

George Mason University
College of Education and Human Development
Physical Activity for Lifetime Wellness

RECR 124 (001) - Horsemanship: Introduction (1)
1 Credit, Fall 2019
W 11:30 am – 1: 30pm / Angelica Run Farm, 1927 Hunter Mill Rd. Vienna VA
(8/26-10/13)

Faculty

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Prerequisites/Corequisites

None

University Catalog Course Description

Introduces the basics of horseback riding and horsemanship. Emphasis will be on learning how to care for a horse, tack a horse, and basic riding skills such as walking, trotting, and jumping small obstacles

Course Overview

This class requires long pants and a shoe with a 1 inch heel. ASTM/SEI Helmets are also required to be worn. It is best to buy a good fitting helmet of your own. A few will be available from the barn. Attendance grade is based on both participation and a willingness to help others.

Course Delivery Method

This is an activity class.

Learner Outcomes or Objectives

This course is designed to enable students to do the following:

1. Demonstrate proper care of the horse
2. Demonstrate proper tacking, grooming and safety around horses

3. Present an understanding of the horse's conformation and parts as it pertains to the tack and horse care
4. Demonstrate control of the horse both in the walk and trot
5. Conduct appropriate behavior around horses to ensure all students safety
6. Identify basic parts of the tack as well as basic care of the tack
7. Demonstrate how to mount, dismount and adjust stirrups before riding
8. Demonstrate a 2-point position at halt, walk and trot
9. State basic safety riding principles and ride safely in a group situation
10. Classify the horses' gaits by rhythm and beats

Professional Standards N/A

Required Texts

Horsemanship 124 Manual

https://docs.google.com/document/d/1hpnkQedguY8WhC2vomMa_2MXYCxRwJRgCWGRITibV0/edit

Equine Mechanics

<https://drive.google.com/file/d/0BzsW9DU2RVFAb1ZXWXA3MHA2NzRFZTRRN2txbGMyZmx2eXdV/view?ths=true>

Oakleaf Farm Liability Document

https://docs.google.com/document/d/1gdxwAnw7fm85mslGBBGW_kIRALiFNSHU7oxqLzHVHFs/edit

Emergency Contact

<https://drive.google.com/file/d/0BzsW9DU2RVFATXc4cHVReldIQkNPdFBxTzInbVZyTlhzNGpz/view?ths=true>

General Release

<https://docs.google.com/document/d/1IAkuMoPk4EsSRoMtZG1vQQgh4NLzAjW3i6MVztjMH7M/edit>

Course Performance Evaluation

Students are expected to submit all assignments on time in the manner outlined by the instructor (e.g., Blackboard, hard copy).

● **Assignments and Examinations**

- First writing assignment- topic discussed during class
- Midterm Exam- Short answer 20 question exam
- Second writing assignment- topic discussed during class
- Riding Final- A demonstration of riding skill & 10 short answer/written exam

● **Other Requirements**

Student must attend class in order to participate in class discussion. Contribution will be evaluated based on involvement of the lectures and riding

- **Course Performance Evaluation Weighting**

- Worksheets – 20 points
- Midterm Exam– 20 points
- Final Written Exam – 20 points
- Riding Final – 20 points
- Participation – 20 points
- Total: 100 points

- **Grading Policies**

A = 94– 100	B+ = 88– 89	C = 78– 79	D = 60– 69
A- = 90– 93	B = 84– 87	C = 74– 77	F = 0– 59
	B- = 80– 83	C- = 70– 73	

Professional Dispositions

See <https://cehd.gmu.edu/students/polices-procedures/>

Class Schedule

DATE		TOPIC	READINGS/ASSIGNMENT DUE
W	8/28	Welcome! Introduction to grooming and tacking	Angelica Run Hold Harmless Emergency Contact General Release
W	09/04	Review of tacking and grooming Introduction to mounting, dismounting and steering the horse Lecture to include colors, markings and confirmation	
W	09/11	Review of mounting, dismounting and steering Lectures to include natural and artificial aids, tacking cleaning and horse care	Sheets 1 and 2 are DUE

W	09/18		Mid Term	Sheet 3 is DUE Written and Riding exam given
W	09/25		Review to aids and control of the horse at the walk and trot Lecture to include food and health of the horse	Written Exam Due on or before this class Sheet 4 is DUE
W	10/02		FINAL	Final written and riding exams given Final Exam due on or before 10/09/19

Note: Faculty reserves the right to alter the schedule as necessary, with notification

Core Values Commitment

The College of Education and Human Development is committed to collaboration, ethical leadership, innovation, research-based practice, and social justice. Students are expected to adhere to these principles: <http://cehd.gmu.edu/values/>.

GMU Policies and Resources for Students

Policies

- Students must adhere to the guidelines of the Mason Honor Code (see <http://oai.gmu.edu/the-mason-honor-code/>).
- Students must follow the university policy for Responsible Use of Computing (see <http://universitypolicy.gmu.edu/policies/responsible-use-of-computing/>).
- Students are responsible for the content of university communications sent to their Mason email account and are required to activate their account and check it regularly. All communication from the university, college, school, and program will be sent to students **solely** through their Mason email account.
- Students with disabilities who seek accommodations in a course must be registered with George Mason University Disability Services. Approved accommodations will begin at the time the written letter from Disability Services is received by the instructor (see <http://ods.gmu.edu/>).
- Students must follow the university policy stating that all sound emitting devices shall be silenced during class unless otherwise authorized by the instructor.

Campus Resources

- Support for submission of assignments to Tk20 should be directed to tk20help@gmu.edu or <https://cehd.gmu.edu/aero/tk20>. Questions or concerns regarding use of Blackboard should be directed to <http://coursesupport.gmu.edu/>.
- For information on student support resources on campus, see <https://ctfe.gmu.edu/teaching/student-support-resources-on-campus>

For additional information on the College of Education and Human Development, please visit our website <https://cehd.gmu.edu/students/>.