

L1HM ASSESSMENT SLIP 5 – Fitness and Conditioning Program

The Candidate is required to formulate two (2) Fitness and Conditioning Programs (8+ Week Programs) relevant to the chosen discipline, current time of year and relevant to your area.

The horse is assumed to be unfit and will be prepared for competition at EA entry-level standard in one of the following areas:

- Dressage
- Show Horse
- Vaulting
- Jumping
- Eventing
- Combined Driving
- Show Driving

Answers will vary according to local conditions, etc.

Candidates are to be assessed according to the information contained in the required reading:

- *BHS Complete Manual of Horse and Stable Management,*
- *Horse Sense Chapter 5 "Feeding the Horse",*
- *RIRDC Feeding Horses in Australia.*

L1HM ASSESSMENT SLIP 5 – Fitness and Conditioning Program

Candidate Name: _____

Program A

Horse Name: _____

Breed: _____

Body Type: _____

Age: _____

Starting Condition: _____

Competition Goal: _____

Living conditions (stabled/paddock-kept/combination): _____

Previous injuries or other conditions that may affect horse's training or be exacerbated by poor management and planning:

What are the physical requirements for the final "Competition Goal" (above) for the chosen discipline

What are the nutritional requirements for the horse to successfully perform the above physical requirements (the Competition Goal)

Identify worming routine, dental routine and any other relevant health considerations to assist the horse's fitness and development

Program A

Identify the fitness program required (assuming the horse is unfit) to achieve the physical requirements of the "Competition Goal" (see above)

Weeks 1-2

Weeks 3-4

Weeks 5-6

Weeks 7 and beyond (if required)

Identify how variety will be incorporated into the workload and reasons why

Program A

Identify how type of feed, frequency of feeding, living arrangements and other considerations might change throughout the fitness program

Weeks 1-2

Weeks 3-4

Weeks 5-6

Weeks 7 and beyond (if required)

Identify supplements to be given (if any) and your reasons for choosing these

L1HM ASSESSMENT SLIP 5 – Fitness and Conditioning Program

Candidate Name: _____

Program B

Horse Name: _____

Breed: _____

Body Type: _____

Age: _____

Starting Condition: _____

Competition Goal: _____

Living conditions (stabled/paddock-kept/combination): _____

Previous injuries or other conditions that may affect horse's training or be exacerbated by poor management and planning:

What are the physical requirements for the final "Competition Goal" (above) for the chosen discipline

What are the nutritional requirements for the horse to successfully perform the above physical requirements (the Competition Goal)

Identify worming routine, dental routine and any other relevant health considerations to assist the horse's fitness and development

Program B

Identify the fitness program required (assuming the horse is unfit) to achieve the physical requirements of the "Competition Goal" (see above)

Weeks 1-2

Weeks 3-4

Weeks 5-6

Weeks 7 and beyond (if required)

Identify how variety will be incorporated into the workload and reasons why

Program B

Identify how type of feed, frequency of feeding, living arrangements and other considerations might change throughout the fitness program

Weeks 1-2

Weeks 3-4

Weeks 5-6

Weeks 7 and beyond (if required)

Identify supplements to be given (if any) and your reasons for choosing these

L1HM ASSESSMENT SLIP 5 – Fitness and Conditioning Program

Assessment Summary & Declaration of Competence

<input type="checkbox"/> COMPETENT	<p>Has demonstrated competence in all the tasks for Assessment Slip – 5 Fitness and Conditioning Program according to the assessment criteria in the Level One Horse Management Certificate through</p> <p><input type="checkbox"/> Direct Assessment method</p> <p>OR</p> <p>Evidence was provided to satisfy the Assessor that the Candidate met with competence all the required assessment criteria for Assessment Slip – 5 Fitness and Conditioning Program according to the assessment criteria in the Level One Horse Management Certificate through</p> <p><input type="checkbox"/> Fast Track method</p>
<input type="checkbox"/> NOT YET COMPETENT	<p>Is not yet competent in all the tasks for Assessment Slip – 5 Fitness and Conditioning Program according to the assessment criteria in the Level One Horse Management Certificate through</p> <p><input type="checkbox"/> Direct Assessment method</p> <p>OR</p> <p>Insufficient evidence provided to satisfy the Assessor that the Candidate met with competence all the required assessment criteria for Assessment Slip – 5 Fitness and Conditioning Program according to the assessment criteria in the Level One Horse Management Certificate through</p> <p><input type="checkbox"/> Fast Track method</p>
Comments If NYC what needs improvement before re-sitting assessment	
Candidate Name: _____	
CE Name: _____ Level: _____	
Assessment Venue: _____ Signature: _____	

NOTE: CE's are advised to maintain own records / results of Candidates whom they have assessed.

If **Competent** sign summary on page 80.

If **Not Yet Competent** (NYC) please arrange further training and/or another assessment and download additional assessment slips from www.equestrian.org.au