficient rest.

Communality: interaction, engagement

Memorability: experiences and sharing them, parts of adventure and experience pedagogy

Functionality: co-operation, participation, taking responsibility

CONTENT OF TRAINING FRAMEWORK

The following are the knowledge, skills and competencies that the learner will be required to achieve in order to complete his/her course of training and within the training framework the trainer will be provided with the basic resources with which he/she will be able to deliver these outcomes.

Units	Knowledge - Tiedot The candidate should know:	Skills - Taidot The candidate should be able to:	Competences - Osaaminen The candidate should:
1: Introduction Horsemanship and GreenCare Duration ~ 5h	<ul style="list-style-type: none"> The basic principles of horsemanship and horse care. Understand the social aspect of horse assisted activities. GreenCare principles and ideology. 	<ul style="list-style-type: none"> Handle a calm horse. Understand the basics of horse care, explain the ideology of horse assisted activities. 	<p>Be able to work and operate in basic situations with trained horses and understand basic behavior of horses.</p> <p>Know how horses can be used in animal assisted horse activities.</p>
2: Stable environments and horse keeping Legal issues Duration: ~ 15 h	<p>The legal requirements for stable environment and keeping horses (EU-FI rules and regulations)</p> <ul style="list-style-type: none"> Environments and management Legal aspects 	<ul style="list-style-type: none"> Understand and explain how legal requirements have to be recognized among horse assisted activities. Feed and take care of different horses 	<ul style="list-style-type: none"> Be able to organize and run required stable facilities and horse feeding according to legal requirements and “best practice” - regulations.
3: Professional aspects to animal assisted activities Health and safety Duration ~ 10 h	<p>The health & safety requirements for using green care activities with horses</p> <ul style="list-style-type: none"> National regulation European regulation 	<ul style="list-style-type: none"> Work safely in the stable environment Perform actions: walk a horse, work and take care of horses’ needs and move safely in the stable 	<ul style="list-style-type: none"> Be able to work safely by taking care of different customers according to their ability, age, physical and mental performance

<p>4: Planning and running a horse assisted activity for targeted group</p> <p>Duration ~ 15 h</p>	<p>How to plan a horse assisted activity. How to organize and run a horse assisted session</p> <ul style="list-style-type: none"> • timing • actions • actors 	<ul style="list-style-type: none"> • Explain how horses and stable environment can be used to foster health and welfare. • Work safely in the stable environment. • Plan and organize a horse assisted activity for a target group 	<p>Work and operate safely and run efficient practices.</p> <p>Operate horse assisted activities in a flexible and safe manner</p>
<p>5: Assessment</p> <p>Review and personal reflection</p> <p>Duration: ~5h</p>	<ul style="list-style-type: none"> • Learning review • Learning objectives • Timing • Roles 	<ul style="list-style-type: none"> • Handle horses, walk a horse, long or long-rein, ride or drive. • Feedback from customers -> verbal / non-verbal 	<p>Be able to handle horses in the required manner and take care of all safety in action.</p> <p>Be able to review and process her/his own actions and behaviour / emotions.</p> <p>Be able to use reflection to develop from the feedback that she / he is getting from others.</p>

ASSESSMENT CRITERIA / ANIMAL ASSISTED ACTIVITIES

Units	Knowledge	Skills	Competences
1: Introduction GreenCare and Horsemanship	1 – satisfactory knowledge 2 – good knowledge 3 – excellent knowledge	1 – basic skills in standard situations 2 – advanced skills in variable situations 3 – expert skills in variable situations	1 – can do and operate in a group 2 – can do most tasks individually 3 – competent/expert (can guide and instruct others)
2: Stable environments and horse keeping Legal issues	1 – satisfactory knowledge 2 – good knowledge 3 – excellent knowledge	1 – basic skills in standard situations 2 – advanced skills in variable situations 3 – expert skills in variable situations	1 – can do and operate in a group 2 – can do most tasks individually 3 – competent/expert (can guide and instruct others)
3: Professional aspects to animal assisted activities Health and safety	1 – satisfactory knowledge 2 – good knowledge 3 – excellent knowledge	1 – basic skills in standard situations 2 – advanced skills in variable situations 3 – expert skills in variable situations	1 – can do and operate in a group 2 – can do most tasks individually 3 – competent/expert (can guide and instruct others)
4: Planning and running a horse assisted activity for targeted group	1 – satisfactory knowledge 2 – good knowledge 3 – excellent knowledge	1 – basic skills in standard situations 2 – advanced skills in variable situations 3 – expert skills in variable situations	1 – can do and operate in a group 2 – can do most tasks individually 3 – competent/expert (can guide and instruct others)
5: Assessment review and personal reflection	1 – satisfactory knowledge 2 – good knowledge 3 – excellent knowledge	1 – basic skills in standard situations 2 – advanced skills in variable situations 3 – expert skills in variable situations	1 – can do and operate in a group 2 – can do most tasks individually 3 – competent/expert (can guide and instruct others)

<p>Additional evaluation methods</p>	<ul style="list-style-type: none"> • written paper • discussions • learning diary 	<ul style="list-style-type: none"> • experimental learning + review (eg. sharing circle) • activities + feedback • peer evaluation 	<ul style="list-style-type: none"> • group evaluation • personal learning diary • group blog
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SUPPORT RESOURCES

1. Green Care Finland ry / National Green Care Assosiation - <http://www.gcfinland.fi>
2. Green Care in the Nordic countries – a research field in progress (Scandinavian research report 2012) - https://www.regjeringen.no/globalassets/upload/lmd/vedlegg/brosjyrer_veiledere_rapporter/rapport_green_care.pdf
3. Animal Assisted Actions, horsemanship – links and further information:
 - a. Finnish Laukanmäki Stable - www.laukanmaki.fi ([www-pages](#)) , Facebook Group <https://www.facebook.com/groups/372633992391/>
 - b. https://www.youtube.com/watch?v=jtzjrU_X_w8&feature=player_detailpage - Models for equine assisted therapy / Hyvinvointia hevosesta - malleja hevosavusteisesta toiminnasta (video FIN only in Finnish)
 - c. <http://tandfbis.s3.amazonaws.com/rt-media/pp/common/sample-chapters/9780415889612.pdf> - Animal-Assisted Brief Therapy (E-document)