

MONTE VISTA CHRISTIAN SCHOOL  
HEX 1912 Horsemanship PE  
HEXS 2911 Advanced Horsemanship PE  
Course Syllabus

Course Description

Horsemanship is an option that may be substituted for the traditional PE Class. It is a full semester commitment, and may be taken for as many years as a student desires. Beginning through advanced levels of both English and Western riding are taught. In addition to arena riding lessons, students improve their skills through a variety of games and trail rides. During inclement weather classroom instruction includes subjects on horse care, tack care, nutrition, health, careers, and a variety of related subjects. The focus of the program is to build confidence and self esteem, develop relationship and team building skills, and discover talents while making riding a safe, fun and rewarding activity that students can continue to enjoy throughout their lives. An additional fee applies.

Course Objective

The objective of this course is to instill the basics of horsemanship and horse care in our students. We have selected the Certified Horsemanship Association Composite Manual as the textbook. It is divided into four levels. Most students progress through the four levels in two to four years.

CHA Level 1 is the beginning of the students association with horses. The goals the student will work towards in Level 1 include how to safely tie, groom, saddle, and bridle, mount and ride a horse. The student will also be able to identify various parts of the horse and riding equipment. The student will develop the ability to control a horse up through a trot. Having passed CHA's Level 1, the student has learned to safely ride a horse with some confidence. The student can use the four natural aids to control the horse at the walk, trot, stop, circle and reverse. The student has learned how to approach, halter, lead, groom and tack up a horse.

In Level 2 the student will learn more about how the natural aids work and how to put them to better use, getting the horse to respond easier and quicker. The student and the horse will develop a unique partnership as the student better understands his nature and develops more balance. Students will learn to post on the correct diagonal at the trot, trot round circles, and learn to canter. In horse science, students will learn terms that are unique to the horse world, breeds, colors, markings, and surface anatomy.

In Level 3 the student can look forward to learning many things that will equip the student to be a horse owner. The student will continue to improve their balance and refine their use of their aids, and learn how the aids affect the horse's balance. They will be able to execute circles and correctly identify leads at the canter. At the trot the student will be able to ride schooling figures,

including figure eights, change of direction on the diagonal, and serpentines. In the classroom students learn about horse behavior, bits and other equipment, feed and feeding.

Level 4 introduces the student to more advanced performance skills and the student will be able to improve the horse they ride. The student will understand the importance of lateral and vertical flexion and be able to collect and extend the gaits of the horse. The student will learn how to perform simple and flying lead changes, and how to correct behavior problems. Classroom work emphasizes health care, including hoof care and problems, signs of health and illness, preventative health care, and basic first aid. The student will learn how to select a horse that is suitable for its work, sound and has good conformation.

Text:

No textbook is required for this course

Grading:

<u>Grade Book Categories</u>		<u>Semester Weighted Grading Configuration</u>	
Dressing/ Participation	70%	Quarter	50%
Riding Skills	30%	Quarter	50%

Explanation of Gradebook Categories:

1. Dressing and participating in class counts for 70% of the grade. Students start each quarter with 100 points. Participation will be evaluated on the student's individual ability.
2. Each quarter the students will be evaluated on either their riding skills or horse science. Each test will be worth 100 points and will count 30% toward their semester grade.
3. Students may lose up to 10 points per day for not dressing and participating.
4. Parents, please contact the instructor via a note, email, or phone call if your student should not participate for the day. Notes should be sent the day of or the day after not participating, not at the end of the semester.
5. After successfully completing each CHA Level the student will receive a certificate and a lapel pin.

High School Standard Grading Policy:

Please refer to the policy and procedures posted online in our Parent-Student Handbook.

Safety

Riding is a rigorous outdoor activity. Students will follow all safety rules as outlined in the CHA Manual and instructed. For the safety and comfort of our students and horses, it is recommended that riders be at least 4'6" tall and weigh more than 65 pounds, but not taller than 6'2" and weigh

less than 240 pounds. Although horses are beautiful and patient animals they can be dangerous because of their natural prey instinct.

### Class Materials

1. Helmets are provided or the student may bring their own.
2. Students should purchase correct riding boots with a ½” heel and a smooth sole or boots may be rented from MVEC for \$40 per semester.
3. Pants should be snug. Loose baggy clothing can get caught on equipment and poses a serious safety issue. Western riders will be most comfortable in wranglers, and English riders in stretch pants or breeches. Students should be in dress code at all times.
4. English riders should protect their legs with half-chaps or full chaps.
5. When appropriate students should wear undergarments designed for high impact sports.
6. The CHA manual may be purchased for \$50.

### Class Procedures

Before handling or riding the horses students must have the [Release and Medical Information Form and the Contract Forms](#) filled out and signed by their parents.

1. Be on time to class. Students should be in the equestrian area before the tardy bell rings.
2. Check the outside bulletin board for the day’s activities.
3. Students should be prepared to ride or handle horses every day. This means boots and riding clothes, including socks, are to be kept in their lockers at all times at the barn.
4. Students will have 10 minutes to change their clothes, bridle their horse, be in the arena, mounted, and ready for their lesson. Consideration will be given to beginning students and any problems that may arise due to the horse’s nature.
5. Ten minutes before the passing bell rings the students will be dismounted. This will give them time to put away their horses and change their clothes.
6. On rainy days students will be instructed in the class room. Changing clothes may not be necessary.
7. Dismounted lessons may be taught that requires changing clothes.

### School Policies and Expected Student Learning Results (ESLRs):

Students are subject to all academic policies of the school as found in the Parent-Student Handbook. Furthermore, it is each student’s responsibility to read and follow all academic policies of Monte Vista Christian School. In addition to addressing each ESLR every year, we target a specific ESLR each academic year for particular focus.