

# Integrative kinesiology and technology in equine training

16. april 2025

8.00 - 18.00

Livade 6, Izola, Slovenija

## Program

Glavni cilj usposabljanja je razviti individualizirano strategijo za izboljšanje biomehanike konja in jahača na podlagi sistematične biomehanske ocene triade (konj-oprema-jahač).

8.00	<b>Registracija</b>
8.15-9.45	<b>Predavanje:</b> 1. Principles of human biomechanics 2. Biomechanics in equestrian sports
9.45-10.00	<b>Odmor</b>
10.00-12.15	<b>Predavanje:</b> 1. Biomechanics of equine equipment: saddle fit and bit fit. 2. Technology for the evaluation of equine biomechanics
12.15-13.30	<b>Odmor za kosilo</b> (na lastne stroške)
13.30-15.00	<b>Predavanje/praktično delo v laboratorijih</b> <b>KINEMATICS OF EQUESTRIAN SPORTS</b> 1. Introduction to motion capture (Kinovea) 2. Horse motion analysis 3. Rider motion analysis
15.00-15.15	<b>Odmor</b>
15.15-17.30	<b>Predavanje/praktično delo v laboratorijih</b> <b>KINETICS OF EQUESTRIAN SPORTS</b> 1. Assessment of functional asymmetries of the rider 2. Training plan design and optimization for the rider