



# GOAL-RELATED EDUCATIONAL STAIRCASE IN SHOW JUMPING

K. Morgan, A-C. Pettersson\*, E. Berggren and M. Zetterqvist Blokhuis.

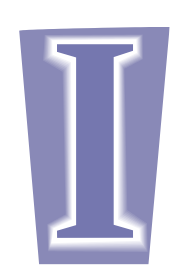
The Swedish National Equestrian Centre, S-734 94 Strömsholm, Sweden



## 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.



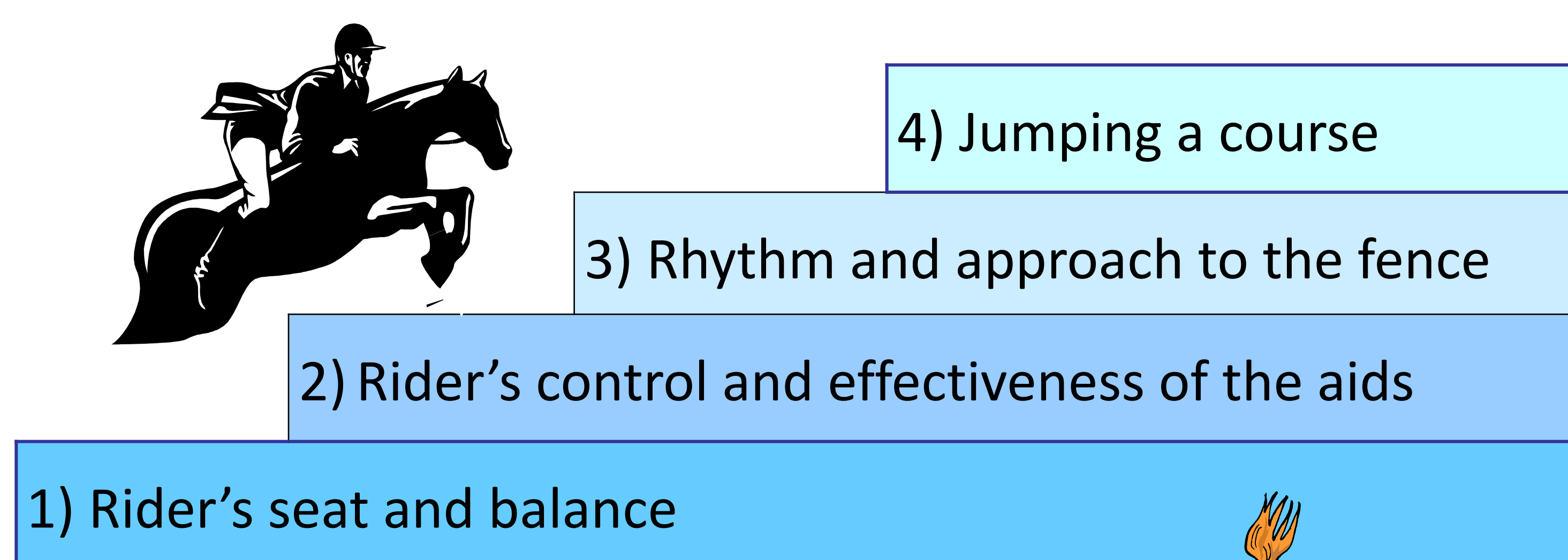
The system was implemented two years within the high-school program. The teacher judged the achievements of every student before and after each step.

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



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

## EDUCATIONAL STAIRCASE



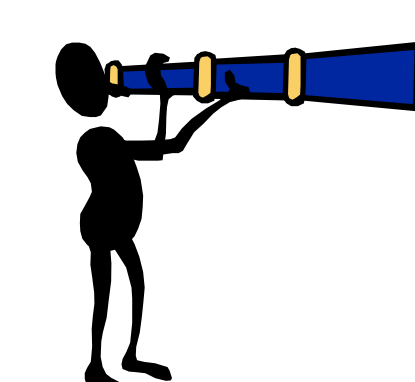
## RESULTS



- 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!

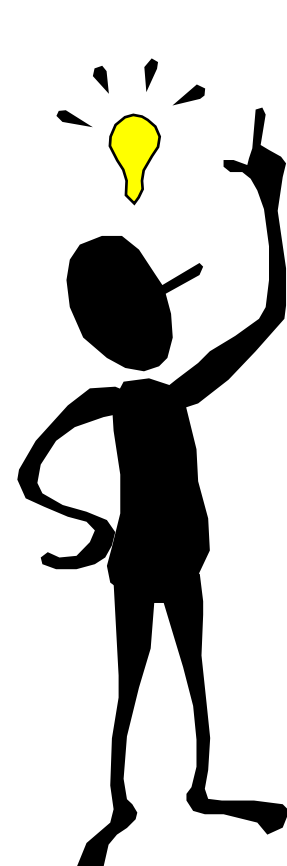
## CONCLUSIONS

- 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.



## FUTURE STUDIES

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



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

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

