


Updated On	2023/09/17										
Curricular Year / Period	2023/24 / S1										
Course	Equiniculture										
Curricular Unit	Horse Riding I										
Language(s) of Instruction	Português										
ECTS/tempo de trabalho (horas)	ECTS	Total	Horas de contacto semestral								
	4	107	T	TP	PL	S	TC	E	O	OT	EC
			16	0	80	0	0	0	0	0	0
T - Theoretical; TP - Theoretical and practical; LP - Laboratory Practice; S - Seminar; TG - Tutorial guidance; FW - Fieldwork; T - Training; ; EC - Clinical teaching; O* - Other hours typified as Clinical Training under the Directive 77/453/EEC of June 27, adapted by Directive 2005/36/EC.											
Teacher in charge (GDPR consent) <small>[complete name, email]</small>	José António Da Costa Freitas / jose.freitas@ippportalegre.pt										
Other teachers (GDPR consent) <small>[complete name, email]</small>	Carlota Beatriz Rico Duarte / carlotaduarte@ippportalegre.pt										
Prerequisites <small>[Curricular Units that must precede and specific entry competences]</small>											
Learning outcomes <small>[Description of the overall and specific objectives] [Knowledge, skills and competences to be developed by students]</small>	<p>Knowledge: Riding theory and its practical application. Safety rules during riding lessons and handling.</p> <p>Skills and Competences: Perform the tasks inherent to cleaning the horse, its hygienic and sanitary and food treatment. Use the various materials and ingredients for cleaning and maintaining equipment and harness. Clean and maintain a box. Use the various systems for working horses on the lead and in freedom.</p> <p>Develop the guiding principles of saddle placement: flexibility, balance, solidity, and ease, that allow the necessary connection to the movement. Use the hands, legs and body weight to guide and control the movement of the horse, executing figures and transitions. Use the aids so that the horse works calm, rhythmic, and flexible. Successfully run Preliminary level protocols. Conduct the horse over a course of simple and isolated fences. Lead and work a horse outdoors.</p>										
Sustainable Development Goals											
Syllabus	<p>THEORETICAL LESSONS:</p> <ol style="list-style-type: none"> The riders seat. Study of the aids. Natural gaits. The Training Scale. Elementary theory of show jumping. General theory of the horses basic dressage. General theory of the specific teaching of the showjumping horse. General theory of the specific teaching of the eventing horse. Official Horse Riding Training Program (Saddles). History of equitation. Riding schools. <p>PRACTICAL CLASSES:</p> <ol style="list-style-type: none"> Equine husbandry. Lungeing and free work. The walk: balance, driving, and transitions. The trot: balance, driving, and transitions. 										

	<p>5. The canter: balance, driving, and transitions. 6. Showjumping (maximum height of 1.00 m): balance over isolated fences and/or in varied terrain; control and guidance in the approach and reception. 7. Varied terrain: balance, control and driving.</p>
<p>Teaching methodologies (including assessment) [Specify the types of assessment and the weights and evaluation criteria]</p>	<p>1 - Teaching methodologies Theoretical classes with presentation and discussion of concepts. Practical classes in which the concepts are explained and demonstrated, and then applied by the students. Continuous assessment, in which the student's evolution and attitude are assessed, using written tests (20%) and practical tests (80%). Mandatory minimum attendance (with a limit of 10% unjustified absences), except for students with special statutes, who must only appear at the scheduled written and practical assessment. Assessments are mandatory.</p> <p>2 - Period assessment Upper limit of 10% unjustified absences (except working students). Assessments: 1 - Practical saddle position evaluation (long stirrups and short stirrups); 40% 2 - Written test 1; 10% 3 - Dressage evaluation (Preliminary 1 level); 20% 4 - Showjumping evaluation (0,40 m); 20% 5 - Written test 2; 10%</p> <p>3 - Examination assesement Not applicable</p>
<p>Bibliography</p>	<p>1 - Main Bibliography Mathias, J (1996). Arte de saltar. Inapa Pombeiro, J; Almeida, E; Sequeira, J. (2004). Manual Oficial de Formação Equestre. FEP/IDP/ENE Silva, AT (2009). Hipologia - Guia para o estudo do cavalo. Lidel Veloso, M (2009). Manual do monitor de equitação geral. ENE</p> <p>2 - Complementary Bibliography</p>
<p>Special Situations [Students with special status]</p>	<p>1 - Period assessment - Students with special status Assessments: 1 - Practical saddle position evaluation (long stirrups and short stirrups); 40% 2 - Written test 1; 10% 3 - Dressage evaluation (Preliminary 1 level); 20% 4 - Showjumping evaluation (0,40 m); 20% 5 - Written test 2; 10%</p> <p>2 - Examination assesement - Students with special status Not applicable</p>