

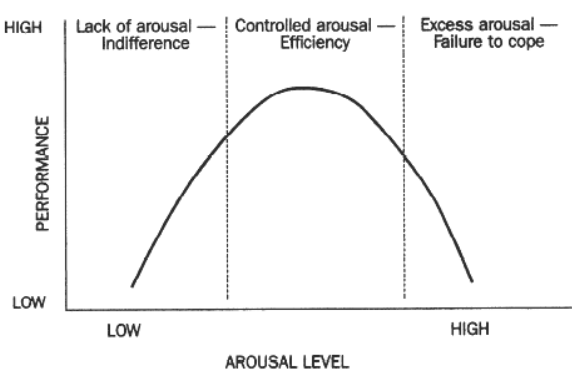




# L2R ASSESSMENT TASK 10.2

## Conditioning for the Rider – Psychology & Nutrition

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

Assessment Task	C/NYC	Comments
<p style="text-align: center;"><b>Sport Psychology/Mental Skills Training</b></p> <p style="text-align: center;"><b>The Inverted U Relationship between arousal level and performance</b></p>  <p>Explain the diagram above</p> <p>What implications does this relationship have on rider performance</p> <p>Identify one mental rehearsal strategy you may implement prior to competition</p>		

# L2R ASSESSMENT TASK 10.2

## Conditioning for the Rider – Psychology & Nutrition

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

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

**L2R ASSESSMENT SLIP 10**  
**Conditioning for the Rider – Psychology and Nutrition**  
**Assessment Summary & Declaration of Competence**

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

- Specialisation:**
- 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

<input type="checkbox"/> <b>COMPETENT</b>	<p>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</p> <p><input type="checkbox"/> <b>Direct Assessment method</b> <span style="float: right;"><b>OR</b></span></p> <p>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</p> <p><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 10 – Conditioning for the Rider according to the assessment criteria in the Level 2 Riding Certificate through</p> <p><input type="checkbox"/> <b>Direct Assessment method</b> <span style="float: right;"><b>OR</b></span></p> <p>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</p> <p><input type="checkbox"/> <b>Fast Track method</b></p>
<b>Comments</b>	
<p>If NYC what needs improvement before re-sitting assessment</p>	

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](http://www.equestrian.org.au)