

GEORGE MASON UNIVERSITY
School of Recreation, Health, and Tourism
Physical Activity for Lifetime Wellness

RECR 125 001: Intermediate Horsemanship (1)
1 Credit Fall 2018

T 11:30-1:30pm, Stonegate Stables, 24556 James Monroe HWY.. Aldie, VA 20105

Faculty

Name: Mychelle DeWolfson

Office hours: As needed before and After Class

Office location: Stonegate Stables, 24556 James Monroe HWY.. Aldie, VA 20105

Office phone: 703.338.7369

Email address: mdewolf@gmu.edu

Prerequisites: Completion of RECR 124 or permission of instructor

University Course Catalog

Builds the intermediate skills of horseback riding and horsemanship. Emphasizes technical riding and advancing basic horseback riding skills (e.g. figure 8's, serpentines, and change of direction). Focuses on how equitation affects the horse and horse behavior affects riding and safety.

Course Overview

1. Students with injuries or pre-existing conditions that may affect performance must inform the instructor.
2. All communication will be through GMU e-mail.
3. Students **MUST** wear appropriate attire as follows in order to participate:
 - a. Helmets should be purchased for health considerations.
 - b. Long pants must be worn (jeans, chaps, britches are all optional).
 - c. ½" minimum heel must be worn. (Please no "high" heel boots or UGG)
 - d. No tank tops or short shirts may be worn
 - e. Shirts **MUST** be neatly tucked in and hair pulled back for riding.
4. Liability release forms must be signed before riding.
5. Practical riding exercises will be graded on completion, attention to detail and consideration of animal care and general safety. Specific athletic or technical horsemanship skills are not a prerequisite

Course Delivery Method: This course will be delivered using a lecture/lab format. This is an activity class.

Learner Outcomes or Objectives

At the conclusion of this course, students should be able to:

1. Demonstrate proper equitation.
2. Demonstrate and discuss the elements involved in proper tack cleaning and conditioning.
3. Identify parts of the horse as it relates to the movement of the horse.

4. Cite five rules of competition.
5. State the mentality of a horse's thinking and actions.
6. Complete figures including figure 8s and serpentines.
7. Trot or canter a full course of 6-8 fences with 2 change of directions.
8. Define turns, pace, balance and rider interference.

Professional Standards none

Required Texts: none

Optional: Morris, G.H. (1990). *Hunter Seat Equitation* (3 ed.). Bantam Doubleday Dell Publishing Group, Inc.

Course Performance Evaluation

Students are expected to submit all assignments on time in the manner outlined by the instructor (e.g., Blackboard, Tk20, hard copy).

• **Assignments and Examinations**

Participation (20%) – attendance and positive daily interaction with instructor, class members, and horses.

Students will receive 10 points for each class session. Points will also be deducted for lack of cooperation or negative interaction with the horses. Students will be prepared for each class. Absences are only excused with a doctor's note presented immediately upon returning to class or emailed to the instructor. If you are running late please notify the instructor.

Homework (5%)-Reading, assignments related horse mentality and equitation.

Ring Exercises (40%) – listening, attempting, asking questions

Exercises and drills for basic dressage, turns, pacing, balance, change of direction.

Practicing jump course

1 Mid-Term Test (15%) –Written (5%) and Practical (10%)

Practical-Basic dressage, rider position,

Written-Proper Equitation, “hip, heal, and shoulder”,

Final Exam (20%) – Written (5%) and Practical (15%)

Practical-Successful completion of a jumping course and forward riding

Written-Rules of Competition and understanding a jumping course.

Grading Scale

A = 94 – 100	B+ = 88 – 89	C = 78 – 79 +	D = 60 – 69
A = 90 – 93	B = 84 – 87	C = 74 – 77	F = 0 – 59
	B- = 80 – 83	C- = 70 – 73	

Professional Dispositions

See <https://cehd.gmu.edu/students/polices-procedures/>

Class Schedule

WEEK	TOPICS	READINGS
1	Review of the basic of horses, tacking up, mounting and basic riding skills	<ul style="list-style-type: none">○ <i>History of forward riding</i>○ <i>Position of the rider and the effects on riding</i>○ <i>Mechanics of the horse</i>○ <i>Homework-Read up on Figures and Sheet 1 (Due 3/27)</i>
2	Riding a pattern	<ul style="list-style-type: none">○ <i>Patterns (circle, figure 8, Serpentine, half turns and half turns in reverse)</i>○ <i>Homework-Read up on Jumping positions. Find 3 pictures of riders jumping and be prepare to discuss.</i>
3	Quick Review of aids.	<ul style="list-style-type: none">○ Midterm riding pattern test-basic dressage test.○ <i>Jumping position</i>○ <i>Homework-Read up on calculating a line and counting.</i>
4	Mid-Term Exam Riding Instruction- Putting together a course and understanding the terms of jumps	<ul style="list-style-type: none">○ <i>Understanding distance to jumps and rhythm</i>○ <i>Homework-None</i>
5	Review and Course work	<ul style="list-style-type: none">○ No lecture○ <i>Continue to work on lines and turns</i>○ <i>Homework-None</i>
6	Review and polishing a jumping course	<ul style="list-style-type: none">○ <i>Courses</i>○ <i>Evolution of the "Equine"</i>○ <i>Homework-Practice exam</i>
7	Final exam.	<ul style="list-style-type: none">○ FINAL EXAM

Riding Instruction to include; Review grooming, tacking, basic positions. Proper use of basic aids, including proper equitation. Basic figures: circles, half circles, lines, figures 8's and serpentes. Learn to canter and jump a full courses.

Lectures to Include the following topics; Equitation as it pertains to both horse and rider. How the horse correctly moves both under saddle and with the affects of the rider's position. How a rider's position attributes to the horse's conformation, including muscle and lameness. Proper tack cleaning and conditioning.

Note: Faculty reserves the right to alter the schedule as necessary.

Core Values Commitment

The College of Education and Human Development is committed to collaboration, ethical leadership, innovation, research-based practice, and social justice. Students are expected to adhere to these principles: <http://cehd.gmu.edu/values/>.

GMU Policies and Resources for Students

Policies

- Students must adhere to the guidelines of the Mason Honor Code (see <https://catalog.gmu.edu/policies/honor-code-system/>).
- Students must follow the university policy for Responsible Use of Computing (see <http://universitypolicy.gmu.edu/policies/responsible-use-of-computing/>).
- Students are responsible for the content of university communications sent to their Mason email account and are required to activate their account and check it regularly. All communication from the university, college, school, and program will be sent to students **solely** through their Mason email account.
- Students with disabilities who seek accommodations in a course must be registered with George Mason University Disability Services. Approved accommodations will begin at the time the written letter from Disability Services is received by the instructor (see <http://ods.gmu.edu/>).
- Students must silence all sound emitting devices during class unless otherwise authorized by the instructor.

Campus Resources

- Support for submission of assignments to Tk20 should be directed to tk20help@gmu.edu or <https://cehd.gmu.edu/aero/tk20>. Questions or concerns regarding use of Blackboard should be directed to <http://coursessupport.gmu.edu/>.
- For information on student support resources on campus, see <https://ctfe.gmu.edu/teaching/student-support-resources-on-campus>

For additional information on the College of Education and Human Development, please visit our website <https://cehd.gmu.edu/students/>.