

<b>Title</b>	<b>Plan, teach, and evaluate a series of riding sessions for riders and horses</b>		
<b>Level</b>	<b>4</b>	<b>Credits</b>	<b>16</b>

<b>Purpose</b>	People credited with this unit standard are able to: develop and implement coaching philosophy guidelines including expected attitudes and behaviour for equestrian coaches; plan a coaching programme of a series of riding sessions; implement the series of riding sessions; implement competitive situations during the series of riding sessions; and evaluate and modify the series of session plans.
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<b>Classification</b>	Equine > Equitation
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<b>Available grade</b>	Achieved
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### Guidance Information

- 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 There are specific assessment requirements for people assessing against this unit standard. Please refer to the Consent and Moderation Requirements Ref: 0018.
- 3 Equestrian organisation Coach Code of Conduct can be obtained from the relevant Equestrian organisation.
- 4 Demonstration of competency must comply with the requirements of the New Zealand Equestrian Federation Grade 1 Qualification.
- 5 Candidates must not contravene the *Code of Recommendations and Minimum Standards for the Welfare of Horses No 7*. Available from Ministry of Agriculture, PO Box 2526, Wellington.

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### Outcomes and performance criteria

#### Outcome 1

Develop and implement coaching philosophy guidelines including expected attitudes and behaviour for equestrian coaches.

**Performance criteria**

- 1.1 Coaching is described in terms of principles and implementation of the given philosophy in relation to horses and riders.
- Range reasons for coaching; responsibilities of the coach to the rider and horse; responsibilities of the coach to the sport; qualities of a coach; maintaining a balance between sport for enjoyment and sport for competition; safety standards.
- 1.2 Coach Code of Conduct developed from the underlying coaching philosophy is compatible with the philosophy of the equestrian organisation.
- 1.3 Coach Code of Conduct implemented throughout the series of sessions is consistently applied and reinforced.
- 1.4 Coaching philosophy and Coach Code of Conduct are evaluated according to organisational criteria following the series of riding sessions, and are modified according to the results of the evaluation.

**Outcome 2**

Plan a coaching programme of a series of riding sessions.

**Performance criteria**

- 2.1 Skill level and aspirations and goals of riders are determined in accordance with a participant and horse profile.
- Range features of rider – experience level, ability, age, fitness, emotional and social readiness, financial circumstances, availability of required equipment;  
features of horse – ability, trainability.
- 2.2 Objectives for the series of sessions match the skill level and aspirations and goals of participants and ability of the horse.
- Range short, medium, long term goals of rider; level of ability of horse and rider; availability of equipment.
- 2.3 Aims of each session within the series are set, and progressively lead to the achievement of the series objectives.
- 2.4 Requirements for each session are included in the plan.
- Range session format, time of session, timing of session, equipment, variety of activities, venue, number of participants, assistance.

2.5 Contingencies are included in the plan.

Range inclement weather, accidents, variation in numbers attending, unavailability of required equipment, rider and/or horse profile inaccuracies, suitability of arena surfaces.

2.6 The physical and emotional safety of participants is included in the plan, and no part of the session places rider and/or horse at risk.

Range equipment fit and size, first aid equipment.

### **Outcome 3**

Implement the series of riding sessions.

#### **Performance criteria**

3.1 The sessions are implemented according to the session plan and series objectives.

Range safety of riders and horses, availability of equipment, ability of rider and horse.

3.2 Contingencies are managed according to the plan.

Range inclement weather, accidents, variation in numbers attending, unavailability of required equipment, rider and/or horse profile inaccuracies, variation in arena surface.

3.3 Session aims are reassessed and the plan modified according to the riders and horses presenting on the day.

Range analysis of performance during the lesson, behaviour of horse or horses, attitude of riders.

### **Outcome 4**

Implement competitive situations during the series of sessions.

#### **Performance criteria**

4.1 Competition strategies at a level of personal challenge to rider are included in the implementation of the series of sessions.

4.2 The psychological and physical condition of rider and horse, and the state of competition are monitored throughout the competition phase, and competition level is modified according to the results of monitoring.

**Outcome 5**

Evaluate and modify the series of session plans.

**Performance criteria**

- 5.1 Evaluation of the competitive situations and challenges following each session identifies whether the level of competition matches the horse and rider combination.
- 5.2 Evaluation and modification of each session plan following the session is in accordance with horse and rider safety, session objectives, and rider participation level.

Range methods of evaluation may include but are not limited to – recall of session, participant feedback, self analysis, observer feedback, video recording.

**This unit standard is expiring. Assessment against the standard must take place by the last date for assessment set out below.**

**Status information and last date for assessment for superseded versions**

Process	Version	Date	Last Date for Assessment
Registration	1	22 August 1996	31 December 2023
Revision	2	9 October 1996	31 December 2023
Revision	3	11 June 1998	31 December 2023
Review	4	21 May 1999	31 December 2023
Review	5	22 September 2004	31 December 2023
Review	6	29 July 2021	31 December 2023

<b>Consent and Moderation Requirements (CMR) reference</b>	0018
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This CMR can be accessed at <http://www.nzqa.govt.nz/framework/search/index.do>.