Instructor: Sally Almekinders
Office: 2011 Carmichael Gym
Phone: 513-1607(O) ; 929-0744(H) MacNair's Stable 851-1118
E-mail: sally_almekinders@ncsu.edu
Office Hours: Tuesday/Thursday 1:30 – 2:30
Class Time: Thursday 8:05am – 9:20am
Pre-requisite: HESS 254 or equivalent skill
Required Text: None; Handouts will be provided by the instructor
Insurance: Students must show proof of insurance coverage prior to participation in class.

Charge: Each student will pay a charge of $400.00 to MacNair's Country Acres. The charge includes use of a required hard hat, grooming equipment, saddles, bridles, horses, and an instructor during class time. The charge must be paid to MacNair's Country Acres by the first week of class.

North American Horsemen's Association weight guidelines will be followed in this class. The maximum weight safety standard is 200 pounds. The weight restriction is necessary for the safety of the customers and the stable's horse.

Course Description:
This course is designed to apply knowledge of the fundamentals of health related fitness toward developing, maintaining and sustaining active and healthy lifestyle through equestrian sports. Intermediate techniques, theories and performance in equitation including skill at walk, trot, canter, over ground poles and small cross bars will be taught. Care of the horse, tack and safety around horses will be assessed. Students will meet off campus once a week. Students must meet the weight restriction of the North American Horseman's Association. Refer to the online schedule of classes for the current fee. Students must provide their own transportation to the stable, paddock boots and riding pants.

Health Information Statement:
Physical activities in this class are considered moderate to vigorous and are considered limited contact. The NC State Department of Health & Exercise Studies supports the development and improvement of physical health, while doing so safely. If you have a known medical condition that could be adversely affected by participating in the typical activities of this class, please contact your usual physician for recommendations about how to participate safely or whether it is more appropriate to choose a different Health & Exercise Studies course. If your physician has provided you with recommendations to modify participation in this class, please share those recommendations with the instructor within the first week of class, if possible. If you are not certain whether you have a medical condition that puts you at risk for participation in this class or have a medical condition and cannot access your usual physician in a timely manner for recommendations for safe participation, consider making an appointment at Student Health to discuss your concerns (appointment number is 919.515.7107 or book on-line at healthweb.ncsu.edu).

Location and Transportation:
Students must arrange their own transportation to and from the stable. MacNair's Country Acres is located on Dover Farm Road. From Carmichael Gymnasium take Avent Ferry Road to Gorman Street. Turn left onto Gorman Street then turn right onto Tryon Road. Turn left on Dover Farm Road and follow the signs into the designated parking area.

GEP Objectives for Courses in the Category of Health & Exercise Studies
Each course in the physical education category of the General Education Program will provide instruction and guidance that help students to:
1. acquire the fundamentals of health-related fitness, encompassing cardio-respiratory and cardiovascular endurance, muscular strength and endurance, muscular flexibility and body composition; and
2. apply knowledge of the fundamentals of health-related fitness toward developing, maintaining, and sustaining an active and healthy lifestyle; and
3. acquire or enhance the basic motor skills and skill-related competencies, concepts, and strategies used in physical activities and sport; and
4. gain a thorough working knowledge, appreciation, and understanding of the spirit and rules, history, safety, and etiquette of physical activities and sport
Dress Policy: All students must wear the clothes described in the Beginning and Intermediate Equitation Handbook that is provided for this class. This includes: riding boots and riding pants with shirt tucked in. Please check the weather forecast and dress in warm layers.
*Intermediate riders are expected to groom, inspect and examine their horses before the lesson.

Grading: The maximum numerical grade for Health & Exercise Studies 260, Intermediate Equitation is 100 points. The grade will be calculated as follows:

- **Written Exams** - 20 points - The knowledge test will be based on all information covered in class and the handouts. Each student will have the choice of taking the exam during class at the stable or arranging a time on campus.

- **Evaluation of individual position** - 40 points - A subjective evaluation of the student’s seven physical qualities to achieve the fundamentals of a good position considering unity, non-abuse of the horse, security, and proper use of the aids at the walk, trot, canter, and halt.

- **Program Ride** - 40 points - A subjective evaluation of the student's execution of a program ride in the arena.

<table>
<thead>
<tr>
<th>Position</th>
<th>Points (0-4)</th>
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<tbody>
<tr>
<td>Unity</td>
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<td>Abuse</td>
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<td>Security</td>
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<td>Aids</td>
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<td>Spring</td>
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<td>Relaxation</td>
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<td>Grip</td>
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<td>Balance</td>
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<td>Total</td>
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<table>
<thead>
<tr>
<th>Program Ride</th>
<th>Points (1-3)</th>
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<tbody>
<tr>
<td>C Post Trot</td>
<td></td>
</tr>
<tr>
<td>A Track Left</td>
<td></td>
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<tr>
<td>M Half Circle, Canter Right Lead</td>
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<tr>
<td>E Trot</td>
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</tr>
<tr>
<td>C-A Serpentine, 3 loops</td>
<td></td>
</tr>
<tr>
<td>K Slow sitting trot</td>
<td></td>
</tr>
<tr>
<td>H Half Circle, Canter Left Lead</td>
<td></td>
</tr>
<tr>
<td>A Large Circle, Break to post</td>
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<tr>
<td>FXH Trot to Caveletti, And jumps</td>
<td></td>
</tr>
<tr>
<td>H-C Trot</td>
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<tr>
<td>C Turn down center line</td>
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<tr>
<td>X Halt</td>
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<tr>
<td>Safety</td>
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<tr>
<td>Turnout</td>
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<td>Total</td>
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Grading Scale:
Each student has the option of taking the class for a letter grade (+/-), credit only, or audit.

| 97 - 100 = A+ | 93 – 96.99 = A | 90 – 92.99 = A- |
| 87 – 89.99 = B+ | 83 – 86.99 = B | 80 – 82.99 = B- |
| 77 – 79.99 = C+ | 73 – 76.99 = C | 70 – 72.99 = C- |
| 67 – 69.99 = D+ | 63 – 66.99 = D | 60 – 62.99 = D- |
| 0 – 59.99 = F | S = 70% & above | U = Below 70% |

Attendance:
Students are expected to attend, arrive on time and participate in all classes. One (1) absence is allowed without penalty. Any absence over this will result in six points off the student’s final grade for each additional absence. A maximum of two (2) absences are allowed before a student receives a grade of F or U. Two tardies equal one absence. Documentation for emergency absences must be reported to the instructor within one week after the return to class. Any makeup testing is the responsibility of the student. See [http://www.ncsu.edu/policies/academic_affairs/courses_undergrad/REG02.20.3.php](http://www.ncsu.edu/policies/academic_affairs/courses_undergrad/REG02.20.3.php) for more information.
Late Assignments: Five points will be deducted from the assignment’s final grade for first day the assignment is late. An additional two points per day will be deducted off the assignment’s final grade for every day thereafter.

Electronic Hosted Course Components: Students may be required to disclose personally identifiable information to other students in the course, via electronic tools like email or web postings, where relevant to the course. Examples include online discussions of class topics, and posting of student coursework. All students are expected to respect the privacy of each other by not sharing or using such information outside the course.

Requirements for Credit Only: In order to receive a grade of S, students are required to take all exams and quizzes, complete all assignments, and earn a grade of C- or better. Each student is responsible for the conversion from a letter grading to credit only (S/U) grading which is subject to university deadlines. Refer to the Registration and Records calendar for deadlines related to grading. For more details refer to:
http://www.ncsu.edu/policies/academic_affairs/courses_undergrad/REG02.20.15.php

Note: The student is responsible for requesting credit only grading on MyPack Portal by the University deadline.

Requirements for Auditors: Audit students must attend all classes except written exams and will be allowed four absences before NR will be recorded as a final grade. http://www.ncsu.edu/policies/academic_affairs/pols_regs/REG205.00.5.php

Incomplete Grades: http://www.ncsu.edu/policies/academic_affairs/grades_undergrad/REG02.50.3.php
Incomplete grades will be assigned only if unavoidable and unforeseen events occur, such as a medical emergency, preventing the student from completing a course requirement before the final grades are submitted. Incompletes must be made up before the end of the next regular semester in which the student is enrolled and in no case may be made up more than 12 months after the end of the semester in which the IN is awarded, unless the teacher or department offering the course is not able to provide the student with an opportunity to make up incomplete work, in which case the period can be extended. Make up work is to be limited to accomplishing the work not completed.

Online class evaluations will be available for students to complete during the last 2 weeks of semester. Students will receive an email message directing them to a website where they can login using their Unity ID and complete evaluations. All evaluations are confidential; instructors will not know how any one student responded to any question, and students will not know the ratings for any instructors.
Evaluation website: https://classeval.ncsu.edu/
Student help desk: classeval@ncsu.edu
More information about ClassEval: http://www.ncsu.edu/UPA/classeval/
**General Information:**

1. **Academic Integrity:** For all written assignments, students will be expected to adhere to the University Honor Code: “I have neither given nor received unauthorized aid on this test or assignment.” It is the understanding and expectation of the instructor that the student’s signature on any test or assignment means that the student neither gave nor received unauthorized aid. Consult the university website: [http://www.ncsu.edu/policies/student_services/student_discipline/POL11.35.1.php](http://www.ncsu.edu/policies/student_services/student_discipline/POL11.35.1.php)

2. **Students with Disabilities:** Reasonable accommodations will be made for students with verifiable disabilities. In order to take advantage of available accommodations, students must register with Disability Services for Students at 1900 Student Health Center, Campus Box 7509, 515-7653. For more information on NC State's policy on working with students with disabilities, please see the [Academic Accommodations for Students with Disabilities Regulation (REG02.20.1)](http://www.ncsu.edu/policies/campus_environ)

3. **Anti-Discrimination Statement:** NC State University provides equality of opportunity in education and employment for all students and employees. Accordingly, NC State affirms its commitment to maintain a work environment for all employees and an academic environment for all students that is free from all forms of discrimination. Discrimination based on race, color, religion, sex, creed, national origin, age, disability, veteran status or sexual orientation is a violation of state and federal law and/or NC State University policy and will not be tolerated. Harassment of any person (either in the form of quid pro quo or creation of a hostile environment) based on color, religion, sex, creed, national origin, age, disability, veteran status or sexual orientation is also a violation of state and federal law and/or NC State University policy and will not be tolerated. Retaliation against any person who complains about discrimination is also prohibited. NC State’s policies and regulations covering discrimination, harassment, and retaliation may be accessed at [http://www.ncsu.edu/policies/campus_environ](http://www.ncsu.edu/policies/campus_environ) or [http://www.ncsu.edu/equal_op](http://www.ncsu.edu/equal_op). Any person who feels that he or she has been the subject of prohibited discrimination, harassment, or retaliation should contact the Office for Equal Opportunity (OEO) at 515-3148.

4. Due to the nature of the activities in this class, it may be necessary for safety reasons to have some amount of physical contact occur to assist in acquiring the proper form/technique. The students should inform the instructor if they do not want any physical contact to assist in acquiring the proper form/technique.

5. Every fitness activity has certain inherent risks, and regardless of precautions taken it is impossible to ensure total safety. Adhere to all safety guidelines to reduce your risk of injury.

6. The use of illegal drugs, tobacco products, or alcoholic beverages is prohibited.

7. Pets and visitors are not allowed during class periods.

8. Please turn off cell phones during class time.

9. All musical devices, such as MP3 players must be turned off when you enter this class.

10. Each student is responsible for the materials presented in class, as well as, the handouts.

11. If a student is injured, contact the instructor immediately.

12. Students must warm up/stretch before riding and cool down/stretch after riding.

13. Students should check the predicted temperatures the night before class and fess for the weather.

14. It is very important to drink plenty of water and eat prior to class.
Program Ride

C        Enter posting trot
A        Track left
M        Half circle, on the diagonal line approaching the rail canter right lead
E        Trot
C-A      Serpentine 3 large loops
K        Slow sitting trot
H        Half circle; on the diagonal line canter left lead
A        Large circle, break to posting
FXH      On the diagonal line, trot to caveletti poles and first jump;
          Continue at a canter to the second jump
H-C      Trot
C        Turn down centerline
X        Halt
EQUITATION
FOUR FUNDAMENTALS OF A GOOD POSITION
1. The unity of the horse and rider while standing or in motion.
2. Non-abuse the horse by the rider’s weight, legs or hands.
4. Use of aids effectively and efficiently to control the horse quickly and softly.

SEVEN PHYSICAL QUALITIES TO ACHIEVE THE FUNDAMENTALS OF A GOOD POSITION
1. CORRECT DESIGN OF POSITION (In Profile) may be summed up as follows:
   a) The rider is placed close to the pommel.
   b) His legs are bent in the knees; heels are pulled down.
   c) He is inclined forward from the hips, more or less, depending on the gait and speed.
   d) His back is straight, shoulders open, head up.
   e) He keeps his arms bent in the elbows so that each forearm forms with it rein a straight line of action
      from elbow to the horse's mouth.

   CORRECT DESIGN OF POSITION (From the Front) may be summed up as follows:
   a) The rider has his weight evenly distributed on both stirrups.
   b) His toes are out just enough to bring the upper-calves in contact with the saddle.
   c) His grip ends with the upper-calves and the rest of his lower-legs is away from the horse.
   d) He looks straight between the horse's ears.
   e) His hands are about one foot apart.

2. CORRECT DISTRIBUTION OF WEIGHT means that, upon acquiring a correct design of his position, the rider places
   enough weight in the stirrups so that the line of center of gravity of his body will coincide with that of the horse. The
   efforts of loading the stirrups more or less, depending on the gait and speed, are in harmony
   with:
   a) corresponding increase or decrease of the inclination of the torso forward,
   b) greater or lesser angle in the knee.

   The ability to maintain a correct distribution of weight in motion largely depends on the balance and rhythm.

3. BALANCE IN MOTION is the stability of the rider in the saddle without any gripping and regardless of disturbing
   shocks of locomotion. Balance is the result of innumerable small compensating movements of the body and primarily of
   the torso. The effectiveness of unconscious balancing efforts largely depends on relaxation.

4. THE SPRING IN THE RIDER'S BODY is the result of the angularity of his attitude and of sufficient weight in the
   stirrups from which, acting as from the floor, the rider can give impetus to the spring accumulated in the angles of
   the ankles, knees and hips. A straight body has no springs in it and hence the longer the stirrups the less spring the rider has.
   Semi-relaxed joints make the spring effective.

5. THE RHYTHM OF MOVING WITH THE HORSE is a result of innumerable, unconscious movements of the body,
   and primarily of the torso, which help to preserve in motion the fundamental unity of the rider and the horse. It largely
   depends on a correct design of the rider's position, his correct distribution of weight and his balance. However, an average
   beginner learns the rhythm of the posting trot long before acquiring the above qualities.

6. PHYSICAL RELAXATION does not mean sloppiness. In riding it means a state of the rider's body when it is neither
   slack nor stiff but continuously alert, ready to follow the quick and often unexpected movements of the horse. This
   condition exists only if mental relaxation is present.

7. THE GRIP is a muscular effort, which brings into hard contact (of varying degrees) with the saddle, the lower-
   thighs, the inner surfaces of knees and the upper-calves. An effective grip depends on: correct design of leg
   position and on the strength of the muscles involved.

The Forward Seat system of riding taught at MacNair's Riding Academy is based on the work of Vladimer Litauer in his book *Commonsense Horsemanship*, and the riding standards set by the National Riding Commission.

The system is divided into three levels of schooling for the horse and rider:

1. Elementary Control
2. Intermediate Control
3. Advanced Control

Elementary Control is taught in all classes as a system of aids and techniques given the rider to communicate with the horse. It is used for beginner, intermediate, and advanced students as a basis for obedience and authority over the horse. After mastering these techniques, the rider can go on to learn a system incorporating more finesse and finer performance and control of both the horse and rider.

AIMS AND TECHNIQUES OF ELEMENTARY CONTROL

Primary Aim: Authority over the horse through definite and quick control in primitively executed gaits, transitions, halts, turns, backing, and simple low jumping.

Techniques: Tapping or urging legs; liberal use of voice; leading rein; check-release; and roughness if necessary.

Gaits: Even speeds on loose reins; the horse relaxed to the point of almost being lazy.

Transitions: Quick and precise at a designated point; roughness if necessary; return to loose reins as quickly as possible.

Halts: Quick and definite at a designated point; horse relaxed at the halt, reins loose.

Turns with forward movement: Wide turns, wide circles entirely by use of leading rein.

FOOTFALLS OF THE THREE GAITS

<table>
<thead>
<tr>
<th>WALK</th>
<th>TROT</th>
<th>CANTER</th>
</tr>
</thead>
<tbody>
<tr>
<td>4 beat gait</td>
<td>2 beat gait</td>
<td>3 beat gait</td>
</tr>
<tr>
<td>2 4</td>
<td>2 1</td>
<td>2 3 right lead</td>
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<td>1 3</td>
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FOUR FUNDAMENTALS OF A GOOD POSITION

1. Unity of the horse and rider while standing or in motion.
2. Non-abuse to the horse by weight, legs or hands.
4. Use of aids effectively and efficiently to control the horse quickly and softly.

SEVEN PHYSICAL QUALITIES TO ACHIEVE THE FUNDAMENTALS OF A GOOD POSITION

1. Correct Design
   - **Profile** - Rider close to pommel, legs bent at knee, heels pulled down, stirrup leathers straight to the ground, rider upright or inclined slightly forward, rider's back straight, shoulders open, head up, riders arms bent at elbow (and close to the side) so that the forearm and its rein form a straight line from the elbow.
   - **Front** - Weight evenly distributed in each stirrup, ball of foot resting on inside of stirrup, toes out just enough to bring upper calves in contact with the saddle, rider looks between the horse's ears, hands about a foot apart above the withers.

2. Correct-distribution of weight
   - Riders center of gravity will coincide with the horse's influenced by the gait and speed.
     a. trotting with and without stirrups
     b. transitions
3. Balance in motion
   Stability of rider in saddle without gripping and regardless of motion. Balance depends on relaxation and is brought about by compensating movements of the body especially the torso.
   a. circles turns
   b. gymnastics

4. Spring
   In the riders body-result of three important angles-the hip, knee and ankle being semi-relaxed.
   a. posting trot
   b. uneven terrain

5. Rhythm
   Of movement with the horse.
   a. caveletti work
   b. jumping single fences or a course

6. Physical Relaxation
   Develop confidence-body is alert ready to follow the movements of the horse-not sloppy or stiff.
   a. trail riding
   b. walking, slow trotting without stirrups

7. Frictional Grip
   Correct position of legs on horse which best facilitates the correct and effective use of aids-inner thigh, knee, upper calf, light contact but definite contact with correct weight distribution.
   a. jumping
   b. 2-point position

DEFINITIONS

Impulsion: The energetic movement forward of the horse by result of energy created by the rider's legs.

On the Line: Hindquarters track the front legs (on a turn head would be slightly turned to the inside to fit the turn) Body bent in the direction of movement.

Muscular Grip: Position with active muscular action of thigh, calf used in emergency situations and high jumping and galloping.

Static Balance: Horse balance at a standstill with more weight on the forehand (65%) because of the weight of the head and neck.

Dynamic Balance: Loss and regain of equilibrium of the moving horse. The weight distribution is constantly changing as the center of gravity shifts. The rider moves his arms back and forth, out of the shoulders, to follow the rhythm of the horse's head and neck, and the walk and canter to help balancing gestures at the trot because he is supported by alternating diagonal pairs of legs, thus the rider's hands remain quietly on the neck at the trot.

Stabilization: The ability of the horse to maintain even speeds and gaits on loose reins with head and neck extended, mouth closed, on the line, responding to voice in all situations

Connection: The horse moving as a unit-synchronization of horse's hindquarters with forehand to enable him to move in one piece.

Transition: Increasing or decreasing pace and/or gait using the 4 natural aids - voice, hands, legs, weight. Transition forward - 1st voice, 2nd weight, 3rd legs (tapping or urging), 4th hands (allowing and quiet) Transition down - 1st voice, 2nd weight, 3rd hand, (check release), 4th leg (supporting).
# HESS 260 Beginning Equitation Class Schedule

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<thead>
<tr>
<th>Week</th>
<th>Topic</th>
<th>Handout</th>
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<tbody>
<tr>
<td>Week 1</td>
<td>Orientation; classroom</td>
<td>Equitation Handout</td>
</tr>
<tr>
<td>Week 2</td>
<td>Stable protocol and evaluation of skills</td>
<td>Read pg 1-6</td>
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<tr>
<td>Week 3</td>
<td>Position overview and horse rider match</td>
<td>Read pg 7-10</td>
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<tr>
<td>Week 4</td>
<td>Seven physical qualities of a good rider and exercise for each</td>
<td>Read pg 11-12</td>
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<tr>
<td>Week 5</td>
<td>Four fundamentals of riding for intermediates</td>
<td>Read pg 13</td>
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<tr>
<td>Week 6</td>
<td>Rein aids and leg aids</td>
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<td>Week 7</td>
<td>Three speeds at the trot</td>
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<tr>
<td>Week 8</td>
<td>Ground poles and jumping cross bars</td>
<td>Read pg 14-18</td>
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<tr>
<td>Week 9</td>
<td>Break</td>
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<tr>
<td>Week 10</td>
<td>Correct leads at the center</td>
<td>Read pg 19</td>
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<tr>
<td>Week 11</td>
<td>Crossbars and canter out</td>
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<tr>
<td>Week 12</td>
<td>More difficult mounted exercises</td>
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<tr>
<td>Week 13</td>
<td>Strengthening the intermediate rider</td>
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<tr>
<td>Week 14</td>
<td>Written testing and mounted lesson</td>
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<tr>
<td>Week 15</td>
<td>Lesson and practice for skills</td>
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<tr>
<td>Week 16</td>
<td>Skills testing</td>
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