

Qualification Unit

This unit forms part of a regulated qualification.

Unit Title: Exercise Horses

Unit Reference Number: D/618/8331

Level: Level One (1)

Credit Value: Six (6)

Minimum Guided Learning Hours: 54

Learning Outcome (The Learner will):	Assessment Criterion (The Learner can):
1. Know how to lead horses in hand safely and effectively	1.1 State the procedure for leading horses in hand, including <ul style="list-style-type: none"> • Positioning of the handler • Turning horses • Position of right and left hands on the rein • Turning <hr/> 1.2 List the equipment required for horse and handler
2. Be able to lead horses safely and effectively	2.1 Lead tacked up horses to enclosed riding areas safely and effectively
3. Know how to mount and dismount safely and effectively	3.1 List the safety checks required prior to mounting horses <hr/> 3.2 State the procedure for safely mounting horses using: <ul style="list-style-type: none"> • Mounting blocks • The ground • A leg up <hr/> 3.3 State the procedure for safely dismounting from horses <hr/> 3.4 State the procedures for returning horses to the stables

4. Know how to perform basic riding exercises	4.1	State the basic riding position for: <ul style="list-style-type: none"> • Legs • Seat • Upper body • arms
	4.2	State how to ride: <ul style="list-style-type: none"> • 20m circles • Diagonal change of rein <ul style="list-style-type: none"> • Changes through circles and across the school
	4.3	List the aids for upwards and downwards transitions including: <ul style="list-style-type: none"> • Halt to walk • Walk to trot • Trot to canter • Canter to trot <ul style="list-style-type: none"> • Trot to walk • Walk to halt
	4.4	List the aids for turns and circles
	4.5	State the importance of maintaining a good posture during riding exercises
	4.6	Identify the correct procedure for riding over trotting poles covering: <ul style="list-style-type: none"> • Pace • Line • Riding position over poles
	4.7	State the importance of riding a good line to trotting poles
	4.8	State the correct distance between trotting poles
5. Ride in an enclosed space	5.1	Mount horse safely and effectively
	5.2	Maintain a balanced posture during riding
	5.3	Perform basic riding school figures and lines effectively
	5.4	Apply aids for: <ul style="list-style-type: none"> • Walk • Trot • Canter • Transitions to and from paces
	5.5	Ride over ground poles

5.6 Dismount safely and effectively