

Assess a horse for lunging and teach a novice rider on a lunge

Level 4

Credits 5

Purpose People credited with this unit standard are able to: assess the suitability of a horse for lunging a novice rider; demonstrate knowledge of upper body and leg exercises suitable for teaching to a rider being lunged on a horse and the benefit of the exercises for riders; and lunge a novice rider on a horse to improve rider's balance, position and confidence.

Subfield Equine

Domain Equitation

Status Registered

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Entry information Open.

Accreditation Evaluation of documentation and visit by NZQA and industry.

Standard setting body (SSB) Primary Industry Training Organisation

Accreditation and Moderation Action Plan (AMAP) reference 0018

This AMAP can be accessed at <http://www.nzqa.govt.nz/framework/search/index.do>.

Special notes

- 1 Legislation relevant to this unit standard includes but is not limited to the Health and Safety in Employment Act 1992, and its subsequent amendments.
- 2 Candidates must not contravene the *Code of Recommendations and Minimum Standards for Welfare of Horses*, (Wellington: Ministry of Agriculture and Forestry, 1993); or available at <http://www.biosecurity.govt.nz/animal-welfare/codes/horses/index.htm>.
- 3 Candidates must comply with the requirements specified in the resource Knox-Thompson, E, and Dickens, S, *New Zealand Pony Club Manual 2* (Havelock North: New Zealand Pony Club Association, 2007).

- 4 Exercises for a rider being lunged on a horse and their benefits are found in the *New Zealand Pony Club Manual 2*.
- 5 Criteria for assessing the suitability of a horse for lunging a rider are found in the resource Inderwick, S, *Lungeing the Horse and Rider* (Newton Abbot: David & Charles, 2003).

Elements and performance criteria

Element 1

Assess the suitability of a horse for lunging a novice rider.

Performance criteria

- 1.1 Characteristics required of a horse for lunging a novice rider are identified.
Range includes but is not limited to – balance, experience, behaviour, paces.
- 1.2 Horse is prepared for lunging a rider and its nature and behaviour are observed.
Range gear – saddle, bridle, side reins, brushing boots, lunging caveson, lunge rein.
- 1.3 The balance of the horse is evaluated.
Range walk, trot, canter, both reins, stays relaxed, rhythm maintained.
- 1.4 The horse's acceptance of side reins is determined.
Range walk, trot, canter, both reins, stays relaxed, rhythm maintained.
- 1.5 The horse's response to voice commands is determined.
Range upward and downward transitions.
- 1.6 Suitability of horse for lunging is assessed with an experienced rider aboard.
- 1.7 The suitability of the physical and psychological attributes of the horse is appraised.
Range includes but is not limited to – maturity, experience, behaviour, paces, temperament.

Element 2

Demonstrate knowledge of upper body and leg exercises suitable for teaching to a rider being lunged on a horse and the benefit of the exercises for riders.

Performance criteria

- 2.1 Upper body exercises and their benefits and suitability for riders being lunged on horseback are described.
- Range includes but is not limited to – arm swings, arms forwards, arms to side, arms folded behind back, hands on shoulders, touching toes.
- 2.2 Leg exercises and their benefits and suitability for riders being lunged on horseback are described.
- Range includes but is not limited to – leg swings, foot circling, touching toes, holding legs away, heels to seat.

Element 3

Lunge a novice rider on a horse to improve rider's balance, position and confidence.

Performance criteria

- 3.1 Preparation for horse to be mounted by rider is undertaken.
- Range stirrup length, girth tightness.
- 3.2 Rider is mounted on the horse with side reins detached.
- 3.3 Rider is lunged in both directions with reins and stirrups in accordance with rider's ability and confidence.
- Range walk, trot.
- 3.4 Description of upper body and leg exercises and expected benefits are clearly explained to the rider.
- 3.5 Upper body exercises are performed in walk and trot in accordance with rider's ability and confidence.
- Range may include but is not limited to – side reins fitted, rider's hands off reins, reins knotted.
- 3.6 Leg exercises are performed in walk and trot in accordance with rider's ability and confidence.
- Range may include but is not limited to – side reins fitted, reins knotted, rider keeps stirrups, feet out of stirrups, stirrups crossed in front of saddle.

- 3.7 Practices maintaining rider's confidence and safety are implemented by the coach at all times.

Please note

Providers must be accredited by NZQA, or an inter-institutional body with delegated authority for quality assurance, before they can report credits from assessment against unit standards or deliver courses of study leading to that assessment.

Industry Training Organisations must be accredited by NZQA before they can register credits from assessment against unit standards.

Accredited providers and Industry Training Organisations assessing against unit standards must engage with the moderation system that applies to those standards.

Accreditation requirements and an outline of the moderation system that applies to this standard are outlined in the Accreditation and Moderation Action Plan (AMAP). The AMAP also includes useful information about special requirements for organisations wishing to develop education and training programmes, such as minimum qualifications for tutors and assessors, and special resource requirements.

Comments on this unit standard

Please contact the Primary Industry Training Organisation standards@primaryito.ac.nz if you wish to suggest changes to the content of this unit standard.