L1VC 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) L1VC 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 vaulters. 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 barrel lesson: (2 marks)
   1:
   2:

4. List TWO aspects of a venue a coach should check for suitability before a vaulting with a horse lesson: (2 marks)
   1:
   2:
5. How might a coach adapt a training session if the vaulters were less experienced than first expected? (1 mark)

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

7. Circle correct answer: For safety reasons would you could let a pupil vault in the lesson if:

   They are wearing socks        YES / NO
   They are wearing jeans        YES / NO
   There are wearing a jacket with a hood attached YES / NO
   Their long hair is out         YES / NO
   The horses' cavesson noseband is loosely fitted YES / NO
   Their vaulting shoes are muddy YES / NO
   They are wearing earrings with a bandaid over them 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 vaulter’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 vaulter
   B encourages the development of self-esteem in the vaulter
   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 vaulter
   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: ______________________________________________
   ______________________________________________________
   Legging up: ______________________________________________
   ______________________________________________________
   Vault On: ________________________________________________
   ______________________________________________________
   Canter lead: _____________________________________________
   ______________________________________________________
   Swing: _________________________________________________
   ______________________________________________________

Coach Educator Use Only

Total Marks for Section 2 - _______ out of 20
Total possible mark of 20 - Pass Mark 16 (80%)
## Section 3
### Barrel Work
This section contains a maximum of 20 marks

1. For a group of 6 vaulters, name/describe and explain your choice of a suitable lesson exercise:  
   (3 marks)
   - by the whole group at once:  
     
   - by only 2 or 3 vaulters at a time:  
     
   - by only 1 vaulter at a time:  
     
2. List two reasons or situations for using a simple dismount  
   (1 mark)
   1:  
   2:  

3. Name two skill building exercises for the mount  
   (1 mark)
   1:  
   2:  

4. Name the two types of scores given in a Barrel Competition  
   (1 mark)
   1:  
   2:  

5. What is the timing of an individual barrel freestyle and what is the disqualification time?  
   (1 mark)
6. Draw a vaulting barrel with measurements including: (3 marks)
   • diameter
   • Length
   • Height
   • Handle position
   • Description of legs

7. How many vaulters is a barrel squad composed of? (1 mark)

8. What is an integrated squad and what is the maximum number of integrated vaulters in the squad? (1 mark)

9. Describe an exercise a vaulter can perform safely on the barrel that might not be safe to do when vaulting on the horse. (1 mark)
10. What is the deduction mark of a fall in an: (2 marks)
   a) individual Barrel performance:
   b) pas de deux Barrel performance:

11. (5 marks)
   a) What is the composition of the freestyle program require?

   b) To whom is general impression score given?

   c) What is the performance score marked according to?

   d) When do the vaulters salute in an individual barrel freestyle?

   e) How would you teach a vaulter to fall safely from the barrel? (begin with ground work)

12. What is the timing allowed for a Pas de deux freestyle, and what is the disqualification time? (1 mark)

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Coach Educator Use Only

Total Marks for Section 3- out of 20
Total possible mark of 20 - Pass Mark 16 (80%)
Section 4
At Walk
This section contains a maximum of 20 marks

1. For a group of 6 vaulters, name/describe and explain your choice of a suitable lesson exercise (warm up or training task): (3 marks)
   
   **by the whole group at once:**
   
   **by only 2 or 3 vaulters at a time:**
   
   **by only 1 vaulter at a time:**

2. Correctly label these 4 vaulting positions (taken from FEI guidelines for Judges): (1 mark)

   ![Diagram 1](image1)
   ![Diagram 2](image2)
   ![Diagram 3](image3)
   ![Diagram 4](image4)
3. Is there a deduction for leg up at walk? (1 mark)

4. Explain an emergency dismount (1 mark)

5. Explain 4 safety tips for mounting (2 marks)
   1:
   2:
   3:
   4:

6. Circle the correct answer (True or False): Under EA Vaulting Rules are the following permitted in walk competition? (2 marks)
   - Lungeing Cavesson  T  F
   - Draw Reins  T  F
   - Blinkers  T  F
   - Hackamore  T  F

7. Describe competition clothing (2 marks)
   Allowed
   Not allowed

8. List 3 measurements a gear steward measures on the horse before entry into the competition. (3 marks)
   1:
   2:
   3:
9. Name and describe 3 skill building exercises for work with a horse (either warm up or training) (3 marks)

1: _______________________________________________________________________

2: _______________________________________________________________________

3: _______________________________________________________________________

10. How many horse points are created in a competition by: (2 marks)

   Individual walk vaulter: 

   Walk/walk squad: 

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   Total Marks for Section 4 - ___________ out of 20
   Total possible mark of 20 - **Pass Mark 16 (80%)**
Section 5
Compulsories
This section contains a maximum of 20 marks

1. Describe 4 walk compulsories (4 marks)
   1:
   2:
   3:
   4:

2. Describe teaching tips for the movement ‘swing front ways with closed legs’ (1 mark)

3. Name and describe 2 skill building exercises for falls? (2 marks)
   1:
   2:

4. Describe the purpose, location and exercise of the (3 marks)
   1: basic seat (level 3)
   2: ‘ball squeeze”
   3: ‘earthquakes”
5. Name 4 reasons for giving a vaulter a score of 0 in the compulsory competition (2 marks)

1: 

2: 

3: 

4: 

6. Name and describe 3 skill building exercises for ‘half mill’ (3 marks)

1: 

2: 

3: 

7. Why would you teach the ‘can-can line dance’? (2 marks)

8. Explain what it could mean if the vaulter gets the following letters on their score sheet: (2 marks)

1: R

2: G

Coach Educator Use Only

Total Marks for Section 5 - _______ out of 20
Total possible mark of 20 - Pass Mark 16 (80%)
## Section 6
### Freestyles
This section contains a maximum of 20 marks

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<td><strong>1.</strong></td>
<td>What is the minimum number of moves expected in an individual freestyle (1 mark)</td>
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<td><strong>2.</strong></td>
<td>Describe what a static exercise is? (1 mark)</td>
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<td><strong>3.</strong></td>
<td>Describe what a dynamic exercise is (1 mark)</td>
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<td><strong>4.</strong></td>
<td>Name 4 groups of static exercises (1 mark)</td>
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<td><strong>5.</strong></td>
<td>Name 2 groups of dynamic exercises (1 mark)</td>
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| **6.** | Describe the two parts of variety in the composition score (1 mark)  
  a)  |
|   |   |
|   |   |
|   |   |  
  b) |
7. Tick the correct answer: (1 mark)

When designing a freestyle the performance part of a vaulters freestyle is judged on:

- [ ] Scope
- [ ] Harmony with the music
- [ ] Variety, originality
- [ ] Consideration for the horse

8. Describe the type of exercises vaulters should use in a squad freestyle as advised in the Australian National Vaulting rules (1 mark)

9. What is the timing of an individual and a squad freestyle (1 mark)

10. Name a suitable walk freestyle move (1 mark)

11. Describe 2 reasons for a judge at A to use the bell in a walk squad freestyle (1 mark)
12. Design a competition walk freestyle that flows, using both static and dynamic exercises.

(8 marks)
2: Theory Paper

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

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**Assessor/Coordinator Name:**

**Signature:**

**Name of Candidate:**

**Date:**

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**Coach Educator (CE) Declaration**

**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