

## 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"> <li>• Rider Biomechanics – the equestrian athlete - form and function.</li> <li>• Different riding styles and their effect on equine locomotion.</li> <li>• What effect does the saddle have on the position and function of the rider’s pelvis? Key things to look for.</li> <li>• Rider physio: what effect does this have on saddle kinematics, equine locomotion and rider position?</li> <li>• What effect does rider asymmetry have on equine locomotion?</li> <li>• Rider Laterality and Equine Laterality: its effect on health and performance.</li> <li>• Use and application of technology to help riders improve.</li> </ul>	<ul style="list-style-type: none"> <li>• Rider Biomechanics – becoming a more effective rider.</li> <li>• What is the “ideal” position and how is this achieved</li> <li>• Understanding equine anatomy in relation to training and performance</li> <li>• The saddle –how best to optimise saddle fit.</li> <li>• Rider asymmetry – how to manage.</li> </ul>	<p><b>Theory Session to Cover:</b></p> <ul style="list-style-type: none"> <li>• How do the kinematics of the equine thoracolumbar spine alter when ridden in trot and canter when compared to trotting in hand?</li> <li>• What effect can the saddle have on the thoracolumbar spine; in particular in the region of the tenth-thirteenth thoracic vertebrae?</li> <li>• Equine laterality - does it have an effect on the kinematics of the thoracolumbar spine and consequently saddle / rider position?</li> <li>• Half pads – are they useful or harmful when used beneath a correctly fitted saddle?</li> <li>• Does the equine back change its muscle dimensions throughout the day and with exercise?</li> <li>• Advances in bridle design and bridle fit.</li> <li>• Use of thermography within saddle fit - useful or misleading?</li> <li>• Use and application of training rollers and training aids</li> </ul>

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