

L2C ASSESSMENT SLIP 1 – Theory Paper

COVER PAGE

Candidate Name: _____ **Date:** _____

Specialisation: Dressage Specialist
 Jumping Specialist
 Eventing Specialist
 Generalist

Declaration of Authenticity – Candidates own work.

I have read and understood the Equestrian Australia Codes of Conduct (which deal with issues such as standards of behavior) and certify that this theory paper is my own work (authentic) to enable qualified EA Couch Educators to assess my competence in the required knowledge.

Candidate Signature : _____ **Date:** _____

Please return a copy of this completed theory paper including the Cover Page and Declaration of Competence to the EA National Office

National Education Manager
EA National Office
PO Box 673, SYDNEY MARKETS, NSW 2129 or fax: 02 9763 2466 or email: ben.harris@equestrian.org.au

Please provide the following details so we can return the marked paper to you:

Name: _____ EA Member Number: _____
Address: _____ Suburb: _____
State: _____ Post Code: _____ Tel (BH): _____ (AH): _____ Mobile: _____
E-Mail: _____ Fax: _____

Section 1
Horse Management

This section contains a maximum of 50 marks

To Be Completed By All Candidates

- 1.** What is chemical castration in the stallion and how does it work? (2 marks)

- 2.** Stretching muscles in the horse is an important part of their conditioning. Identify 2 passive stretches that can be done and why they are a benefit (4 marks)

- 3.** Explain habituation

outline how you can
1) prevent it occurring

2) how to enhance it. -

(5 marks)

- 4.** What is OCD (please give the full name) and give two reasons why this develops in young horses? (3 marks)

- 5.** Not all protein chains are useable by the horse. Identify two proteins that are highly digestible in the horse and explain why. (4 marks)

6. How many litres does an adult horse's stomach hold and what is the significance of this when feeding horses? (2 marks)

7. How many litres of water can an adult horse drink in warm weather? What are three (3) signs that can tell us a horse is dehydrated? (2 marks)

8. Describe the basic differences between aerobic and anaerobic metabolism in the horse (4 marks)

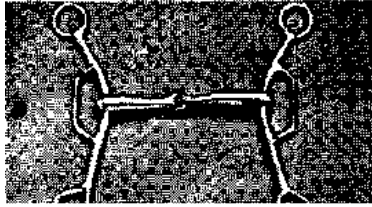
9. What is lactic acid build up and how does it affect the horse? (2 marks)

10. Name two vaccinations that are routinely used in horses and give the vaccination schedule for each. (2 marks)

11. Identify the symptoms of travel sickness? (2 marks)

12. Outline some strategies to prevent and/or treat these symptoms (4 marks)

13. Name this bit and discuss its action on the horse. (2 marks)



14. It has been suggested that to make a horse's coat better put them under lights. Please explain how and why this works. (3 marks)

15. What is a shadow roll? Discuss its action and describe a situation when you would use one. (3 marks)

16. You are looking to purchase a horse for your discipline with the potential to reach FEI competition and when looking at the confirmation you notice that he is very straight in the back legs. Explain how this may impact on the performance of this horse and his capability for your discipline. (4 marks)

17. When would you introduce a double bridle in the training of horse for your discipline? (2 marks)

Coach Educator Use Only

Total Marks for *Section 1* - _____ out of 50
Total possible mark of 50 - **Pass Mark 40 (80%)**

Section 2

Riding

This section contains a maximum of 25 marks

To Be Completed By All Candidates (/15)

1. Define Versammlung (collection) and give some common mistakes that are made when attempting to collect a horse. (3 marks)

2. What is the average distance between trot poles if you are trying to improve the collected trot? (1 mark)

3. Define rhythm and give two common mistakes you see with a horse in walk. (3 marks)

4. Personal fitness is important for riding performance. Describe one type of cross training exercise (exercise other than riding) you could perform and what benefits it would give you in your discipline. (2 marks)

5. Contact is very important in both the dressage and the jumping horse. Define contact and give an example of a common mistake that we see when horses do not have a good contact. (2 marks)

6. Give the aids for counter canter (right). (1 mark)

7. Describe an effective warm up before a competition for your discipline at the level required in this coaching course. (3 marks)

To Be Completed by Dressage Candidates (/10)

1. Give the aids for riding traver (right). (1 mark)

2. You are schooling a horse that lacks bend in the trot half pass. What exercises would you use to help with this problem? (2 marks)

3. Describe 4 different exercises that you might incorporate in teaching a flying change for the first time (4 marks)

4. Describe progressive development through the German Training Scale and why this holds relevance in training of a dressage horse. (3 marks)

To Be Completed By Eventing / General / Jumping Candidates (/10)

1. Discuss the difference in riding the approach into a vertical and oxer (2 marks)

2. As a rider what must be considered when planning your approach when jumping into water? (2marks)

3. Describe how you would ride a timid horse into a 1.30m fence to improve its confidence. (2marks)

4. A lot of horses increase their tempo when they get close to a fence. How would you ride a horse like this to help regulate their tempo? (2 marks)

5. Rider concentration is fundamental when faced with a large track at a competition. Name and discuss one technique that you might employ to increase your concentration and hence performance. (2 marks)

Coach Educator Use Only

Total Marks for *Section 1* - _____ out of 50
Total possible mark of 25 - **Pass Mark 20 (80%)**

Section 3
Safety, Risk Management and EA Regulations
This section contains a maximum of 25 marks

To Be Completed By All Candidates (/25)

1. What is a duty of care? Who as a riding coach do you owe a duty of care to? (2 marks)

2. Explain what risk management is? (3 marks)

3. In the event of an incident what are the two (2) most important things that you need to do? (2 marks)

4. The EA NCAS has a coach's code of ethics - what is it and where would you find it? What may happen if you breach the code? (2marks)

5. What is contributory negligence and how may it apply to a riding coach? (2 marks)

6. What is a mentor coach? Discuss their role in the NCAS program. (2 marks)

7. When coaching, a gear check is part of the coach's legal responsibility. When should a gear check be performed? List six (6) things that you would look for before taking a lesson in your respective discipline. (6 marks)

8. You have been asked to attend a local riding school and give some beginner lessons in your discipline. As you have never been there before, describe what process you would go through to ensure that the area is safe for you to teach the riders (4 marks)

Coach Educator Use Only

Total Marks for *Section 1* - _____ out of 25
Total possible mark of 25 - **Pass Mark 20 (80%)**

Section 4
Coaching

This section contains a maximum of 50 marks (Dressage, Jumping) / 60 marks (Eventing, General)

Flatwork (All Disciplines) (/20)

- 1.** Name and describe one exercise that you would use when lunging a rider to improve their balance. (3 marks)

- 2.** Describe one exercise that you would use to help improve a horse's canter. (2 marks)

- 3.** What exercises would you include in a dressage/flatwork lesson to improve the horse's impulsion? (3 marks)

- 4.** You have a rider whose horse runs through the bridle when attempting a canter walk transition. What exercise would you use to help correct this? (3 marks)

- 5.** What exercise(s) would you use to teach a 10m circle in canter? (3 marks)

- 6.** What benefits does the rider gain from teaching them how to ride a shoulder-in? (2 marks)

7. What exercises could you include in a lesson to improve a horse's straightness? Describe two of them. (4 marks)

Gymnastic Coaching (/12)

1. For a group of riders how would you use poles to improve the walk? (3 marks)

2. What would you tell a group of riders were the benefits of gymnastic work for the dressage horse (2 marks)

3. Describe and draw a grid that you would use to develop balance in the horse. (4 marks)

4. Using trot poles, describe what exercise(s) you could do to help a horse lengthen its stride? (3 marks)

Dressage (/ 18)

1. What exercises would you use when coaching to improve a horse's swing through its body? (3 marks)

2. Describe the preparatory exercises that you would use when first teaching a horse and rider combination canter pirouettes. (3 marks)

3. You have just started teaching a horse and rider combination and the horse falls onto the forehand when making the transition from canter to walk. What are two exercises that you could use to help improve this? (3 marks)

4. You have just started teaching a rider to do sequence changes (3 x every 4th stride) and notice that the change to the left is always wrong i.e. after 5 strides etc. What exercises can you do to help the rider with their timing of the aids? (3 marks)

5. You have a horse and rider combination come to you for a lesson. The horse has all of the movements required for advanced but lack impulsion. What exercises would you focus on to improve the impulsion? (4 marks)

6. What are the benefits to the horse of schooling in renders? (2 marks)

Showjumping (Eventing, Jumping and General) (/ 18)

1. Describe an exercise that you would use to help a rider balance their horse through turns. (2marks)

- 2.** Explain the differences that you would outline to a group of students between jumping indoors and outdoors. (3 marks)

- 3.** You have horse and rider combination you teach that always runs out to the left. What exercise(s) might you include in your lessons to stop this from happening? (3 marks)

- 4.** A horse's stride needs to be lengthened and shortened depending on distances between obstacles. Outline an exercise that you might use to help your riders in achieving this? (2 marks)

- 5.** Describe (draw) a grid (with distances) that you may set up to increase a riders confidence over larger fences. (3 marks)

- 6.** You have a horse and rider combination that since beginning to jump bigger fences are having stops. You notice that the rider is not actively riding on the approach. What are you going to do to help the rider correct this problem? (3 marks)

- 7.** How would you describe what a stud guard is and when you would use one? (2 marks)

Cross Country (Eventing and General Candidates) (/10)

1. With a group of riders discuss what you understand to be "aggressive cooling" and when you would use it. (2marks)

2. There are many things that you would be focusing on when you teach a double of arrowheads? Name two and describe their importance in this activity. (4marks)

3. You have a CIC** rider that has had a bad fall recently on a cross country course where his horse stopped at a big coffin and now has lost some confidence. What would you focus on during your lessons with this rider to restore his confidence? Give examples (4 marks)

Coach Educator Use Only

Total Marks for *Section 1* - _____ out of 50 or 60
Total possible mark of 50 or 60 - **Pass Mark 40 or 48 (80%)**

L2C ASSESSMENT SLIP 1
Written Theory Paper
Assessment Summary & Declaration of Competence

Candidate Name: _____ **Date:** _____

- Specialisation:**
- Dressage Specialist
 - Jumping Specialist
 - Eventing Specialist
 - Generalist

Section 1	Section 2	Section 3	Section 4 (Dressage/Jumping)	Section 5 (Eventing/General)
/50	/25	/25	/50	/60
<input type="checkbox"/> COMPETENT	Has demonstrated competence in all the tasks for Assessment Slip 1 – Written Theory Paper according to the assessment criteria in the Level 2 Coach Learning Guide			
<input type="checkbox"/> NOT YET COMPETENT	Is not yet competent in all the tasks for Assessment Slip 1 – Written Theory Paper according to the assessment criteria in the Level 2 Coaching Learning Guide			
Comments If NYC what needs improvement before re-sitting assessment				
CE Name: _____		Level: _____		
Signature: _____		Date: _____		

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

- If **Competent** sign summary on page 5
- If **Not Yet Competent** (NYC) please arrange further training and/or another assessment and download additional assessment slips from www.equestrian.org.au