L2R ASSESSMENT TASK 10.1 Conditioning for the Rider - Physiology

Candidate Name:		Date:
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Assessment Task - WRITTEN ASSESSMENT TASKS -	C/NYC	Comments
Explain how physiological changes to the body that occur during maturation from adolescence to adult that may affect the rider's performance.		
Cardiovascular		
Neuromuscular		
Metabolic		
Bones		
Strength		

L2R ASSESSMENT TASK 10.1- continued Conditioning for the Rider - Physiology

Candidate Name: Date:		:e:
Assessment Task - WRITTEN ASSESSMENT	C/NYC	Comments
Flexibility	,	
Vision		
General		
General		
Identify the three main energy systems. Identify training methods to improve each.		
Energy System 1		
Exercise		
Energy System 2		
Exercise		
Energy System 3		
Exercise		

L2R ASSESSMENT TASK 10.2 Conditioning for the Rider — Psychology & Nutrition

Candidate Name:	Date:

Assessment Task	C/NYC	Comments
Sport Psychology/Mental Skills Training		
The Inverted U Relationship between arousal level and performance		
HIGH Lack of arousal — Controlled arousal — Failure to cope		
What implications does this relationship have on rider performance		
dentify one mental rehearsal strategy you may implement prior to competition		

L2R ASSESSMENT TASK 10.2 Conditioning for the Rider — Psychology & Nutrition

Candidate Name:	Date:
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Assessment Task	C/NYC	Comments
Nutrition List four components of a well-balanced diet for active competition riders		
List at least five healthy meals/snacks that can be eaten while at a competition		
How can you monitor hydration		
Why is it important to ensure you are adequately hydrated during competition		
List two symptoms of iron deficiency		
What nutritional problems could be responsible for tiredness and fatigue in a rider		
List four nutritional meals that are quick and easy to prepare		

L2R ASSESSMENT SLIP 10

Conditioning for the Rider – Psychology and Nutrition Assessment Summary & Declaration of Competence

Candidate Name:	Date:
	 □ Dressage Specialist - Dressage to Advanced □ Jumping Specialist - Dressage to Elementary, jumping up to 1.30m □ Eventing Specialist - up to CIC**/CCI** standard □ Generalist - Dressage to Medium, Jumping up to 1.15m/CIC*/CCI* standards
□ COMPETENT	Has demonstrated competence in all the tasks for Assessment Slip 10 - Conditioning for the Rider according to the assessment criteria in the Level 2 Riding Certificate through
	☐ Direct Assessment method OR
	Evidence was provided to satisfy the Assessor that the Candidate met with competence all the required assessment criteria for Assessment Slip 9 - Conditioning for the Rider according to the assessment criteria in the Level 2 Riding Certificate through
	☐ Fast Track method
□ NOT YET COMPETENT	Is not yet competent in all the tasks for Assessment Slip 10 – Conditioning for the Rider according to the assessment criteria in the Level 2 Riding Certificate through
	☐ Direct Assessment method OR
	Insufficient evidence provided to satisfy the Assessor that the Candidate met with competence all the required assessment criteria for Assessment Slip 10 – Conditioning for the Rider according to the assessment criteria in the Level 2 Riding Certificate through Fast Track method
Commonto	
Comments	
If NYC what needs improvement before re-sitting assessment	
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 Page 97
- If **Not Yet Competent** (NYC) please arrange further training and/or another assessment and download additional assessment slips from www.equestrian.org.au