

FEI
Fédération Equestre Internationale



FEI Coaching System
(Competition)

SYLLABUS

LEVEL ONE
VAULTING

Fédération Equestre Internationale
HM King Hussein I Building
Ch. De la Joliette 8 - 1006 Lausanne
Telephone/Téléphone +41(0)21/310 47 47
Fax/Téléfax +41(0)21/310 47 60

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Level One

Aim:	<ul style="list-style-type: none"> • To provide coaches with the ability to prepare horses and vaulters for competitions at elementary level. • To Emphasise basic skills, develop participation and enjoyment • To inform the participants about the course, its contents, and to improve the ability of the participants to work as a vaulting coach.
Duration of the course:	<ul style="list-style-type: none"> • 4/5 days (40 hours)
Entry Requirements for Participants:	<ul style="list-style-type: none"> • 16 years old and over • Have a knowledge of horses and horsemanship (responsibility of the NF) • Have be recommended by the their NF • Have a First Aid Safety certificate (recommendation)
Attendance:	<ul style="list-style-type: none"> • 14 participants + 10 observers (max)
Participants:	<ul style="list-style-type: none"> • Must be registered with their NF
Level:	<ul style="list-style-type: none"> • Vaulting: Preliminary/Elementary
Insurance:	<ul style="list-style-type: none"> • Participants must be registered with their NF coach insurance scheme or privately
Assessment:	<ul style="list-style-type: none"> • Open Book Assessment • Practical coaching sessions • Logbook Assessment
Certification:	<ul style="list-style-type: none"> • Certificate of Attendance awarded to participants having attended the full course
Evaluation of the Course:	<ul style="list-style-type: none"> • By Tutor • By Coaches
Evaluation sheets and Report	<ul style="list-style-type: none"> • To be sent to the FEI by the Tutor

The assessment shall be done regarding the different units
 Be that as it made the unit 4 shall be at least 60% of the session

The Sport

UNIT 1 - PRINCIPLES AND RULES

At the conclusion of this unit, the Level One coach will be able to:

- Understand and explain the rules which govern the equestrian vaulting sport.
- List the FEI code for the welfare of horses.
- Understand and explain the essence of the vaulting sport (which is based on interaction between horse, vaulters and lunger)

UNIT 2 - TACTICS

At the conclusion of this unit, the Level One coach will be able to:

- Explain the manner in which the vaulting sport is carried out.

UNIT 3 - SAFETY (Further to Introduction to Coaching)

At the conclusion of this unit, the Level One coach will be able to:

- Assess the suitability of the environment for exercising/lesson.
- Explain how to handle the horse and check the equipment.
- Check that riders, lungers and vaulters are wearing suitable clothing/footwear.
- Explain how to mount and vault correctly and safely.
- Explain how to adjust the saddle, the surcingles, under-pad and girth for vaulting activity and for the level of horse and the vaulters.
- Implement an emergency plan in the event of an accident.
- Assess the physical and mental ability of vaulters to plan the training session.
- Fill out accident reports and maintain an accident register.
- Explain the importance of professional indemnity and public risk policies.
- Take appropriate steps to protect against possible negligence claims.

UNIT 4 - SKILLS

Vaulting

At the conclusion of this unit, the Level One coach will be able :

- To ride and to lunge-a horse at the three paces on **both reins**
- To coach a team or individuals at the elementary level on a trained horse in **all paces and both reins**.

The aim:

A vaulting coach is able to

- Understand the role of the Coach
 - Requirement of the Coach in vaulting
 - Language of coaching
- Explain the vaulting skills
 - The criteria of the vaulting exercises
 - Gymnastic exercises on the ground and on a barrel taking the movement the horse into account
- Give motivation to the vaulters
 - The basics of pedagogy regarding the specific age group and level of vaulters
- Plan the skill development regarding the vaulters
 - Coaching methods. The structure of a vaulting lesson
 - Additional activities/games aiming to improve the skills of the vaulters
- Understand and assess the base of mental and physical fitness specific to vaulting
 - The basics of vaulting theory and the motor learning
 - The development and the capability at various age

Lunging and riding

At the conclusion of this unit, the Level One coach will be able to explain:

- Rules of school for riding in company/closed/open order.
- The basic seat and position for flatwork.
- The natural and artificial aids and how to use them.
- The sequences and footfalls of the basic paces of the horse.

- A balanced position, independent of the reins at all paces.
- The training scale.

Lunging

- Keep a trained horse under control.
- Correct way of lunging on both reins in all paces including transitions

The Participant Horse and Vaultler/ Lungler

UNIT 5 - MOTIVES AND NEEDS

At the conclusion of this unit, the Level One coach will be able to:

- Motivate participants to become and stay involved in equestrian sport with a view to maximising their potential
- Be aware of the major stages in growth and development of the participant. The development and the capability at various ages
- State the importance of promoting positive and enjoyable experiences for participants. The basics of vaulting theory and the motor learning
- Encourage and acknowledge individual progress of the participant
- Give feedback to promote the self-image of the participants.
- Be aware of the dangers of early specialisation and competition.
- Recognize limitations of their own and vaultler's competence/expertise

UNIT 6 & 7 - PHYSICAL FITNESS OF THE RIDER VAULTER/ LUNGER AND HORSE

At the conclusion of this unit, the Level One coach will be able to:

- Define fitness.
- List the principles of fitness.
- Name the components of fitness.
- List the normal temperature, pulse and respiration of the horse and vaultler.
- Discuss the principles of coaching.
- List at a basic level, the working of the cardio, respiratory, muscular and skeletal systems.
- Implement well structured warm up and cool down exercises for the vaultler and horse.

UNIT 8 - MENTAL FITNESS OF THE VAULTER/LUNGER

At the conclusion of this unit, the Level One coach will be able to:

- Describe what is meant by mental fitness.
- Identify the components of mental fitness.
- The basics of vaulting theory and the motor learning

UNIT 9 - MENTAL FITNESS OF THE HORSE

At the conclusion of this unit, the Level One coach will be able to:

- Identify the components of mental fitness in a horse.
- Identify the key factors which affect the mental fitness of the horse.

The Coach

UNIT 10 - SKILL DEVELOPMENT OF THE VAULTER & THE HORSE

At the conclusion of this unit, the Level One coach will be able to:

- Outline the basic factors which affect learning.
- Implement a basic skill development framework.
- Be aware of the timescale involved in skill development in vaulting, and the need for repetition and re-enforcement.
- Be aware of the behavioural instinct the horse and how they affect their learning.
- Give constant feedback to the vaulter and horse.

UNIT 11 - ROLE OF THE COACH

At the conclusion of this unit, the Level One coach will be able to:

- Identify the qualities which contribute to effective coaching.
- Be aware of his/her own personal strengths and approach to coaching.
- Identify the different coaching styles.
- Apply basic communication skills
- Structure the vaulting lesson regarding the capability of the horse.

- Be aware of social and gender imbalances in equestrian sport and the concept of fair play.
- Be aware of the moral need and importance of integrating participants with a disability into vaulting.
- Understand the dynamics and processes of learning.
- Recognize and correct basic faults.

UNIT 12 - PLANNING AND FEEDBACK

At the conclusion of this unit, the Level One coach will be able to:

- Outline the need for short, medium and long term planning.
- Complete a session planner.
- Implement a basic coaching session, recognising the need for participation, progress and enjoyment.
- Keep training records.

UNIT 13 - PRACTICE AND COMPETITION

At the conclusion of this unit, the Level One coach will be able to explain:

- Instruct, observe, analyse and provide feedback on basic techniques and skills for the horse, vaulter and lunger.
- Develop empathy and a positive working relationship with vaulters and their parents/supporters.
- Provide first aid for minor injuries and ensure that professional care is readily at hand for serious injuries.
- Identify suitable competition and non competition opportunities.

Stable Management

Feeding

Explain the rules of feeding and the need for water.

Grooming

Describe various grooming systems.

Shoeing and foot care

Explain the need for shoeing.

Describe the stages of shoeing and the tools required.

Describe a foot in need of shoeing.
Describe the parts of a simple shoe.
Explain correcting shoeing.

Health

Assess the signs of good/bad health.
Implement basic `First Aid` for the horse and list the conditions that would require a veterinary surgeon.

Travel

Describe the travelling equipment used to protect the horse in transit.
Be aware of the need for safety in the handling of horses in transit.
Travel sickness.

Grass

Describe a suitable field for a horse to be turned out or live in.

Tack

Assess the condition, suitability and fit of the different types of tack used in the different equestrian sports.

Stabling

Describe the design and construction of the different stabling systems.
List the advantages/disadvantages of the different stabling systems.