



GOAL-RELATED EDUCATIONAL STAIRCASE IN SHOW JUMPING

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THE AIM

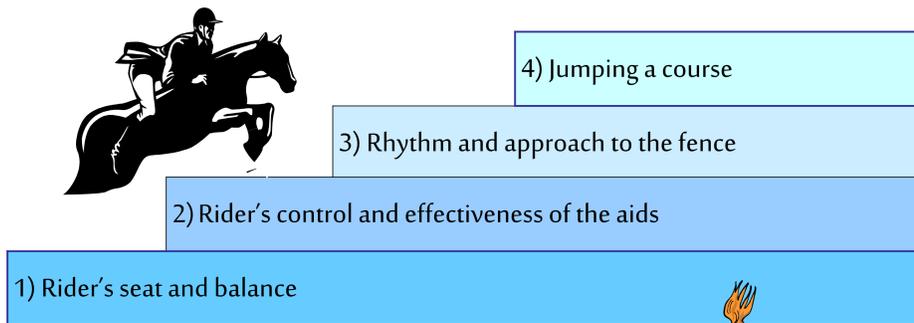
...to develop an improved system for education in show jumping.

MATERIAL AND METHODS



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

EDUCATIONAL STAIRCASE



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!

CONCLUSIONS

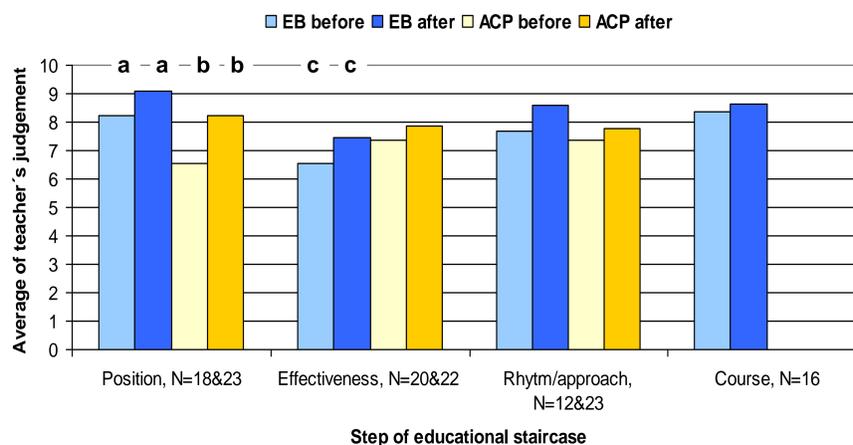
- Practice improves skills!
- A clear and stated system improves the rider's comprehension, security and self-confidence.
- We believe the system:
 - improves the horse & rider interaction,
 - and
 - contribute to the wellbeing of both horse and rider.



The system was implemented two years within the high-school program. The teacher judged the achievements of every student before and after each step.

- Statistical analyses: A two-way ANOVA for repeated measurements, and where appropriate followed by a post-hoc test Holm-Sidak.

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.



FUTURE STUDIES

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



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.

ACKNOWLEDGEMENTS

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