

Module code: MOD010991	Version: 1 Date Amended: 05/Nov/2025
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1. Module Title
Equine Hydrotherapy and First Aid

2a. Module Leader
Hope Jameson

2b. School
Writtle School of Agriculture, Animal and Environmental Sciences

2c. Faculty
Faculty of Science and Engineering

3a. Level
5

3b. Module Type
Standard (fine graded)

4a. Credits
15

4b. Study Hours
150

5. Restrictions			
Type	Module Code	Module Name	Condition
Pre-requisites:	None		
Co-requisites:	None		
Exclusions:	None		
Courses to which this module is restricted:	BSc Equine sports therapy and rehabilitation, BSc Animal Therapy, rehabilitation and performance, BSc Canine Therapy rehabilitation and performance. MVetphys Veterinary Physiotherapy, Canine and Equine.		

LEARNING, TEACHING AND ASSESSMENT INFORMATION

6a. Module Description
Hydrotherapy is becoming increasingly popular in equine physical therapy for enhancing performance and well-being by addressing functional imbalances, promoting fitness, improving athletic performance, aiding post-surgical recovery and managing chronic or degenerative conditions. As equine hydrotherapy is practised in the UK, this module emphasises the legal framework in which therapists must conduct themselves. You'll learn to prepare a horse for hydrotherapy, from habituation through to treatment and assess a horse's suitability for treatment and water management. Additionally, this module covers water management, plant functions, water chemistry, cleaning of the equipment and the use of chemicals. Furthermore, you'll demonstrate practical competency in evaluating first-aid situations and administering first-aid where appropriate. You'll gain hands-on experience in a clinical setting to develop practical skills and gain industry experience. The module aims to impart knowledge on hydrotherapy principles, equipment usage, referral procedures, professional duties and health and safety responsibilities. It also teaches you to evaluate a client's suitability based on history, clinical condition, multidisciplinary team information, physical assessment and management and related health and safety regulations. You'll develop the confidence and ability to assess patients and suggest appropriate hydrotherapy interventions; while ensuring you stay within the scope of professional practice.
6b. Outline Content

Principles of Hydrotherapy

This section introduces hydrotherapy, explaining its purpose and highlighting the therapeutic benefits for horses, such as pain relief, muscle strengthening, and rehabilitation and improve overall equine welfare. The focus will be on how water's properties can support recovery and performance. Various types of hydrotherapy methods—such as underwater treadmills, cold/warm-water treatments, and saltwater therapies—will be discussed, along with the specialised equipment used to ensure both safety and effectiveness during treatment. Focus will be placed on the influence of other paraprofessionals, development of interdisciplinary skills to address ethical dilemmas and concerns faced within equine hydrotherapy practice.

Water Management

This part covers the key health and safety regulations, and relevant legislation related to equine hydrotherapy. It also looks at water quality management, including chemistry and filtration, to ensure that the water used for treatments remains safe and effective for horses. The role of water management systems and the necessary equipment for maintaining optimal conditions during hydrotherapy sessions will also be explored.

First Aid

Essential first aid techniques for common equine injuries and conditions are covered, including how to respond to emergencies with calm and skill. The section includes guidance on static and dynamic risk assessments, proper bandaging, administering CPR to horses, and conducting thorough health checks to monitor a horse's condition before, during, and after hydrotherapy sessions.

Assessment for Hydrotherapy

This section details the referral process for horses, the importance of gathering comprehensive case histories, and the methods for conducting static and dynamic assessments. It includes palpation techniques and other physical evaluations to determine whether hydrotherapy is a suitable treatment option for each individual horse. Understanding an equine's physical condition, gait, and movement patterns is critical to tailoring therapy for maximum benefit. Development effective communication skills and terminology used within the hydrotherapy setting to document the findings.

Practical Experience

Students will have the opportunity to gain hands-on experience in clinical settings and hydrotherapy practices by shadowing professionals and assisting with treatments. This practical exposure will help develop critical employability skills and a deeper understanding of how to handle horses safely and effectively during hydrotherapy sessions. Working on time management, communication and professional practice.

6c. Key Texts/Literature

The reading list to support this module is available at: <https://readinglists.aru.ac.uk/>

6d. Specialist Learning Resources

Need access to equine UWTM/ barn space/ bandaging equipment

7. Learning Outcomes (threshold standards)		
No.	Type	On successful completion of this module the student will be expected to be able to:
1	Intellectual, practical, affective and transferrable skills	Apply Equine First Aid and Safety Protocols
2	Knowledge and Understanding	Understand the principles of Equine hydrotherapy and therapeutic benefits
3	Intellectual, practical, affective and transferrable skills	Demonstrate the practical proficiency to safely carry out an equine hydrotherapy session and deliver appropriate pre and post-session care.
4	Intellectual, practical, affective and transferrable skills	Conduct Safety Protocols and preliminary maintenance checks to enable industry standard practice

8a. Module Occurrence to which this MDF Refers				
Year	Occurrence	Period	Location	Mode of Delivery
2026/7	ZZF	Template For Face To Face Learning Delivery		Face to Face

8b. Learning Activities for the above Module Occurrence			
Learning Activities	Hours	Learning Outcomes	Details of Duration, frequency and other comments
Lectures	12	1-4	1 hour lecture or alternate 3hr
Other teacher managed learning	24	1-4	2-hour lecture, or alternate 3hr
Student managed learning	114	1,2,4	Portfolio collection, submission, and wrap around study
TOTAL:	150		

9. Assessment for the above Module Occurrence

The assessment for some modules includes a presentation (see below for details on how this particular module is assessed). We recognise that presenting, especially to a large group, can cause significant anxiety or distress for some students. If this may affect you, please contact your Module Leader or the Disability and Neurodiversity Service as early as possible. We will work with you to consider appropriate reasonable adjustments. Depending on your individual needs, these might include, for example, presenting to a smaller group or presenting only to a member of academic staff.

Assessment No.	Assessment Method	Learning Outcomes	Weighting (%)	Fine Grade or Pass/Fail	Qualifying Mark (%)
010	Practical	1-4	60 (%)	Fine Grade	30 (%)

Practical and presentation

Assessment components for Element 010

Component No.	Assessment Title	Submission Method	Weighting (%)	Components needed for Mark Calculation?
010/1	First Aid simulation equine		50 (%)	All
010/2	Equine Hydrotherapy Case Presentation/Video - Based on an equine hydrotherapy case		50 (%)	

Assessment No.	Assessment Method	Learning Outcomes	Weighting (%)	Fine Grade or Pass/Fail	Qualifying Mark (%)
011	Coursework	2	40 (%)	Fine Grade	30 (%)

Literature review

In order to pass this module, students are required to achieve an overall mark of 40% (for modules at levels 3, 4, 5 and 6) or 50% (for modules at level 7*).

In addition, students are required to:

- (a) achieve the qualifying mark for each element of fine graded assessment as specified above
- (b) pass any pass/fail elements

[* the pass mark of 50% applies for all module occurrences from the academic year 2024/25 – see Section 3a of this MDF to check the level of the module and Section 8a of this MDF to check the academic year]