

# **INSTRUCTOR RESOURCES**

**Compiled by Dionne Newton**

Disclaimer: I have not personally reviewed, read, or otherwise confirmed content of **all** the resources listed below. Some resources may have content that does not meet PATH Intl. Standards or industry best practices, or may not apply directly to equine assisted services. Please review and use at your own discretion.

## **ONLINE RESOURCES**

Specific to EAS:

- PATH Intl. Free Member Education - <https://memberconnection.pathintl.org/resources/free-education>  
New content added throughout the year. Free PATH Intl. member benefit.
- PATH Intl. Online Store - <https://pathintl.my.site.com/path/s/store> videos/webinars on EAS topics
- Hoof Falls and Footfalls – <https://hooffallsandfootfalls.com/> Free online education, blog, and resources specifically for EAS professionals. Instructor training and paid remote and in-person coaching and consulting. PATH Intl. approved CEUs
- Intuitive Instructor Club – <https://hooffallsandfootfalls.com/intuitiveinstructor/> Extensive online educational content for EAS professionals, paid membership \$40/quarter, \$73.50/6 months, \$123/yr. PATH Intl. approved CEUs
- HETRA University - <https://hetra.org/education/hetra-university> High quality education for the EAS industry. Some free and some paid content. PATH Intl. approved CEUs
- Lessons in TR – <http://www.lessonsintr.com/> Online resource for lesson plans, games, patterns, teaching tips and more to help you on your journey to becoming a better instructor! Also has a book available to purchase on the website with a compilation of lesson plans and activities. (PDF - \$20, hardcopy available from Freedom Rider – \$39.99)
- Teaching Aids for EAS - <https://teachingaidsforeas.com/> Games, activity boards, printables, other teaching aids and resources for use in EAS.
- High Hopes Therapeutic Riding – <http://highhopestr.org/training-education/>. In-person workshops as well as online learning webinars specific to the EAS industry with PATH Intl. approved CEUs. Small fee for some webinars.
- Strides to Success – <https://stridestosuccess.org/education/> Offers paid online courses and virtual workshops. Primary focus is EAL, but most educational content can be applied to all EAS.
- Freedom Rider - <https://freedomrider.com/> Supplier of adaptive equipment, lesson activities, and EAS resources.
- Horses and Humans Research Foundation - <https://www.horsesandhumans.org/webinars> EAS industry research

## Disabilities:

- The OT Toolbox – <https://www.theottoolbox.com/> resources, tools, ideas, and activities designed to support the healthy development of children. Free resources and paid memberships; Level 1 \$66/yr, Level 2 \$126/yr
- Integrated Learning Strategies - <https://ilslearningcorner.com/> tons of free tools and activity packs that can be adapted to use in TR/AR setting. Disability education. Created by therapists.
- The Inspired Treehouse - <https://theinspiredtreehouse.com/> Easy to implement activities that are designed to promote developmental skills for kids. Free activities, printables, and informational articles.
- AdaptEd - <https://shop.adapted4specialed.com/> Free and for purchase books, activities, and educational curriculum for special education, much of it can be adapted for use in TR/AR.
- Autism Navigator - <https://autismnavigator.com/> Autism specific educational resource
- Disability Scoop – <https://www.disabilityscoop.com/> Source for Developmental Disability News – free

## General Horsemanship and Instructor Training:

- Julie Goodnight – <https://juliegoodnight.com/> website, YouTube Channel, podcasts
  - free basic membership includes basic training library, quick tip videos, podcast, newsletter
  - Library Membership adds unlimited streaming of Horse Master, full training library (\$9.95/month or \$99/year)
  - Interactive Membership adds 12 months of customized lessons and study plans, personalized feedback, exclusive monthly training videos. (\$299/yr)
- Certified Horsemanship Association (CHA) – <https://cha.horse/> paid webinars, free YouTube Channel, content includes a wide variety of topics such as horsemanship, equine management, instruction, training, safety and more. Discounted prices for CHA members.
- Horse Class – <https://www.horseclass.com/> online learning platform for all disciplines, riding styles, and experience levels. Library of free videos. Courses w/lifetime access \$97+
- Equestrian Professional – <https://www.equestrianprofessional.com/> resources for instructors and other equestrian professionals. \$39/month or \$349/yr
- Equitopia – <https://www.equitopiacenter.com/>– videos, courses, webinars, some free, some membership. Silver \$79.50/year, Gold \$149.50/yr, Platinum \$199/yr
- Amelia Newcomb Dressage – <https://amelianewcombdressage.com/> variety of educational videos, web courses, podcasts, some free and some paid content. Primarily dressage focused, but much can be applied to all riders and disciplines
- Artistic Dressage - <https://www.artisticdressage.com/> variety of educational videos, books, paid courses, podcasts. Holistic approach to horse-rider relationships. Dressage focused but can be applied to any discipline.

- Warwick Schiller Attuned Horsemanship <https://warwickschiller.com/> Rider- horse connection focused horse training videos, podcast, Monthly subscription \$29.95 or \$274.50/yr
- Noelle Floyd - <https://www.noellefloyd.com/> Courses, videos, podcasts, fees vary.
- Equestrian + <https://www.equestrianplus.com/> Large library of training videos from Dressage Today, Practical Horseman, rider fitness and more. Monthly membership \$34.99, yearly \$249.99

#### Equine Welfare and Management:

- FEI Campus - <https://campus.fei.org/> large library of courses related to riding, horsemanship, equine health/welfare, etc. Free (must create a free account)
- USEF – <https://www.usef.org/learning-center> – videos and tutorials on equine management, riding, and more. Free and paid memberships (\$25/yr Subscriber membership, \$80/year Competing membership)
- American Association of Equine Practitioners – <https://aaep.org/horse-owners> free content related to horse health and management
- Stable Management - <https://stablemanagement.com/> Large library of equine health and management articles.

#### General Education Platforms:

- Coursera – <https://www.coursera.org/> wide variety of online university sponsored courses, including equine management and disability courses. Some free and some paid.
- Udemy – <https://www.udemy.com/> free and paid online courses on a variety of equine topics, disability and EAS
- Alison - <https://alison.com/> free online courses on various topics including disabilities/special needs, equine management, teaching approaches, and more
- The Open University – <https://www.open.edu/openlearn/> variety of short video clips as well as long courses on many topics including disabilities related content

#### General Riding Curriculum and Lesson Resources:

- The Riding Instructor - <https://theridinginstructor.net/> Lesson plan ideas, teaching tips, equine business tips, student insights, blog. Free!
- The Virtual Equestrian <https://thevirtualequestrian.com/> Online horsemanship and riding school curriculum through Certified Equestrian Canada/CanTRA, Several TR/AR specific courses. Free

- Horse Smarts - An Equine Reference & Youth Activity Guide – 1342 pages! (\$144)  
<https://www.ayhc.com/product-page/horse-smarts>  
Horse Smarts includes 70 different equine topics organized into six general categories. Each topic has hands-on and thought-provoking creative youth activities that make learning fun. These activities include a variety of games, puzzles and interactive learning venues and include topic specific activities.
- Horse Sense Learning Levels – <https://horsesenselearninglevels.com/> “Helping riding instructors develop safe, skillful riders on happy, healthy horses!” some free content, Annual \$69, Lifetime \$149  
Wide variety of materials including lessons plans for all levels of riders.
- Equine Mastery Education System - <https://emes.academy/> Step by step equestrian education system with text books, lessons plans, and assessments. Also online learning.
- Allpony - <https://allpony.com/> Individual courses from very basic to more advanced horsemanship/riding skills. Printable horsemanship activities, online games and quizzes. Also has a comprehensive riding curriculum for individuals or instructors. Individual membership \$80/yr, Instructor membership varies on content, number of courses and students. Can be customized.
- Horse Riding Lesson Plans and Summer Camp Curriculum - <https://horseridinglessonplans.com/> huge online resource of riding lesson plans and summer camp ideas. Many free resources, also has several memberships. One-time fees include: Lesson Plans Only \$50, Summer Camp & Unmounted Curriculum \$50 or Both for \$99
- The Therapist ‘s Saddle Bag: Treatment Activities and Themes only available through Etsy. \$130 for 12 monthly activities plus extras or \$20 per monthly activity.  
[https://www.etsy.com/listing/1172828704/the-therapists-saddle-bag-hippotherapy?click\\_key=9e6dd7bcb98d842d327e7c3be8eb13a790989ffe%3A1172828704&click\\_sum=d24e4f3d&ref=hp\\_opfy-1](https://www.etsy.com/listing/1172828704/the-therapists-saddle-bag-hippotherapy?click_key=9e6dd7bcb98d842d327e7c3be8eb13a790989ffe%3A1172828704&click_sum=d24e4f3d&ref=hp_opfy-1)
- Circus Unicorn - <https://circusunicornshop.com/product-category/freebies-offers/> Bundles of printable lesson plans, equestrian knowledge worksheets, camp ideas, goal trackers, equestrian graphics, planners, and more! Reasonably priced.

## BOOKS

### Riding/Instructor Education:

- PATH Intl. Instructor Education Guide
- PATH Intl. Study Guide
- The Comprehensive Guide to Equine Assisted Activities and Therapies
- The Art of Teaching Riding by Julie Goodnight
- US Pony Club Manuals – anything by Susan Harris
- The Language of Coaching: The Art and Science of Teaching Movement by Nick Winkelman
- Horse/Human Brain by Janet L. Jones, PhD
- Coach with Courage by Mary L. Longden (e-book only)

## Disabilities:

- Temple Grandin –
  - Thinking in Pictures
  - Navigating Autism: 9 Mindsets for Helping Kids on the Spectrum
  - The Autistic Brain
  - Animals in Translation
  - Different ...Not Less
- Neurotribes: The Legacy of Autism and the Future of Neurodiversity by Steve Silberman
- The Body Keeps Score: Brain, Mind, and Body in the Healing of Trauma by Bessel Van Der Kolk, M.D.
- Demystifying Disability: What to Know, What to Say, and How to Be an Ally by Emily Ladau
- Solving Executive Function Challenges: Simple Ways to Get Kids with Autism Unstuck and on Target by Dr. Lauren Kenworthy Ph.D.
- Neurodiversity-Affirming Handbook: A Handbook for Parents, Teachers and Community Allies by Megan Mott (at AdaptED) Digital PDF
- No-Drama Discipline: The Whole-Brain Way to Calm the Chaos and Nurture Your Child's Developing Mind by Danie J. Siegel, M.D. and Tina Payne Bryson, Ph.D.
- Taking Charge of ADHD by Russell A. Barkley, Ph.D.
- The Kazdin Method for Parenting the Defiant Child by Alan E. Kazdin, Ph.D.
- Crafting Connections: Contemporary Applied Behavior Analysis for Enriching the Social Lives of Persons with Autism Spectrum Disorder by Mitchell Taubman, Ron Leaf, and John McEachin
- A Work in Progress: Behavior Management Strategies and a Curriculum for Intensive Behavioral Treatment of Autism by Ron Leaf, John McEachin, and Jaisom D. Harsh
- 1-2-3 Magic: The New 3-Step Discipline for Calm, Effective, and Happy Parenting by Thomas W. Phelan

## Rider Training:

- Centered Riding by Sally Swift
- Ride Right by Daniel Stewart
- Rider Biomechanics by Mary Wanless
- When Two Spines Align by Beth Baumert
- The Handbook of Riding Essentials by Francois Lemaire de Ruffieu

## Equine Training and Horsemanship:

- CHA Composite Manual
- Equine Listenology Guide (And Listenology for Kids) by Elaine Heney
- What Horses Really Want: Unlocking the Secrets to Trust, Cooperation and Reliability by Lynn Acton
- Mark Rashid
  - Horses Never Lie
  - A Journey to Softness
  - Whole Heart, Whole Horse: Building Trust Between Horse and Rider
- Principles of Training by Warwick Schiller
- Know Better to Do Better by Denny Emerson

#### Arena Exercises:

- 101 Arena Exercises for Horse and Rider by Cherry Hill (any book by Cherry Hill)
- 50 Best Arena Exercises and Patterns: Essential Schooling for English and Western Riders by Ann Katrin Querbach
- Equine Fitness: A Conditioning Program of Exercises and Routines for Your Horse by Jec Aristotle Ballou
- Progressive School Exercises for Dressage and Jumping by Islay Auty
- Stay in the Saddle – 67 Exercises for Horse and Rider (104 pages, includes QR codes to videos for each exercise, digital version free with purchase) by Callie King \$67 at <https://www.horseclass.com/stay-in-the-saddle/>

#### Equine Movement:

- Horse Gaits, Balance and Movement: Revised Edition by Susan Harris
- Conformation, Movement and Soundness by Susan Harris

### **PODCASTS**

#### EAS/disability specific:

- Not Just a Pony Ride
- Hoof Falls and Footfalls
- The Horsehuman Connection Matrix
- Equine Assisted World with Rupert Isaacson
- Lessons from the Playroom

#### Equine:

- Ride On with Julie Goodnight
- Journey On with Warwick Schiller
- Listening to the Horse with Elaine Heney
- The Equine Connection
- Feed Room Chemist: An Equine Nutrition Podcast
- Horsemanship Breakthroughs with Amelia Dempsey
- TRT Podcast with Tristan Tucker

### **FACEBOOK PAGES and GROUPS**

#### EAS/Disability Specific:

- Hoof Falls & Footfalls
- Intuitive Instructor Club – (members only)
- Teaching Aids for EAS
- Heartland Equine Therapeutic Riding Academy (HETRA)
- Adaptive (Therapeutic) Riding Instructors
- The OT Toolbox
- Autism Cork – [www.autismcork.com](http://www.autismcork.com)
- Integrated Learning Strategies
- Autism Navigator
- AdaptED
- Therapeutic Riding or Equine Assisted Therapy Instructors, Families & Ideas
- Therapeutic Riding Instructors
- Therapeutic Horseback Riding Instructors

- Therapeutic Riding Center Volunteer Management Group
- EAS Executive Directors (open to all regions)
- PATH Program Managers Networking Group
- PATH Intl. Equine Managers
- Not Just a Pony Ride
- Equine Assisted Services Worldwide
- Equine Assisted Learning
- PATH Intl. and PATH Intl. Region Pages

#### General Riding Instruction:

- Equestrian Professional
- The Enlightened Equestrian
- Riding Instructor Resources and information
- Riding Instructor Lesson Ideas
- Riding Instructor Resource & Discussions
- The Practical Riding Instructor/Strides Horsemanship Podcast Updates
- HorseClass Hub
- Lesson Plans for Horseback Riding Instructors
- Riding Instructors' Forum
- Horse Courses Online

#### Equine Welfare and Management:

- Equine Wellness and Nutrition
- Horse Conformation Education
- Horse Health Discussion
- Equine Biomechanics, Massage, & Chiropractic