



FHT ONLINE ACADEMY
Course brochure

Fundamentals course content

01 Anatomy Basic Advanced	02 Biomechanics Basic Advanced	03 Management Passive Physio Brainwork	04 Bodywork Theory Mobilizations	05 Functional Training Concepts & Theory Training positions Training exercises Exercise physiology
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Module 1. Anatomy

Materials: manual & videos

Guest lecturers in this module:

Dr. Raquel Butler (veterinarian & therapist)

Dr. Sharon May-Davis (equine scientist)

Zefanja Vermeulen (researcher)

Annette Timmer (iridologist)

Tamara Dorresteijn (brain specialist)

Anne-Roos Bakkes (animal scientist)

Emma Loftus (cranio-sacral specialist)

Basic

- ✓ Structural layers
- ✓ Muscle linings

Advanced

- ✓ Joints
- ✓ The brain
- ✓ Internal systems
- ✓ Soft tissue physiology
- ✓ Dissection case studies

Module 2. Biomechanics

Materials: manual & videos

Guest lecturers in this module:

Zefanja Vermeulen (researcher)

Basic

- ✓ Assessment
- ✓ Gait analysis

Advanced

- ✓ Biomechanical models
- ✓ Mechanical systems:
 - Sacro-pelvic sling
 - Vertebral integrity
 - Thoracic sling
 - Recoil system
- ✓ Clinical biomechanics of the equine neck
- ✓ Basic neuroscience and neurological assessment (premium)
- ✓ The purchase of a horse (premium series)

Module 2 contains a voluntary assessment assignment which will be explained when it becomes relevant after release.

Module 3 Management

Materials: videos

Guest lecturers in this module:

Tamara Dorresteijn (brain specialist)

Femke Dölle (passive physio ambassador)

- ✓ Passive Physio
- ✓ Brainwork for horses

Module 4 Bodywork

Materials: videos & manual

Guest lecturers in this module:

Dr. Raquel Butler (veterinarian & therapist)

- ✓ Passive mobilizations
- ✓ Stretching considerations

Module 5 Functional Training

Materials: manuals & video

Guest lecturers in this module:

Dr. Nina Lundgren (veterinarian, dentist & bit fitter)

- ✓ Theory & Concepts
- ✓ Training tack
- ✓ Training positions:

- Groundwork
- Work in Hand
 - Lungeing
- Long Reining
 - Riding

- √ Training exercises:
 - Absolute basics
 - Lateral exercises
 - Coordination exercises
 - Fieldwork
 - Exercise physiology

Module 5 contains a voluntary assessment assignment which will be explained when it becomes relevant after release.