

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: (4 marks)

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: _____

<p style="text-align: center;">Coach Educator Use Only</p> <p style="text-align: center;">Total Marks for <i>Section 2</i> - _____ out of 20 Total possible mark of 20 - Pass Mark 16 (80%)</p>

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)

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)



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

1. What is the minimum number of moves expected in an individual freestyle (1 mark)

2. Describe what a static exercise is? (1 mark)

3. Describe what a dynamic exercise is (1 mark)

4. Name 4 groups of static exercises (1 mark)

5. Name 2 groups of dynamic exercises (1 mark)

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)

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

L1VC – 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