

FEI
Fédération Equestre Internationale



FEI Coaching System
(Competition)

SYLLABUS

LEVEL 1 PARA DRESSAGE



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Level 1 Para Dressage

Aim:	<ul style="list-style-type: none"> To provide coaches with the ability to prepare athletes for competitions. Emphasizing skill, develop participation and enjoyment To inform the participants about the course, its contents, and to prove the ability of the participants to work as a para dressage coach.
Duration of the course:	<ul style="list-style-type: none"> 5 days
Entry Requirements for Participants:	<ul style="list-style-type: none"> 21 years old and over Have knowledge of Horses and Horsemanship Have successfully completed the online FEI Para Foundation Course on FEI Campus Minimum Level 1 or Equivalent (coaching competencies as per annex) Have to be recommended by their NF Have a minimum level of riding experience equivalent to Medium technical level Have a First Aid Safety certificate mandatory
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"> Fundamental / Introductory A+B
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"> National Certificate of Attendance awarded to those who 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 Sport

UNIT 1 - PRINCIPLES AND RULES

At the conclusion of this unit, the Level 1 coach will be able to:

- Define the rules which govern Para Dressage sport and Classification.
- Know the different types of Compensating Aids available to Para Athletes.
- List the FEI code for the welfare of Horses.

UNIT 2 - TACTICS

At the conclusion of this unit, the Level 1 coach will be able to:

- Explain the manner in which the different categories of Para Dressage sport are carried out.

UNIT 3 - SAFETY

At the conclusion of this unit, the Level 1 coach will be able to:

- Assess the suitability of the arena for exercising/lesson.
- Check and adjust the equipment in order for it to be safe, suitable and well fitted.
- Check that the athlete is wearing suitable clothing/helmet/footwear and/or compensating aids.
- Explain how to handle a Horse.
- Explain the importance of the choice of a suitable Horse for Para Dressage Athletes (temperament and experience). Depending on the Athlete's impairment the choice of the "right" Horse is essential.
- Implement an emergency plan in the event of an accident.
- Fill out accident reports and maintain an accident register.
- Know the different types of insurance and understand the importance of having proper coverage as a Coach and for the Athletes.
- Take appropriate steps to protect against possible negligence claims.

UNIT 4 - SKILLS

Para-Dressage

At the conclusion of this unit, the Level 1 coach will be able to explain:

- The sequences and footfalls of the basic paces of the Horse.
- The points of the training scale.
- The different types of aids (standard & compensating) and how/when to use them.

The following **simple school exercises***:

- Control paces and Transitions
- Control Direction (figures and changing reins/directions)
- Use of the aids
- Stretching the Horse forward/downward
- Giving Reins
- Half-Halt & Full Halt
- Leg Yielding
- Shoulder Fore
- Travers
- Half-Pass

*Not all exercises are appropriate for all Grades.

The Participant Horse and Athlete

UNIT 5 - MOTIVES AND NEEDS

At the conclusion of this unit, the Level 1 coach will be able to:

- Motivate participants to become and stay involved in equestrian sport with a view to maximising their potential
- State the importance of promoting positive and enjoyable experiences for participants.
- Encourage and acknowledge individual progress of the participant
- Give feedback to promote the self-image of the participants.
- Recognize limitations of their own and Athlete's competence/expertise

UNIT 6 & 7 - PHYSICAL FITNESS OF THE HORSE AND ATHLETE

At the conclusion of this unit, the Level 1 coach will be able to:

- Define fitness for both the Horse and Athlete.
- Identify the components of Physical Fitness
- Discuss the principles of fitness
- Understand the importance of Physical Fitness in a performance whether in training or competition, for both the Horse and Athlete

UNIT 8 - MENTAL PREPARATION OF THE ATHLETE

At the conclusion of this unit, the Level 1 coach will be able to:

- Describe what is meant by mental fitness (well-being/positive state of mind).
- Identify the components of mental fitness.
- Observe and analyse a performance using the components of mental fitness

UNIT 9 - MENTAL FITNESS OF THE HORSE

At the conclusion of this unit, the Level 1 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 ATHLETE & THE HORSE

At the conclusion of this unit, the Level 1 coach will be able to:

- Outline the basic factors which affect learning.
- Implement a skill development framework.
- Be aware of the timescale involved in skill development in equestrian sports, and the need for repetition and re-enforcement.
- Be aware of the dominant herd instinct and the senses of the Horse and how they affect their learning.
- Give constant feedback to the Athlete.

UNIT 11 - ROLE OF THE COACH

At the conclusion of this unit, the Level 1 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 to 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.
- Understand the dynamics and processes of learning.
- Recognize and correct faults.

UNIT 12 - PLANNING AND FEEDBACK

At the conclusion of this unit, the Level 1 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 1 coach will be able to explain:

- Instruct, observe, analyse and provide feedback on basic techniques and skills for the Horse and Athlete.
- Develop empathy and a positive working relationship with participants and their parents/support personnel.
- Identify suitable competition and non-competition opportunities.
- The concept of Clean Sport for both Athletes and Horses.
- The meaning of Safeguarding and the FEI Policy.