

# Equine Assisted Therapy

Degree Type  
B.A.

**Objectives:** The Equine Assisted Therapy major is an interdisciplinary major blending psychology and equine studies courses. It is designed to provide students with a thorough knowledge of human psychology and psychopathology and how horses may be used in order to improve the psychological functioning of a wide range of individuals. Completion of this major is intended to prepare students to become an EAGALA (Equine Assisted Growth and Learning Association) certified therapist. EAGALA is recognized as the standard-setting organization in this field. The minimum qualifications for both mental health providers and equine specialists for EAGALA certified therapists may be found at the following link <https://www.eagala.org/certification>. Additionally, this major prepares students to obtain graduate study in a number of mental health disciplines.

| Item #   | Title   | Semester Hours |
|----------|---|----------------|
| PSYC 101 | Introduction to Psychology as a Natural Science | 4              |
| PSYC 231 | Lifespan Development                            | 3              |
| PSYC 321 | Abnormal Psychology                             | 3              |
|          | PSYC 102 OR 220                                 | 3              |
|          | PSYC 316, 318 OR 320                            | 4              |
| Item #   | Title   | Semester Hours |
|          | EQST 101, 102, 201, OR 202                      | 1              |
| EQST 217 | Stable Management I                             | 4              |
| EQST 224 | Schooling Techniques                            | 3              |
| EQST 370 | Equine Assisted Activities and Therapies I      | 3              |
| EQST 371 | Equine Assisted Activities and Therapies II     | 3              |
| EQST 418 | Equine Health Management                        | 3              |
|          | 1 Course from STAT 161, 162, or 163             | 4              |
|          | <b>Total Credits</b>                            | <b>38</b>      |

## PSYC 102 OR 220

Elective Credits 3

| Item #   | Title  | Semester Hours |
|----------|--|----------------|
| PSYC 102 | Introduction to Psychology as a Social Science | 3              |
| PSYC 220 | Child Development                              | 3              |

## PSYC 316, 318 OR 320

Elective Credits 4

| Item #   | Title                  | Semester Hours |
|----------|------------------------|----------------|
| PSYC 316 | Physiology Psychology  | 4              |
| PSYC 318 | Health Psychology      | 3              |
| PSYC 320 | Learning and Cognition | 4              |

## EQST 101, 102, 201, OR 202

Elective Credits 1

| Item #   | Title                                    | Semester Hours |
|----------|--|----------------|
| EQST 101 | Fundamentals of Riding (begin/Adv Begin) | 1              |
| EQST 102 | Fundamentals of Riding Adv Beg           | 1              |
| EQST 201 | Fundamentals of Riding-Intermediate      | 1              |
| EQST 202 | Fundamentals of Riding-Intermediate      | 1              |

**1 Course from STAT 161, 162, or 163**

Elective Credits 4

**1 Course from**