

Abstract

Title: Riding like the movement relaxy activity

Goals: Verification of the benefits of riding for human health in terms of metabolic effects on the muscular system and psyche.

Method: Analysis of literature, motion analysis, observation, interview, deduction.

Results: They give a comprehensive overveiw of the importance of riding on human health and confirm the facts cited in the literature. Results are focused on exploring the positive effect of riding on the human body in term of energy coverage, energy consumption, the effects on the muscular system and impact on the human psyche.

Key words: Hippotherapy, horseback riding, horse, motor system