

	UČNI NAČRT PREDMETA/COURSE SYLLABUS
Predmet	Hipoterapija in terapija s konji
Course title	Hippotherapy and Equine-Assisted Therapy

Študijski program in stopnja Study programme and level	Študijska smer Study field	Letnik Academic year	Semester Semester
Fizioterapija / I. stopnja	Ni smeri študija	2. / 3. letnik	4. / 6.
Physiotherapy / 1 st Cycle	No study field	2 nd / 3 rd year	4 th / 6 th

Vrsta predmeta/Course type izbirni/elective

Univerzitetna koda predmeta/University course code FTH IP UN 2

Predavanja Lectures	Sem. vaje Tutorial	Kab. vaje Cabinet tutorial	Lab. vaje Laboratory work	Teren. vaje Field work	Samost. delo Individ. work	ECTS
30	30				60	4

Nosilec predmeta/Lecturer:

Jeziki/ Languages:	Predavanja/Lectures:	slovenski/Slovenian
	Vaje/Tutorial:	slovenski/Slovenian

Pogoji za vključitev v delo oz. za opravljanje študijskih obveznosti:	Prerequisites:
Vpis v drugi ali tretji letnik študijskega programa.	A prerequisite for inclusion is enrolment in the second or third year of study.

Vsebina:	Content (Syllabus outline):
<ul style="list-style-type: none"> <i>Terapije in aktivnosti s pomočjo živali.</i> Uporaba živali v terapevtske namene, različne možnosti in razsežnosti uporabe živali v terapijah, povezava med ljudmi in živalmi in njihov terapevtski vpliv. <i>Hipoterapija ter terapije in aktivnosti s pomočjo konja.</i> Strokovna razdelitev terapevtskih področji, kjer uporabljamo konje, zgodovina in razvoj terapevtske uporabe konj, stanje v Sloveniji, izobraževanje in zaposlovanje, terapevtski tim. 	<ul style="list-style-type: none"> <i>Therapy and activities with animals.</i> Use of animals for therapeutic purpose, different possibilities for using animals in therapy, the relationship between humans and animals and therapeutic impact on human. <i>Hippotherapy and equine-assisted therapy.</i> Different therapeutic areas where we can use horses, history and development of the therapeutic use of horses, equine-assisted therapy and

<ul style="list-style-type: none"> • <i>Hipoterapija.</i> Kaj je hipoterapija? Bolniki s premajhnimi in s prevelikimi specifičnimi pomanjkljivostmi, indikacije in kontraindikacije. • <i>Fizioterapevtske osnove hipoterapije.</i> Funkcionalna teorija gibanja, normalne in nenormalne reakcije drže, usposabljanje funkcionalnega trupa, značilnosti hipoterapevtskega sedeža, prenos gibanja, gibanje konja-primarni premiki, merila za opazovanje, vrsta hodov in zaporedje gibanja nog pri konju. • <i>Učinki in cilji hipoterapije.</i> Tonus, funkcioniranje mišic, sed, motorika, refleksi in sensorika. • <i>Hipoterapevtska obravnava različnih bolezni.</i> Multipla skleroza, Parkinsonova bolezen, poškodba glave, cerebralna paraliza, spina bifida, mišična distrofija, otroci z različnimi genskimi sindromi, trisomija 21, hipotonija, bolečine v hrbtu, težave z nogami, skolioza, itd. Indikacije in kontraindikacije za hipoterapijo. • <i>Terapije in aktivnosti s pomočjo konj.</i> Športno jahanje, psihoterapija s pomočjo konj, pedagoško jahanje in ergoterapija. • <i>Konj kot sodelavec.</i> Telesne in psihične značilnosti konj, oskrba konja, treniranje in priprava konja. Ocenjevanje primernosti konja, preprečevanje zlorab živali in zdravstveno varstvo konja. • <i>Praktična izpeljava hipoterapije in terapije s pomočjo konja.</i> Oprema in infrastruktura, časovna razporeditev, načrt izvedbe, individualni izvedbeni načrt, zdravila in pripomočki, etika dela. Indikacije in kontraindikacije hipoterapije ter terapije in aktivnosti s pomočjo konj. • <i>Pravna podlaga.</i> Poslovni vidik, zavarovanje, nevarnosti in tveganja, stroški in prihodki, trženje, oglaševanja strankam/bolnikom. • <i>Znanstvene ugotovitve in vprašanja, ki izhajajo iz praktičnih spoznanj hipoterapije in terapije s pomočjo konj.</i> 	<p>hippotherapy in Slovenia, education and employment, therapeutic team.</p> <ul style="list-style-type: none"> • <i>Hippotherapy.</i> What is hippotherapy? Patients with insufficient and with too many specific deficiencies, indications and contraindications. • <i>Physiotherapeutic basis of hippotherapy.</i> Functional theory of motion, posture, training of the functional body, characteristics of the hippotherapeutic seat, movement of the horse-primary movements, observation criteria, types of horse leg movements and order of horse leg movements. • <i>Effects and goals of hippotherapy.</i> Tonus, muscle function, seating, motoric skills, reflexes and sensory skills. • <i>Hippotherapeutic treatment of various diseases.</i> Multiple sclerosis, Parkinson's disease, head trauma, cerebral paralysis, spina bifida, muscular dystrophy, children with different genetic syndromes, trisomy 21, hypotonia, back pain, leg problems, scoliosis, etc. Indications and contraindications of hippotherapy. • <i>Equine-assisted therapy.</i> Sport horseback riding, equine psychotherapy, pedagogic riding and ergotherapy. • <i>Horse as a team member.</i> Physical and psychological characteristics of horses, care of horse, horse training. Assessing the suitability of the horse, prevention of animal abuse and horse health care. • <i>Practical approach of hippotherapy and equine-assisted therapy.</i> Equipment and infrastructure, timing, plan of implementation, an individual therapy plan, medications and devices, work ethics. Indications and contraindications of hippotherapy and equine-assisted therapy. • <i>Legal basis.</i> The business aspect, insurance, risks and hazards, costs and profit,
--	--

<p>Novejše znanstvene objave, pregled različnih raziskovalnih metod in razvoj raziskovalnega dela v hipoterapiji ter terapijah in aktivnostih s pomočjo konj.</p>	<p>marketing, advertising to the client/patient.</p> <ul style="list-style-type: none"> • <i>Scientific findings and questions arising from practical findings of hippotherapy and equine-assisted therapy.</i> <p>Recent scientific publications, an overview of different research methods, development of research in the field of hippotherapy and equine-assisted therapy.</p>
---	--

Temeljna literatura in viri/Readings:

Temeljna literatura/Basic literature

- Bužan, V., Adamič Turk, M., Japelj, A., Bajde, S., Bernard, M., Korošec, N. idr. (2010). *Konj, s konjem – na konju: priručnik o terapevtskem jahanju*. Draga: CUDV.
- Petrovič, V. (2001). *Hipoterapija: zdravljenje z jahanjem konja*. Velenje: Pozoj.

Priporočljiva literatura/Recommended literature

- Altschiller, D. (2011). *Animal assisted therapy: Health and Medical Issues Today*. Santa Baraba, California: Greenwood.
- Burgon, L. H. (2014). *Equine-assisted Therapy and Learning with at Risk Young People*. UK: Palgrave MacMillan.
- Fine, A. H. (2010). *Handbook an Animal Assisted Therapy: Theoretical Foundations and Guidelines for Practice*. America: Elsevier.
- Soehnle, A., Lamprecht, S. (2012). *Hippotherapie: Befunderhebung – Bewegungsanalyse – Therapie*. Deutsche: Satz.

Cilji in kompetence:

Učna enota prispeva predvsem k razvoju naslednjih splošnih in specifičnih kompetenc:

- uporaba teoretičnega in praktičnega znanja pri organizaciji, načrtovanju in izvajanju dela,
- razumevanje znanstvenega razvoja stroke in drugih strokovnih področij,
- samostojno in odgovorno vseživljenjsko učenje na svojem strokovnem področju,
- sodelovanje v fizioterapevtskem, interdisciplinarnem in multidisciplinarnem timu,
- promocija zdravja, zdravstvene vzgoje ter ohranjanje in izboljševanje kakovosti življenja,
- prepoznavanje potreb po socialni rehabilitaciji pacientov in posredovanje temeljnih informacij o možnostih socialne obravnave,

Objectives and competences:

The learning unit mainly contributes to the development of the following general and specific competences:

- applying theoretical and practical knowledge in the organization, planning and implementation of future work,
- understanding the scientific development of the profession and other professional fields,
- independent and responsible lifelong learning in one's own professional field,
- participation in the physiotherapeutic, interdisciplinary and multidisciplinary team,
- promoting health, health education and maintaining and improving the quality of life,
- identifying needs for social rehabilitation of patients and providing basic

<ul style="list-style-type: none"> • poznavanje, načrtovanje in uporabo metod in tehnik s specialnih področij fizioterapije, ki jih razvijajo izbirni moduli in izbirni predmeti. 	<p>information on the possibilities of social treatment,</p> <ul style="list-style-type: none"> • knowledge, design and use of methods and techniques from special areas of physiotherapy developed by optional modules and elective subjects.
--	---

Predvideni študijski rezultati:

Študent/študentka:

- pozna osnove hipoterapije ter terapije in aktivnosti s pomočjo konj. Spozna uporabno vrednost konja, kot pomoč pri izvajanju fizioterapije,
- razume, da gibanje konja lahko pomembno prispeva k razvoju pravilnega gibalnega vzorca in daje motivacijo,
- se usposobi za kritično presojo uspešnosti hipoterapije, loči hipoterapijo od terapij in aktivnosti s konjem in pridobi znanje o nadaljnjih možnostih razvoja na področju hipoterapije ter terapij in aktivnosti s pomočjo konja,
- razvije nova znanja in kompetence, ki so mu v pomoč pri delu.

Intended learning outcomes:

Students:

- know the basics of hippotherapy and equine-assisted therapy. Recognize the useful value of the horse helping in the implementation of physiotherapy,
- understand that the movement of the horse can make a significant contribution to the development of the correct movement pattern and gives motivation,
- qualify for a critical view of the hippotherapy, separate hippotherapy from the equine-assisted therapy and acquire knowledge about further development opportunities in the field of hippotherapy and equine-assisted therapy,
- develop new knowledge and competences that can help in the future work.

Metode poučevanja in učenja:

- *predavanja* z aktivno udeležbo študentov (razlaga, diskusija, vprašanja, primeri, reševanje problemov),
- *seminarske vaje*: priprava, predstavitev in uspešen zagovor seminarskega dela (reševanje problemov, študije primera, kritično presojanje, diskusija, refleksija izkušenj, vrednotenje),
- *terenske vaje*: ogled hipoterapije, terapije s pomočjo konja, spoznavanje konja in konjeništvu, demonstracija, metoda praktičnega dela, razgovor, diskusija.

Learning and teaching methods:

- *lectures* with active student participation (explanation, discussion, questions, examples, problem solving),
- *tutorial*: preparation, presentation and a successful defence of a project paper, portfolio (problem solving, case studies, methods of critical thinking, discussion, evaluation),
- *field tutorial*: watching hippotherapy and equine-assisted therapy, introduction to equestrianism and horses, demonstration, method of practical work, conversation, discussion.

Načini ocenjevanja:	Delež (v %) Weight (in %)	Assessment:
Načini: <ul style="list-style-type: none"> • izpit • izdelava, predstavitev in zagovor seminarske naloge Ocenjevalna lestvica: ECTS.	80 % 20 %	Types: <ul style="list-style-type: none"> • exam • preparation, presentation and defence of the seminar paper Grading scheme: ECTS.