

English Abstracts

The importance of neurobiological findings for the formation of intervention in the curative pedagogy promotion with the horse on the example of the motivational system

Imke Urmoneit

The knowledge of neurobiological research will increasingly influence the formation of educational and therapeutic processes in the next years. Based on the understanding of the neurobiological basis for thinking, feeling and behavior, behaviors of a person can be classified and interventions based on the mental basic needs are developed. Based on two case studies from the remedial vaulting, two relevant neurobiological systems, the motivational

reward system and the stress system are introduced. About the behavioral observation conclusions can be drawn on the release of neurotransmitters in the brain.

Keywords: Neural patterns, basic mental needs, motivational system, stress response, relationship formation, educational interventions

HippoKids – a health-oriented physical exercise and diet program for children with overweight

Meike Riedel, Nina Ludwig, Jennifer Kukuk

Physical development and dietary advice belong to the cornerstones of the prevention and therapy of overweight. Physical exercise programs with and on the horse are suited for children with overweight to become active in a motivated way. The aim of the present intervention study was to test the specifically designed and combined diet and

physical exercise program with and on the horse for children with overweight and to evaluate the motoric performance.

Keywords: Physical exercise with the horse, overweight, motoric performance, dietary advice

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