GOAL-RELATED EDUCATIONAL STAIRCASE IN SHOW JUMPING


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THE AIM
...to develop an improved system for education in show jumping.

EDUCATIONAL STAIRCASE

1) Rider’s seat and balance
2) Rider’s control and effectiveness of the aids
3) Rhythm and approach to the fence
4) Jumping a course

MATERIAL AND METHODS

The exercises were evaluated with a test group as compared to control with regular education.

RESULTS

- The clearly separate steps with their well-defined goals and exercises were very much appreciated.
- Increased the student’s comprehension
- Provided the teacher & student with a common basis for analysing.
- Comprehension increased faster than the skill!

The step ‘rider’s seat and balance’ was significantly (p<0.05) improved for both the years and ‘rider’s control and effectiveness of the aids’ during one year.

CONCLUSIONS

- Practice improves skills!
- A clear and stated system improves the rider’s comprehension, security and self-confidence.
- We believe the system:
  - improves the horse & rider interaction,
  - and
  - contribute to the wellbeing of both horse and rider.

FUTURE STUDIES

- The results could not confirm that the examination would be regarded more objective, and this requires further study.

ACKNOWLEDGEMENTS

- Brave riders and horses,
- Students working on minor research tasks,
- Funding from Hästsportens Folkhögskola.

An enquiry to riding instructors and trainers was compiled to evaluate their opinion.

The riding instructors and trainers thought the system:
- increased riders’ motivation and security,
- the examination could be fairer,
- increased the rider’s self-awareness.