

Centaur Biomechanics

CPD and Educational Workshop Programme 2020

Rider Specific CPD Day	Horse Owners Educational Workshop	Equine Specific CPD Day
<ul style="list-style-type: none"> • Rider Biomechanics – the equestrian athlete - form and function. • Different riding styles and their effect on equine locomotion. • What effect does the saddle have on the position and function of the rider’s pelvis? Key things to look for. • Activating the rider’s Gluteus Medius muscle: what effect does this have on saddle kinematics, equine locomotion and rider position? • What effect does rider asymmetry have on equine locomotion? • Rider Laterality and Equine Laterality: its effect on health and performance. • Effect that saddlery design has on rider biomechanics 	<ul style="list-style-type: none"> • Rider Biomechanics – becoming a more effective rider. • What is the “ideal” position and how is this achieved • Understanding equine anatomy in relation to training and performance • The saddle –how best to optimise saddle fit. • Rider asymmetry – how to manage. 	<ul style="list-style-type: none"> • How do the kinematics of the equine thoracolumbar spine alter when ridden in trot and canter when compared to trotting in hand? • What effect can the saddle have on the thoracolumbar spine; in particular in the region of the tenth-thirteenth thoracic vertebrae? • Equine laterality - does it have an effect on the kinematics of the thoracolumbar spine and consequently saddle / rider position? • Bridle fit – how does this affect equine health and performance • How does the equine back change its muscle dimensions throughout the day and with exercise? • Use of thermography within saddle fit - useful or misleading? • Therapy products and training aids – what’s validated and what’s not!

<ul style="list-style-type: none">• Ridden assessment 1 – Quantifying horse and rider biomechanics• Ridden assessment 2 – Rider Biomechanics - Dressage• Ridden assessment 3 – Improving the asymmetric rider	<ul style="list-style-type: none">• Ridden assessment 1 – fundamentals of a correct riding position• Ridden assessment 2 - Refining the rider's seat and leg aids and not relying on the whip!• Ridden assessment 3 - Scales of training in relation to the rider's position• Ridden assessment 4 – understanding the relationship between the rider's seat, leg and hand• Ridden assessment – where should the rider sit in more complex movements such as leg yield, half pass etc.	<ul style="list-style-type: none">• Horse assessment 1 – Subjectivity versus objective assessment• Horse assessment 2 - Subjectivity versus objective assessment• Use and application of motion capture systems• Use and application of training aids
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