

What is FTEM?



The Australian Institute of Sport have developed a framework known as the FTEM. The FTEM is an evidence-based framework that focuses on the Foundation, Talent, Elite, and Mastery aspects of sport. The framework has been used to support equestrians to participate and progress in their chosen discipline while promoting a holistic athlete approach on and off the horse. More information regarding the FTEM Framework can be found here: [\(FTEM\) Pathways | ASC](#)

[Foundations](#) contribute to and underpin our Participation Pathway. These progressive and dedicated levels are pivotal to acquiring and refining the fundamental movement skills and early physical literacy required for athletic development.

[Talent](#) supports the pathways to high performance. Supported by a best practice, inclusive and holistic approach, the future talent potential of a pre-elite athlete is identified, confirmed and developed through effective programming and competitive opportunity.

[Elite](#) and [Mastery](#) focus on the pinnacle of the sport pathway. Athletes enter and perform on the world stage and are supported through a dedicated and individualised approach including committed preparation, camps, sport science/sports medicine and quality coaching.