

L1D ASSESSMENT SLIP 2 – Theory Paper

Assessment Guidelines

Time allowed: 1.5 to 2 hours

Exam Supervision: This paper must be completed under the supervision of a current EA Coach Educator or Branch Coordinator.

Candidate information:

- Read each question carefully and use the marking criteria as a guide when answering questions.
- You are advised to research answers and discuss all questions with your EA Coach Educator, prior to completing answers.
- All candidates should be aiming for 100%. However the satisfactory pass mark is 80%.

Resitting Exam:

Candidates may re-sit this theory paper if needed. The re-sit of the theory paper cannot be attempted within one week of the original attempt. Should candidates fail a second time they must be referred to the National Office.

Exam Marking:

- The supervising EA Coach Educator is also responsible for the marking of this paper.
- This theory paper is broken into four sections to assist the marking and collation of scores only.

A Coach Educator may assess each task in its entirety, however a Coach Educator may **sign no more than THREE (whole) L1D Assessments** for any candidate.
The Verification Slip is not included as an assessment task.

Section 1 - Risk Management/Legal

Q.1 List 5 major items of gear you should check at the commencement of a lesson and briefly explain what you are looking for. (5 marks)

1: _____
2: _____
3: _____
4: _____
5: _____

Q.2 You will be teaching a new pupil at a new venue. List 5 checks you will make to the area before you start. (5 marks)

1: _____
2: _____
3: _____
4: _____
5: _____

Q.3 Why should a coach analyse the cause of any accident (incident analysis)? (1 mark)

Q.4 Why should a coach report any serious accident to their insurance broker? (1 mark)

Q.5 Circle the correct answer: The current AS/NZS code for an Australian safety approved riding Helmet is? (1 mark)

- A AS/NZS 3838
- B AS/NZS 4040
- C ASSA 3938

- Q.6** Circle correct answer: The arena traffic rules state: (3 marks)
- A rider should always check that the entrance or gate to the arena is clear before entering **YES / NO**
- A horse in a slower pace has right of way on the track. **YES / NO**
- Mounting, dismounting and adjusting gear should be done off the track. **YES / NO**

- Q.7** Circle correct answer: For safety reasons would you could let a pupil ride in the lesson if: (4 marks)

- They are wearing running shoes **YES / NO**
- They are wearing jeans **YES / NO**
- Their AS/NZS approved safety helmet tips over their eyes **YES / NO**
- Their boots only just fit into the stirrups **YES / NO**
- Their cavesson noseband is loosely fitted **YES / NO**
- Their riding boots are muddy **YES / NO**
- Their ASSA approved safety helmet has a chin-strap **YES / NO**
- The horse is missing a shoe for a lesson in the sand arena **YES / NO**

Section 2 - Coaching Principles

Q.1 List two types of harassment (2 marks)

1: _____

2: _____

Q.2 List TWO benefits a coach receives from EA NCAS accreditation (1 mark)

1: _____

2: _____

Q.3 List TWO benefits to the public from using EA NCAS accredited coaches (1 mark)

1: _____

2: _____

Q.4 Explain the difference between an open skill and a closed skill. Give an example of each. (4 marks)

Q.5 Circle the correct answer: Effective communication techniques rely on which combination of factors? (1 mark)

- A being simple and direct in getting the message across
- B delivering a message in the proper context at the right time
- C being consistent and providing feedback
- D all of the above (i.e. A, B, and C are all correct)

Q.6 Circle the correct answer: By completing the EA NCAS Level One Coach course, a candidate is required to...? (1 mark)

- A** Coach in accordance to the EA Coaches Code of Conduct
- B** Coach in accordance to the skills and knowledge taught within the course
- C** Coach in an environment that promotes safety as the highest priority, for horse and rider
- D** Remain EA NCAS accredited (and insured at all times)
- E** All of the above

Q.7 List TWO characteristics of effective goals (2 marks)

1: _____

2: _____

Q.8 Name the three phases of "skill learning". (3 marks)

1: _____

2: _____

3: _____

Q.9 Terminology - Briefly explain the following terms used in Equestrian Coaching. (5 marks)

Gear check: _____

Single file: _____

Centreline: _____

Canter lead: _____

Open order: _____

Section 3 - Dressage/Flatwork

Q.1 For a group of 6 riders, name/describe and explain your choice of a flatwork lesson exercise suitable to be ridden: (3 marks)

by the whole group at once:

by only 2 or 3 riders at a time:

by only 1 rider at a time:

Q.2 List 3 common exercises for improving rider position and/or flexibility (3 marks)

1:

2:

3:

Q.3. List two reasons or situations for using half-halts described in "The Principles of Riding" (1 mark)

1:

2:

Q.4 Name two of the leg aids described in "The Principles of Riding" (1 mark)

1:

2:

Q.5 Name two of the rein aids described in "The Principles of Riding" (1 marks)

1:

2:

Q.6 Name 2 benefits of riding without stirrups (1 marks)

1: _____

2: _____

Q.7 Describe the difference between Medium Walk and Free Walk (2 marks)

Q.8 Circle the correct answer. Lengthening of stride involves: (1 mark)

- A The rider prepares with half-halts
- B The strides become longer
- C The horse's frame lengthens
- D All of the above

Q.9 Draw the following school figures including marking the letters on the arena: (6 marks)

15m circle at A

10 loop off the long side

Change of rein across the diagonal from M to V

3-loop serpentine

Turn across the arena from E to B

Figure of eight centred at X

Q.10 Describe the reason for rising on the correct diagonal in rising trot (1 mark)

Q.11 Explain what is meant if the horse is "STRAIGHT". In your explanation cover the horse travelling on a straight line as well as a curved. (Use diagrams to aid your explanation). (2 marks)

Diagrams:

Q.12 Refer to the picture below and circle the correct answers: (2 marks)

A: The rider is on the correct rising trot diagonal for a left circle YES / NO

B: The rider has the correct line from the bit to the elbow: YES / NO



Q.13 List TWO reasons for lungeing a horse and rider (2 marks)

1: _____

2: _____

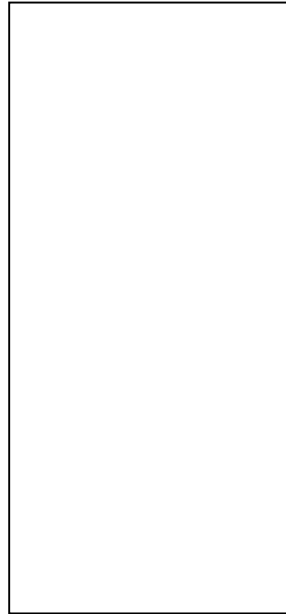
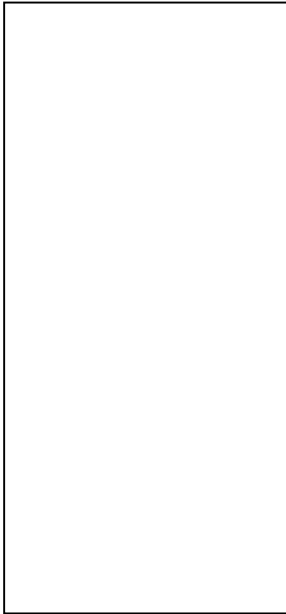
Q.14 Describe an exercise a rider can perform safely on the lunge that might not be safe to do when riding off the lunge. (1 mark)

Q.15 Describe (using diagrams if required) 2 ways to perform Leg Yielding in the arena (2 marks)

1:

2:

diagrams:



Q.16 Circle the correct answer (True or False): The following gear is permitted in a Dressage test under EA Dressage Rules: (2 marks)

- | | | |
|----------------------|---|---|
| Bandages | T | F |
| Rowelled Spurs | T | F |
| Running Martingale | T | F |
| Straight bar snaffle | T | F |

Q.17 Briefly explain in your own words the following terms:

(5 marks)

Rhythm:

Tempo:

Flexion:

Bend:

Impulsion:

Q.18 Briefly explain in your own words the following terms:

(4 marks)

The horse is disunited in canter:

The horse is on the forehand:

Q.19 Your pupil has her dressage test marked “running” in the show lengthened stride at the trot. She does not understand the comment. What would you tell her and how would you correct the fault. (3 marks)

Q.20 List 3 common faults in the Shoulder-in. What would be your strategies for improving these faults. (3 marks)

Q.21 Explain three ways in which gymnastic jumping and trot pole work can be use to improve the lengthening and collecting of the stride. Include a sketch showing placement of obstacles and distances involved. (6 marks)

Diagrams:

Q.22 What is the purpose for teaching the horse counter-canter? How would you teach a horse and rider this movement? (3 marks)

Q.23 List the benefits of lateral work for the horse and rider. (3 marks)

Q.24 Name two frequent causes for horses coming “above the bit”. What should you do to rectify the problems? (2 marks)

Section 4 - Horse Management

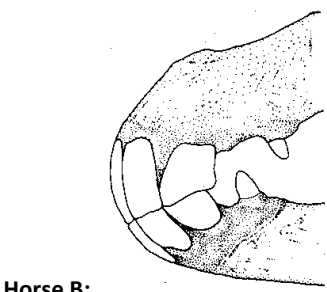
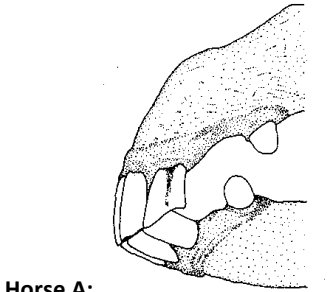
Q.1 What is the normal body temperature for a horse? (1 mark)

Q.2 Describe a symptom of Laminitis (1 mark)

Q.3 What is the best way of preventing Strangles and Tetanus? (1 mark)

Q.4 Describe a reason for using bandages on the legs (1 mark)

Q.5 If you were assessing the age of two horses by their teeth, which horse would you think is older? (1 mark)



Tick the correct answer:

Horse A is older

Horse B is older

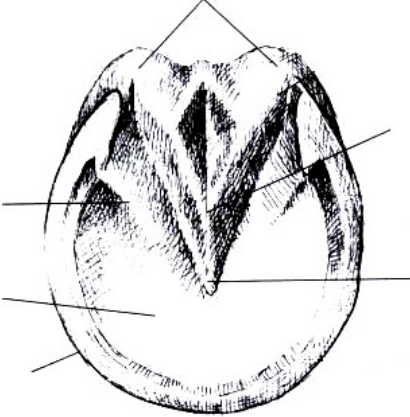
Q.6 Describe a preventative measure for Azoturia/tying up (1 mark)

Q7 Describe an advantage and a disadvantage of lucerne hay (1 mark)

Q.8 Name one reason to feed a dietary supplement (1 mark)

Q.9 Name 2 kinds of parasitic worms (1 mark)

Q.10 Correctly label the **heel** and the **sole** on the hoof below (1 marks)



Q.11 List TWO essential items for a first aid cupboard (1 mark)

1: _____

2: _____

Q.12 Describe a preventative measure for the following skin conditions: (3 marks)

Greasy heel/mud fever _____

Queensland itch/sweet itch _____

Rain Scald _____

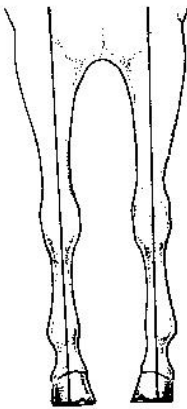
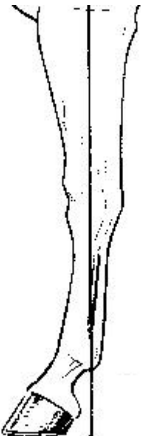
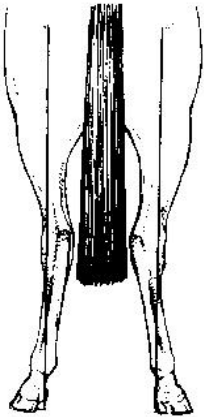
Q.13 Describe a cause, a symptom and a preventative measure for travel sickness (3 marks)

A cause: _____

A symptom: _____

A prevention: _____

Q.14 Correctly label these conformation faults: (3 marks)



A: _____ **B:** _____ **C:** _____

Section 6 = ____/20

L1D ASSESSMENT SLIP 2 – Theory Paper

Assessment Summary & Declaration of Competence

Section 1	Section 2	Section 3	Section 4
/20	/20	/60	/20

<input type="checkbox"/> COMPETENT	Has demonstrated competence in all the tasks for Level One Dressage Assessment Slip 2 "Theory Paper".
<input type="checkbox"/> NOT YET COMPETENT	Is not yet competent in all the tasks for Level One Dressage Assessment Slip 2 – "Theory Paper".
Comments If NYC what needs improvement before re-sitting assessment	
Candidate Name: _____	
CE/SSTA Name: _____ Level: _____	
Assessment Venue: _____ Signature: _____	

NOTE: CEs/SSTA's are advised to maintain own records / results of Candidates they have assessed

If **Competent** sign summary on page 3.

If **Not Yet Competent** (NYC) please

- arrange further training and/or another assessment
- download additional assessment slips from www.equestrian.org.au

