

4-H Proud Equestrians Program



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CURRICULA & RESOURCES

Michigan Resources

- » Michigan Equine News: www.equinenews.msue.msu.edu
- » Michigan State University Department of Animal Science, Youth Horse Programs: http://www.ans.msu.edu/youth_extension_programs/horse_youth_programs
- » Michigan State University Extension eXtension Horses: www.extension.org/horses
- » My Horse University: www.myhorseuniversity.com

National 4-H Curricula

- » National 4-H Horse Curricula List: <http://www.4-h.org/search/?q=horse%20science>

Other Resources

- » Professional Association of Therapeutic Horsemanship International (PATH) (formerly NARHA): <http://www.pathintl.org>

WHAT'S IT ALL ABOUT?

The 4-H Proud Equestrians Program (PEP) is one of a few 4-H-based programs for riders with disabilities in the U.S. Riders include people with physical, developmental, emotional or multiple disabilities. You can be involved in the program either as a youth or adult rider or as a youth or adult volunteer.

Riders:

- » Learn to ride.
- » Learn horse management skills.

Volunteers:

- » Assist riders until they develop the skills to ride independently.
- » Serve on planning committees to design local programs, help with fund raising, loan horses or facilities, and fill other vital roles.
- » If desired, earn a special certification as a therapeutic riding instructor to teach riding and horsemanship skills.



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THE BIG PICTURE

Volunteers assist riders to attain the skills as described in the following objectives:

Starting Out:

- » Develop basic riding skills.
- » Identify colors, breeds and types of equines.
- » Practice safe handling of animals.
- » Learn grooming techniques.

Learning More:

- » Improve balance, coordination and posture, and muscle tone.
- » Participate in shows, fairs and other activities.
- » Describe the signs of a healthy animal.
- » Learn and perform the basics of feeding and caring for horses.

Expanding Horizons:

- » Take on more responsibility in assisting less-skilled riders and mentoring them.
- » Explore related careers in special education, occupational and physical therapy, veterinary and human medicine, and animal science.

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FOCUS ON 4-H PEP

Science

- » Observe the physiological and behavioral effects of illness or lameness on a horse's body.
- » Ask questions and formulate answers related to biology and nutrition using equines as a model.
- » Learn about the impact of physical and emotional disabilities on others.

Communication

- » Develop or enhance the ability to communicate with others, both horse and human.
- » Create and perform a demonstration that explains how to perform a specific skill in horse care and management.

Citizenship & Leadership

- » Develop a public speaking or demonstration entry for the Michigan 4-H Equine Communication Contest.
- » Help others understand the challenges of living with a disability.
- » Assist in the adaptation of other 4-H projects for individuals with disabilities.

Life Skills

- » Increase self-esteem, self-confidence, discipline and social growth through attaining success and helping others succeed in the program.
- » Practice personal resiliency through successes and challenges.



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HOW CAN YOU GET INVOLVED?

- » Contact your local Michigan State University (MSU) Extension office for 4-H PEP workshops, activities and events.
- » If you are interested in a college education in animal science, veterinary or human medicine, special education, or occupational or physical therapy, visit the MSU website at www.msu.edu to explore those majors.



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