

L1G 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 three sections to assist the marking and collation of scores only.

A Coach Educator may assess this task in its entirety, however a Coach Educator may **sign no more than THREE (whole) L1G Assessments** for any candidate.

Section 1

Risk Management/Legal

This section contains a maximum of 20 marks

- 1.** All coaches owe a general duty of care to their riders. List 4 specific duties.(5 marks)

1:

2:

3:

4:

- 2.** 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:

- 3.** List TWO aspects of a venue a coach should check for suitability before a jumping lesson: (2 marks)

1:

2:

- 4.** List TWO aspects of a venue a coach should check for suitability before a cross-country lesson: (2 marks)

1:

2:

5. How might a coach adapt a training session if the riders were less experienced than first expected? (1 mark)

6. Why would poorly maintained, cracking leather in the girth, reins or stirrup leathers be a safety risk? (1 mark)

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 AS/NZS approved safety helmet has a chin-strap YES / NO

The horse is missing a shoe for a lesson in the sand arena YES / NO

Coach Educator Use Only

Total Marks for *Section 1* - _____ out of 20

Total possible mark of 20 - **Pass Mark 16 (80%)**

Section 2
Coaching Principles

This section contains a maximum of 20 marks

- 1.** Name 3 factors that may be counter-productive to a rider's performance (3 marks)
- 1: _____
- 2: _____
- 3: _____
- 2.** Explain the difference between an open skill and a closed skill. Give an example of each. (2 marks)
- _____
- _____
- _____
- 3.** Circle the correct answer: Coaches use 'positive reinforcement' because it...? (1 mark)
- A** makes the coach look good in the eyes of the rider
 - B** encourages the development of self-esteem in the rider
 - C** shows the parents that the coach is doing his/her job properly
- 4.** 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)
- 5.** 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
- 6.** What is the difference between teaching and coaching? (2 marks)

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

1: _____

2: _____

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

1: _____

2: _____

3: _____

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

Gear check: _____

Single file: _____

Centreline: _____

Canter lead: _____

Open order: _____

Coach Educator Use Only

Total Marks for *Section 2* - _____ out of 20
Total possible mark of 20 - **Pass Mark 16 (80%)**

Section 3
Dressage/Flatwork

This section contains a maximum of 20 marks

- 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:

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

1: _____

2: _____

- 3.** Name two of the leg aids described in "The Principles of Riding" (1 mark)

1: _____

2: _____

- 4.** Name two of the rein aids described in "The Principles of Riding" (1 mark)

1: _____

2: _____

- 5.** Name 2 benefits of riding without stirrups (1 mark)

1: _____

2: _____

6. Draw the following school figure (including marking the letters and distances on the arena): (3 marks)

15m circle at A

Change of rein across the diagonal from M to V

Turn across the arena from E to B

Figure of eight centred at X

3-loop serpentine

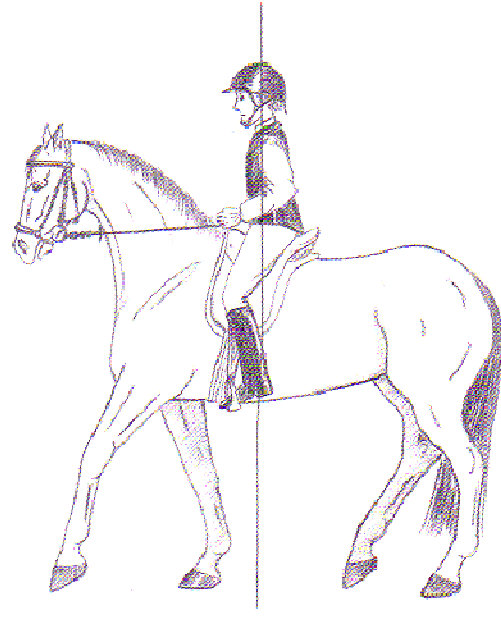
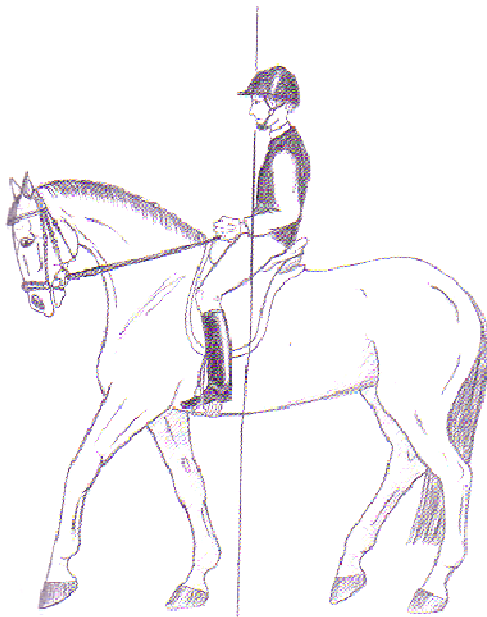
10 loop off the long side

7. Circle the correct answer. Turn on the forehand involves (1 mark)
A the horse is flexed away from the direction of the turn
B the inside hind steps in front of the outside hind
C the horse steps back
D all of the above

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

9. 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)

10. Name these position faults: (1 mark)



1:

2:

11. Briefly explain in your own words the following terms: (5 marks)

Rhythm:

Tempo:

Flexion:

Bend:

Impulsion:

12. 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

Coach Educator Use Only

Total Marks for *Section 3*- _____ out of 20
Total possible mark of 20 - **Pass Mark 16 (80%)**

Section 4 Jumping

This section contains a maximum of 20 marks

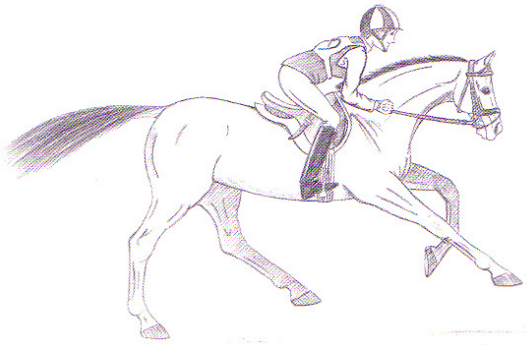
1. For a group of 6 riders, name/describe and explain your choice of a jumping lesson exercise suitable to be ridden: (3 marks)

by the whole group at once:

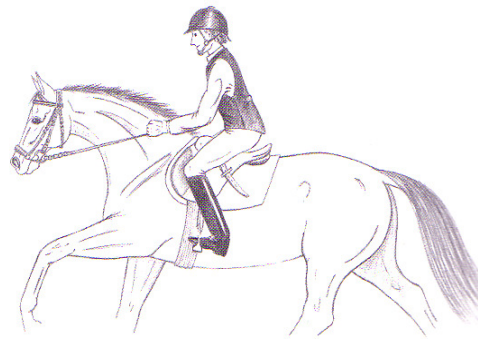
by only 2 or 3 riders at a time:

by only 1 rider at a time:

2. Correctly label these jumping positions: (2 marks)



1:



2:

3. What is the average distance apart when using poles and grids for Trot? (1 mark)
-
-

4. What is the average distance apart when using poles and grids for Canter? (1 mark)
-
-

5. Name one reason to adjust the distance between poles/fences in a grid (1 mark)

6. Circle the correct answer (True or False): Under EA Jumping Rules are the following permitted? (2 marks)

Running Martingale	T	F
Standing Martingale	T	F
Blinkers	T	F
Hackamore	T	F

7. Describe (2 marks)

Crest release

Automatic release

8. a) Name one reason for using a placing pole (1 mark)

b) What is meant by the term a "false groundline"? (1 mark)

c) What is the maximum length of a whip allowed in EA Jumping Competition: (1 mark)

9. When building a Jumping exercise that comprises a 4-stride related distance, list three factors that might affect the distance that you would build. (3 marks)

1:

2:

3:

- 10.** Define what the following means when used in reference to Jumping? (2 marks)

Deep spot:

Long spot:

Coach Educator Use Only

Total Marks for *Section 4* - _____ out of 20
Total possible mark of 20 - **Pass Mark 16 (80%)**

Section 5
Cross Country

This section contains a maximum of 20 marks

- 1.** Name 4 Cross Country Jumps: (4 marks)

1: _____

2: _____

3: _____

4: _____

- 2.** At a One-Day Event there are 30 starters to go around the cross-country course on a wet day. Describe one difficulty that may arise on the course due to the wet weather and strategies a rider could employ to negotiate the course (1 mark)

- 3.** List an item of protective equipment/gear for the horse in cross country phase that might be worn by (2 marks)

1: Horse _____

2: Rider _____

- 4.** Describe (4 marks)

1: 2 and 3 point seat _____

2: their application in riding in undulating terrain. _____

5. Name 2 considerations when coaching a rider to jump a fence going (2 marks)

1: uphill

2: downhill

6. In EA cross country phase what is the penalty for: (3 marks)

1: Two Refusals

2: Fall of Rider

3: Fall of Horse

7. Describe a common problem with riding an apex and how you could coach a rider to deal with this. (1 mark)

8. What are: (2 marks)

1: related fences

2: combinations

Coach Educator Use Only

Total Marks for *Section 5* - _____ out of 20
Total possible mark of 20 - **Pass Mark 16 (80%)**

Section 6
Horse Management

This section contains a maximum of 20 marks

- 1.** Why would you implement measures to keep horses separate from pedestrians and traffic in the stable complex? (1 mark)

- 2.** What is the normal body temperature for a horse? (1 mark)

- 3.** Describe a symptom of Laminitis (1 mark)

- 4.** Why would you stand on the same side of the horse as your vet or farrier during treatment/shoeing? (1 mark)

- 5.** What is the best way of preventing Strangles and Tetanus? (1 mark)

- 6.** Describe a symptom of Ringworm (1 mark)

7. Tick the correct answer: (1 mark)

When cleaning a horse's hoof with a hoof pick you should always work:

- From the toe towards the heel
- From the wall to the coronet band
- From the heel towards the toe
- From the coronet band towards the toe

8. Describe a preventative measure for girth galls and saddle sores (1 mark)

9. Describe an advantage and a disadvantage of oats (1 mark)

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

11. Describe 2 symptoms of Colic (1 mark)

12. Name 2 kinds of parasitic worms (1 mark)

13. Name 2 poisonous weeds in your area (1 mark)

14. List 2 general rules that should be followed when determining the correct fitting of the side reins. (1 mark)

1:

2:

15. Name 2 different types of common brushes and describe how they should be used. (1 mark)

16. Describe dental wear and resulting problems (1 mark)

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

1:

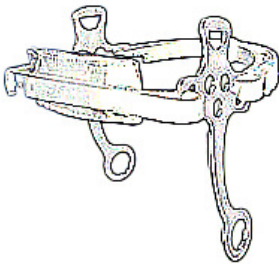
2:

18. Describe a possible effect of the following conformation defects: (1 mark)

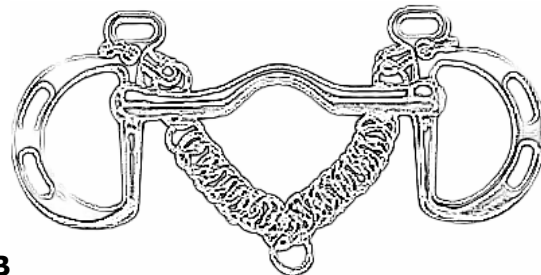
Long toe with sloping pastern:

Short toe with upright pastern:

19. Correctly label these non-snaffle bits: (1 mark)



A



B

Coach Educator Use Only

Total Marks for *Section 6* - _____ out of 20
Total possible mark of 20 - **Pass Mark 16 (80%)**

2: Theory Paper

1: The candidate has satisfactorily passed the **Theory Paper** []

Section 1	Section 2	Section 3	Section 4	Section 5	Section 6
/20	/20	/20	/20	/20	/20

Assessor/Coordinator Name:

Signature:

Name of Candidate:

Date:

Coach Educator (CE) Declaration

L1G – Activity Slip 2

Candidate Name:

Coach Educator

I am satisfied that the candidate has successfully completed all components of the Level One General Written Paper.

Name:

E-mail address:

Phone Number:

Assessment Location:

Signature:

Date:

CE's please also sign the Course Checklist on Page 5 if candidate is competent