

# L2HM ASSESSMENT SLIP 3

## Fitness & Conditioning

### Program A: FITNESS & CONDITIONING

**Identify fitness and conditioning requirements and formulate a program relevant to the current time of year and relevant to your area. The "schoolmaster" horse has been purchased in an unfit condition and will be prepared for competition in one of the following:**

- Advanced EA Dressage                      - FEI CCI/CIC 2\* Eventing                      - 1.3m Jumping

Horse Name: \_\_\_\_\_

Breed: \_\_\_\_\_

Body Type: \_\_\_\_\_

Age: \_\_\_\_\_

Starting Condition: \_\_\_\_\_

**Competition Goal:** \_\_\_\_\_

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

|   | <u>√ Tick competent</u> |
|---|-------------------------|
| <ul style="list-style-type: none"> <li>○ Previous injuries or other conditions that may affect horse's training or be exacerbated by poor management and planning</li> </ul>            | [   ]                   |
| <ul style="list-style-type: none"> <li>○ Identify the physical requirements for the final "Competition Goal" (above) for the chosen discipline</li> </ul>                               | [   ]                   |
| <ul style="list-style-type: none"> <li>○ Identify nutritional requirements for the horse to successfully perform the above physical requirements (the Competition Goal)</li> </ul>      | [   ]                   |
| <ul style="list-style-type: none"> <li>○ Identify worming routine, dental routine and any other relevant health considerations to assist the horse's fitness and development</li> </ul> | [   ]                   |

## Program A: FITNESS & CONDITIONING

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: FITNESS & CONDITIONING

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

[ ]

## Program B: FITNESS & CONDITIONING

Identify fitness and conditioning requirements and formulate a program relevant to the current time of year and relevant to your area. The horse has been in full work, but has been confined to box rest for 4 weeks due to tendon injury. The horse is now showing the effects of 4 weeks' de-training and must be prepared for competition in one of the following:

- Advanced EFA Dressage                      - FEI CCI/CIC 2\* Eventing                      - 1.3m Jumping

Horse Name: \_\_\_\_\_

Breed: \_\_\_\_\_

Body Type: \_\_\_\_\_

Age: \_\_\_\_\_

Starting Condition: \_\_\_\_\_

**Competition Goal:** \_\_\_\_\_

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

|   | √ Tick competent |
|---|------------------|
| <ul style="list-style-type: none"> <li>○ Previous injuries or other conditions that may affect horse's training or be exacerbated by poor management and planning</li> </ul>            | [   ]            |
| <ul style="list-style-type: none"> <li>○ Identify the physical requirements for the final "Competition Goal" (above) for the chosen discipline</li> </ul>                               | [   ]            |
| <ul style="list-style-type: none"> <li>○ Identify nutritional requirements for the horse to successfully perform the above physical requirements (the Competition Goal)</li> </ul>      | [   ]            |
| <ul style="list-style-type: none"> <li>○ Identify worming routine, dental routine and any other relevant health considerations to assist the horse's fitness and development</li> </ul> | [   ]            |

## Program B: FITNESS & CONDITIONING

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

[ ]



# L2HM ASSESSMENT SLIP 3

## Fitness & Conditioning Programs

### Assessment Summary & Declaration of Competence

Candidate Name: \_\_\_\_\_ Date: \_\_\_\_\_

|   |  |
|---|--|
| <input type="checkbox"/> <b>COMPETENT</b>   | <p>Has demonstrated competence in all the tasks for Assessment Slip 3 – Fitness &amp; Conditioning Programs according to the assessment criteria in the Level 2 Horse Management Certificate through</p> <p style="text-align: center;"><input type="checkbox"/> <b>Direct Assessment method</b>                      <b>OR</b></p> <p>Evidence was provided to satisfy the Assessor that the Candidate met with competence all the required assessment criteria for Assessment Slip 3 – Fitness &amp; Conditioning Programs according to the assessment criteria in the Level 2 Horse Management Certificate through</p> <p style="text-align: center;"><input type="checkbox"/> <b>Fast Track method</b></p> |
| <input type="checkbox"/> <b>NOT YET COMPETENT</b>   | <p>Is not yet competent in all the tasks for Assessment Slip 3 – Fitness &amp; Conditioning Programs according to the assessment criteria in the Level 2 Horse Management Certificate through</p> <p style="text-align: center;"><input type="checkbox"/> <b>Direct Assessment method</b>                      <b>OR</b></p> <p>Insufficient evidence provided to satisfy the Assessor that the Candidate met with competence all the required assessment criteria for Assessment Slip 3 – Fitness &amp; Conditioning Programs in the Level 2 Horse Management Certificate through</p> <p style="text-align: center;"><input type="checkbox"/> <b>Fast Track method</b></p>                                    |
| <p><b>Comments</b></p> <p><b>If NYC what needs improvement before re-sitting assessment</b></p> |  |
| <p>CE Name: _____ Level: _____</p> <p>Assessment Venue: _____ Signature: _____</p>              |  |

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

- If Competent sign summary on Page 109.
- If Not Yet Competent (NYC) please arrange further training and/or another assessment and download additional assessment slips from [www.equestrian.org.au](http://www.equestrian.org.au)