

Course Timeline

Day	Topics	Activities and Readings
1	<p>Introduction</p> <ol style="list-style-type: none"> 1. Introduction to the course 2. Respiratory health in racehorses 	<p><u>Introduction</u></p> <ul style="list-style-type: none"> • Learning to learn online • Course discussions • Backstretch Q & A • The Extra Mile <p><u>Respiratory health in racehorses</u></p> <ul style="list-style-type: none"> • Importance of respiratory health in racehorses • Backstretch Q & A • Activity: Watch a how-to video and check a horse's breathing rate • Discussion: Tell us about your experience checking a horse's breathing rate • Word of the day: Resting Respiratory Rate
2	<p>Introduction to the Respiratory System</p> <ol style="list-style-type: none"> 1. Overview of the Equine Respiratory System 2. Activities 	<p><u>The Equine Respiratory System</u></p> <ul style="list-style-type: none"> • Videos: Structures in a horse's respiratory system • Backstretch Q & A <p><u>Activities</u></p> <ul style="list-style-type: none"> • Explore the anatomy of equine respiratory system • Discussion: Questions or "aha!" moments related to respiratory health • The Extra Mile • Words of the Day: Epiglottis, Soft Palate
3	<p>Understanding how horses breathe</p> <ol style="list-style-type: none"> 1. How Horses Breathe 2. Activities 	<p><u>How Horses Breathe</u></p> <ul style="list-style-type: none"> • Horses can only breathe through their nose • What about yawning? • What is air flow? • What is VO₂ Max? • Horses breathe with their stride • Lung function in breathing • Reading: The Airways and Lungs • Backstretch Q&A <p><u>Activities</u></p> <ul style="list-style-type: none"> • Compare a horse to a human athlete • Discussion: How are horses different and what can we do to keep respiratory tract healthy • The Extra Mile • Words of the Day: Obligate Nasal Breather, Respiratory Locomotor Coupling, VO₂ Max
4	<p>Detecting Respiratory Issues and/or Discomfort</p> <ol style="list-style-type: none"> 1. Signs of Respiratory Issues 2. Other Assessment Tools 	<p><u>Signs of Respiratory Issues</u></p> <ul style="list-style-type: none"> • Video: Respiratory signs • Respiratory signs summary • No signs – No problem? • Surrounding Environment

		<ul style="list-style-type: none"> • Take Notes • Caregivers & Communication • The Horse Health Check • Backstretch Q&A <p><u>Other Assessment Tools</u></p> <ul style="list-style-type: none"> • Pain Recognition • Facial Grimace Score • Colorado State Equine Comfort Assessment Scale <p><u>Activities</u></p> <ul style="list-style-type: none"> • Activity: Identify Signs of Respiratory Issues • Activity: Horse Health Check • Discussion: Discuss use of Health Check and/or other pain scale • The Extra Mile • Words of the Day: Facial Grimace Score
5	Diagnosing Respiratory Issues	<p><u>Diagnosing Respiratory Issues</u></p> <ul style="list-style-type: none"> • Video: Diagnostic Methods • Diagnostic Method Summary Chart • Video: Communication tips for the veterinary exam • Backstretch Q&A <p><u>Activities</u></p> <ul style="list-style-type: none"> • Activity: Match the diagnostic method to the description • Discussion: Discuss diagnostic methods you are familiar with • The Extra Mile • Words of the Day: Endoscopy, Bronchoalveolar lavage
6	Common Respiratory Problems	<p><u>Common Respiratory Problems</u></p> <ul style="list-style-type: none"> • Summary charts for common respiratory problems • Videos: Equine Asthma & Moderate Equine Asthma • Disease Prevalence • Infectious Disease • Backstretch Q&A <p><u>Activities</u></p> <ul style="list-style-type: none"> • Activity: Match the respiratory problem and description • Discussion: Discuss the day's lesson • The Extra Mile • Words of the Day: Bacteria, Virus
7	Prevention – Relationship between a Racehorse's Lifestyle and Respiratory Health	<p><u>Prevention – The Racehorse Lifestyle</u></p> <ul style="list-style-type: none"> • Racehorse's lifestyle vs. horse in the wild • Video: Dr. Laurent Couetil's research at the track • Video: What caregivers can do to reduce the risk of respiratory issues • Summary text of what caregivers can do • Backstretch Q&A

		<u>Activities</u> <ul style="list-style-type: none"> • Activity: Review quiz • Discussion: Guest speaker discussion • The Extra Mile • Words of the Day: Respirable dust, steaming hay
8	Prevention – Other factors related to Respiratory Health	<u>Prevention – Other factors</u> <ul style="list-style-type: none"> • Biosecurity • Vaccination • Trailering • Backstretch Q&A <u>Activities</u> <ul style="list-style-type: none"> • Activity: Biosecurity Risk Calculator • Discussion: Biosecurity Practices • The Extra Mile • Words of the Day: Biosecurity, Equine herpesvirus
9	Assessment of Current Practices	<u>Assessment of Current Practices</u> <ul style="list-style-type: none"> • Reflect on what we have learned & how you will apply this to your own situation • Vaccination • Trailering • Backstretch Q&A <u>Activities</u> <ul style="list-style-type: none"> • Discussion: Discuss your assessment, what challenges you may face putting changes into place, and brainstorm ideas to overcome them • The Extra Mile • Words of the Day: Equine asthma, arytenoid cartilages
10	New Research and Course Wrap Up	<u>New Research & Course Wrap Up</u> <ul style="list-style-type: none"> • What is Next? • Video: Research on haylage and steamed hay • EIPH and air pollution • Feedback • Resources <u>Activities</u> <ul style="list-style-type: none"> • Activity: Post your take-aways and complete the course evaluation survey • The Extra Mile • Words of the Day: Air pollution, haylage