

## **Self-Directed 4-H Therapy Riding Course Description**

### **Camelot Farm**

**Contact Instructor: Mary Bockover**

**Department of Philosophy**

**Program Leaders: Sally Friedley @ 839-0154 and Doug Jager @ 677-0902**

### **Course Description in the Catalog of Classes:**

#### **PHIL 392: "4-H Riding Therapy: Serving the Disabled"**

HSU students will volunteer at "Camelot", a local 4-H Trail organization and stable that provides "hippotherapy" or riding therapy to disabled individuals (mainly children). To participate, one must not be afraid to be around horses. Ethical (philosophical) principles that underlie and motivate such service will also be identified.

### **Longer Description:**

#### **PHIL 392: "4-H Riding Therapy: Serving the Disabled"**

HSU students will volunteer at "Camelot", a local 4-H Trail organization that provides "hippotherapy" to disabled individuals (mainly children). Hippotherapy helps improve balance, coordination and self-esteem by stretching, massaging, stimulating and challenging riders with special needs. Learning to ride and control a horse can improve a child's self-control, self-discipline, concentration, independence and self-awareness. Both rider and volunteer in this program also develop a strong sense of responsibility. HSU volunteers help on "care days" to groom horses, to care for their stalls and the grounds, and on "trail days" to assist in leading the horses and supporting the riders. Students may also work with the instructor to identify and understand the ethical (philosophical) principles that underlie and motivate this community service. 12 hours or more for 1 credit, 22 hours or more for 2 credits.

### **General Introduction:**

Welcome to the "4-H Riding Therapy" course offered by the department of philosophy. My name is Mary Bockover and I act as a bridge for students to engage in service and experiential learning in our community. Please understand that this is a *self-directed* course, so *you* will be responsible for contacting the program directors, and for arranging your own transportation to and from Camelot, the 4-H farm about 20 miles north of Arcata where you will be volunteering your services. Please contact Sally Friedley at 839-0154 for more specific details of the program and directions to the farm. She (along with her father, Doug Jager) runs the program. In general, on Saturdays you can volunteer for 12 hours or more for 1 credit, or 24 hours or more for 2 credits. Buses run on the weekends and students often end up carpooling. Generally, volunteers are ready to work at noon. How much time you put in is up to you, as long as it is compatible with the needs of the program. I send this attachment with a slightly more detailed description of the course above, but Sally can fill in all of the details. Please call or e-mail me if you have any questions, and come by my office in the University Annex to read the 4-H Newsletter on my bulletin board. I can also make you a copy. I hope you enjoy your participation in this program! Please keep in touch.

Mary