Your Five-Week Study Roadmap

Core Principles of Equine Assisted Services

Use this plan to work through the five modules in order, complete the lesson tasks and module quizzes, and keep track of questions. Each suggested week covers one module. Module 5 has five chapters; the other modules each have six.

The programme comprises 74 hours of learning. Finishing in five weeks means an average of about 15 hours per week, including videos, reading, lesson tasks, revision and quizzes. This is an overall planning average, not an equal time allocation for every module. Some topics will take longer than others.

Complete your course within six months of enrolment. Five weeks is a suggested pace; you can study more slowly within this deadline. Completing the course within six months allows you to retain lifetime access to the learning materials. Record your deadline below.

Choose a pace that fits your available time

☐ Five weeks: approximately 15 hours per week; one module per week.

☐ Ten weeks: approximately 7–8 hours per week; one module every two weeks.

☐ Twenty weeks: approximately 4 hours per week; one module every four weeks.

These are rounded estimates. Allow extra time where needed for translation or revisiting difficult topics. If you choose a slower pace, treat each “week” in this roadmap as a study stage and enter your own dates.

My start date and confirmed course completion deadline

_____

My chosen pace and target completion date

_____

My regular study days and times

_____

_____

Before starting Module 1

☐ Open the E-learning and Language Quick Start guide and check your login and language settings.

☐ Plan to study on a desktop or laptop so that text, images and videos are easier to follow.

☐ Complete “My starting point” in your Professional Pathway Toolkit. Keep a place for questions and notes.

Study through the e-learning lessons and follow their task and quiz instructions. This roadmap organises your learning; it does not replace the course materials or add assessed assignments.

Week 1: Understand the field

Module 1 | Chapters 1–6

My study dates: _____ My target finish date: _____

Build an overview of EAS, its terminology, history and professional networks. Relate what you learn to the expectations you brought to the course.

Chapter checklist

☐ 1 Welcome

☐ 2 Setting Course Expectations

☐ 3 Definitions of Terms

☐ 4 The Benefits of Human-Animal Interaction

☐ 5 The Evolution of EAS

☐ 6 Global Connections: EAS Associations and Networks Worldwide

Suggested study sequence

1. Start with Chapters 1–2. Clarify your expectations and set up your study routine.

2. Continue with Chapters 3–4. Make short notes on unfamiliar terms and the different purposes of EAS.

3. Work through Chapters 5–6, then complete the module tasks, revision and quiz.

Complete this stage

☐ Work through the lesson materials and complete the lesson tasks.

☐ Complete the module quiz and revisit anything I need to understand better.

☐ Record any questions to raise with my tutor.

Check my understanding

Can I explain the main areas of EAS and identify a relevant professional association or network?

Connect with my Professional Pathway Toolkit

Return to your starting-point page in the Professional Pathway Toolkit. Note one question about your future involvement that you want the course to help answer.

Study reminder: Keep a short glossary as you study. Revisit terms in their original context if a translation is unclear.

My question or topic to revisit

_____

_____

Completed on: _____ Next study session: _____

Week 2: Understand roles and responsibilities

Module 2 | Chapters 7–12

My study dates: _____ My target finish date: _____

Explore how team members work together and how safety, first aid and ethics relate to their responsibilities.

Chapter checklist

☐ 7 EAS Team Members

☐ 8 Assistant's Role

☐ 9 Safety in EAS

☐ 10 Safety Principles When Working with Equines

☐ 11 First Aid in EAS

☐ 12 Ethical Principles

Suggested study sequence

1. Study Chapters 7–8 and compare the responsibilities of practitioners, assistants and other team members.

2. Study Chapters 9–10 and note the safety principles relevant to participants, equines and the setting.

3. Study Chapters 11–12, then complete the module tasks, revision and quiz.

Complete this stage

☐ Work through the lesson materials and complete the lesson tasks.

☐ Complete the module quiz and revisit anything I need to understand better.

☐ Record any questions to raise with my tutor.

Check my understanding

Can I describe the boundaries of an assistant's role and explain when to ask the responsible team member for help?

Connect with my Professional Pathway Toolkit

Explore the Role Map in your Professional Pathway Toolkit and select one or two roles that interest you.

Study reminder: Use the course examples to understand decisions and responsibilities. Reading the first-aid chapter does not replace practical first-aid training.

My question or topic to revisit

_____

_____

Completed on: _____ Next study session: _____

Week 3: Understand equines and their welfare

Module 3 | Chapters 13–18

My study dates: _____ My target finish date: _____

Explore equine anatomy, behaviour, selection, preparation and welfare, and how these topics connect within EAS.

Chapter checklist

☐ 13 Equine Evolution: The Journey of Horses Through Time

☐ 14 Equine Anatomy

☐ 15 Equine Description, Conformation and Breeds

☐ 16 Understanding Equine Behaviour and Intelligence

☐ 17 Equine Selection and Training for EAS

☐ 18 Equine Welfare and Well-being in EAS

Suggested study sequence

1. Study Chapters 13–14. Allow enough time to revisit the anatomy illustrations and unfamiliar vocabulary.

2. Study Chapters 15–16. Connect descriptions of conformation and behaviour with the examples in the lessons.

3. Study Chapters 17–18, including selection, training, welfare and certification topics, then complete the module tasks and quiz.

Complete this stage

☐ Work through the lesson materials and complete the lesson tasks.

☐ Complete the module quiz and revisit anything I need to understand better.

☐ Record any questions to raise with my tutor.

Check my understanding

Can I explain why suitability for EAS depends on more than breed or appearance, and identify welfare considerations from the course?

Connect with my Professional Pathway Toolkit

In “What fits me”, record your current equine experience and one skill or knowledge area you need to develop.

Study reminder: This module contains substantial illustrated material. Split longer chapters across several sessions and adjust your dates if you need more time.

My question or topic to revisit

_____

_____

Completed on: _____ Next study session: _____

Week 4: Compare services and professional approaches

Module 4 | Chapters 19–24

My study dates: _____ My target finish date: _____

Compare the purposes of different services, explore equine movement, and consider the place of documentation, funding and research.

Chapter checklist

☐ 19 Equine Assisted PT, OT and SLT

☐ 20 Equine Assisted Learning

☐ 21 Equine Assisted Psychological Therapy

☐ 22 Equestrian Activities

☐ 23 Equine Movement

☐ 24 Documentation, Funding and Research in EAS

Suggested study sequence

1. Study Chapters 19–21. Compare the goals and professional responsibilities of therapy and learning services.

2. Study Chapters 22–23. Review equestrian activities and the course explanation of equine movement.

3. Study Chapter 24, then complete the module tasks, revision and quiz.

Complete this stage

☐ Work through the lesson materials and complete the lesson tasks.

☐ Complete the module quiz and revisit anything I need to understand better.

☐ Record any questions to raise with my tutor.

Check my understanding

Can I distinguish therapeutic, educational and equestrian goals and explain why the provider's qualifications matter?

Connect with my Professional Pathway Toolkit

Complete the terminology exercise and explore the next-learning-step options in your Professional Pathway Toolkit.

Study reminder: PT means physiotherapy, OT occupational therapy, and SLT speech and language therapy. Check what each service actually involves rather than relying on its name alone.

My question or topic to revisit

_____

_____

Completed on: _____ Next study session: _____

Week 5: Bring your learning together

Module 5 | Chapters 25–29

My study dates: _____ My target finish date: _____

Bring together participant considerations, communication, session organisation, participant support and equine preparation.

Chapter checklist

☐ 25 Precautions, Risks, Indications and Contraindications in EAS

☐ 26 Communication with Participants

☐ 27 EAS Treatment Session

☐ 28 Securing Participants on the Equine

☐ 29 Preparing the Equine for an EAS Session

Suggested study sequence

1. Study Chapters 25–26. Review participant-related considerations and communication.

2. Study Chapters 27–29. Follow the session and preparation examples and complete the associated lesson tasks.

3. Complete the module quiz, revisit unresolved questions and check that all course requirements are complete. Finish your personal next-step plan.

Complete this stage

☐ Work through the lesson materials and complete the lesson tasks.

☐ Complete the module quiz and revisit anything I need to understand better.

☐ Record any questions to raise with my tutor.

Check my understanding

Can I describe the preparation and teamwork involved in a session and recognise the limits of my own role?

Connect with my Professional Pathway Toolkit

Complete “My next step” and “Review your decision and get support” in your Professional Pathway Toolkit.

Study reminder: Practical topics develop your understanding. Carry out practical activities only within your competence and the course instructions, with appropriate supervision where needed.

My question or topic to revisit

_____

_____

Completed on: _____ Next study session: _____

Keep your plan workable

Review your progress at the end of each module. If you need more time, record where you stopped, plan the next manageable task and update your dates. Keep your confirmed six-month deadline visible.

If I fall behind

1. List the chapters, tasks or quizzes still to complete.

2. Identify the reason: available time, difficult content, language settings or a technical issue.

3. Book the next study session and choose one clear task to start with.

4. Adjust later dates to fit the time you actually have. Check that the new plan stays within your completion window.

5. If a question or problem is preventing progress, reply to your course welcome email rather than waiting until the deadline.

What I need to finish or clarify

_____

_____

My next study task and when I will do it

_____

_____

Before finishing the programme

☐ I have worked through all 29 chapters across the five modules.

☐ I have completed the lesson tasks and all five module quizzes according to the course instructions.

☐ I have revisited topics I found difficult and raised questions where needed.

☐ I have completed my Professional Pathway Toolkit and identified a next step or the question I still need help with.

☐ I have checked the e-learning platform for any remaining completion instructions.

Live learning sessions can provide an opportunity to ask questions when available. Keep your questions ready, and continue with your planned study between meetings.

Your Clear Next Step Guarantee

Complete all five modules and your Professional Pathway Toolkit within six months of enrolment. If you still cannot identify a professionally responsible next step that fits your background, you can request a private 30-minute Pathway Review with Vera at no additional cost.

This roadmap follows the supplied Core Principles handbook and the five-module structure. Chapter labels are lightly shortened where needed; use the chapter numbers to match them to your lessons. Personal reflection prompts and study sequences are planning suggestions, not additional assessment requirements.