

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

RECR 124 (001) - Horsemanship: Introduction (1)  
1 Credit, Fall 2020

W 11:30 am – 1: 30pm / Angelica Run Farm, 1927 Hunter Mill Rd. Vienna VA 22182

**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-based course.

**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**

Upon completion of this course, students will have met the following professional standards:  
N/A

### **Required Texts**

Horsemanship 124 Manual

[https://docs.google.com/document/d/1hpnkQedguY8WhC2vomMa\\_2MXYCxRwJRgCWGRITbV0/edit](https://docs.google.com/document/d/1hpnkQedguY8WhC2vomMa_2MXYCxRwJRgCWGRITbV0/edit)

Equine Mechanics

<https://drive.google.com/file/d/0BzsW9DU2RVFAB1ZXWXA3MHA2NzRFZTRRN2txbGMzmx2eXdV/view?ths=true>

Oakleaf Farm Liability Document

[https://docs.google.com/document/d/1gdxwAnw7fm85mslGBBGW\\_kIRALiFNSHU7oxqLzHVHFf/edit](https://docs.google.com/document/d/1gdxwAnw7fm85mslGBBGW_kIRALiFNSHU7oxqLzHVHFf/edit)

Emergency Contact

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

General Release

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

Covid Syllabus Addendum

file:///C:/Users/Cobalt\_Admin/Downloads/Covid%20Syllabus%20Addendum[2]%20copy%20(1).pdf

Covid-19 Acknowledgement

### **Course Performance Evaluation**

Students are expected to submit all assignments on time in the manner outlined by the instructor (e.g., Blackboard, Tk20, hard copy).

#### **● Assignments and Examinations**

- Multiple Short Worksheets- topics discussed during class
- Midterm Exam- Short answer 20 question exam
- Practical Midterm-A demonstration of skills and short written examination
- Practical Final- A demonstration of riding skills and 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 = 80– 83	C+ = 78– 79	D = 60– 69
A- = 90– 93	B = 84– 87	C- = 74– 77	C = 74– 77	F = 0– 59
	B- = 80– 83	C- = 70– 73		

**Professional Dispositions**

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

DATE		TOPIC	READINGS/ASSIGNMENT DUE on THIS DATE
W	08/26//2020	Welcome! Introduction to grooming and tacking	<b>Angelica Run Hold Harmless Emergency Contact General Release COVID-19Acknowledgement</b>
W	09/02/2020	Review of tacking and grooming Introduction to mounting, dismounting and steering the horse Lecture to include colors, markings and confirmation	
W	09/09/2020	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	09/16/2020	Mid Term	Sheet 3 is DUE Written and Riding exam given

W	09/23/2020		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	09/30/2020		FINAL	Final riding exams given in class Final written exam is now available online and due on or before 10/07/2020

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

### 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

#### 1. GMU Policies and Resources for students

##### *Policies*

- a. Students must adhere to the guidelines of the Mason Honor Code (see <https://catalog.gmu.edu/policies/honor-code-system/>).
- b. Students must follow the university policy for Responsible Use of Computing (see <https://universitypolicy.gmu.edu/policies/responsible-use-of-computing/>).
- c. 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.
- d. 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 <https://ds.gmu.edu>).
- e. Students must silence all sound emitting devices during class unless otherwise authorized by the instructor.

##### *Campus Resources*

1. Support for submission of assignments to Tk20 should be directed to [tk20help@gmu.edu](mailto:tk20help@gmu.edu) or <https://cehd.gmu.edu/aero/tk20>. Questions or concerns regarding use of Blackboard should be directed to <https://its.gmu.edu/knowledge-base/blackboard-instructional-technology-support-for-students/>.
2. **Notice of mandatory reporting of sexual assault, interpersonal violence, and stalking:** As a faculty member, I am designated as a “Responsible Employee,” and must report all disclosures of sexual assault, interpersonal violence, and stalking to Mason’s Title IX Coordinator per University Policy 1202. If you wish to speak with someone confidentially, please contact one of Mason’s confidential resources, such as Student Support and Advocacy Center (SSAC) at [703-380-1434](tel:703-380-1434) or Counseling and Psychological

Services (CAPS) at [703-993-2380](tel:703-993-2380). You may also seek assistance from Mason's Title IX Coordinator by calling [703-993-8730](tel:703-993-8730), or emailing [titleix@gmu.edu](mailto:titleix@gmu.edu).

3. For information on student support resources on campus, see <https://ctfe.gmu.edu/teaching/student-support-resources-on-campus>
4. For additional information on the College of Education and Human Development, please visit our website <http://cehd.gmu.edu/>.

## COVID-19 ACKNOWLEDGEMENT OF RISK FORM

As a participant in the *(INSERT NAME OF PROGRAM)* at *(INSERT NAME OF CLINICAL FACILITY)* associated with *(INSERT NAME OF INSTITUTION)* scheduled from \_\_\_\_\_ to \_\_\_\_\_, I accept the following conditions of participation, and I acknowledge that I have been informed of the general nature of the risks involved in this activity, including, but not limited to slips and falls, needle pricks, and contracting diseases such as COVID-19, also known as the coronavirus disease.

COVID-19 is a pandemic of respiratory disease that spreads from person-to-person. COVID-19 can cause mild to severe illness; most severe illness occurs in older adults. Nevertheless, people of all ages are at risk of contracting COVID-19, and people with severe chronic medical conditions including, but not limited to, heart disease, lung disease, and diabetes, are at a higher risk of developing serious COVID-19 illness. Additionally, healthcare workers caring for patients with COVID-19 have a higher risk of exposure. I understand that the clinical facility may have patients recovering from COVID-19. I also understand that, at this time, there is no vaccine to protect against COVID-19 and no medications approved to treat it.

Symptoms of COVID-19 include, but are not limited to, fever, cough, and shortness of breath. Reported illnesses may range from very mild (including some with no reported symptoms) to severe, including death. If I feel sick, I agree not to go to the clinical facility and that I will stay home for the period of time recommended by the Centers for Disease Control and Prevention (the "CDC"), which is typically two weeks, but may be longer if I am still symptomatic or contagious. During this period of quarantine, I may leave the house to receive medical attention if necessary.

Additionally, while participating in the program, I agree to take all necessary precautions recommended by the CDC to prevent the spread of COVID-19, including but not limited to, washing my hands thoroughly and often, avoiding large gatherings, wearing a mask to cover my mouth and nose, and avoiding public transportation, ride-sharing, or taxis.

I agree to abide by any and all specific requests by the College and the clinical facility for my safety and the safety of others, as well as any and all of the College's and the clinical facility's rules and policies applicable to all activities related to this program. I understand that the College and the clinical facility reserve the right to exclude my participation in this program if my participation or behavior is deemed detrimental to the safety or welfare of others.

In consideration for being permitted to participate in this program, and because I have agreed to assume the risks involved, I hereby agree that I am responsible for any resulting personal injury or illness which may occur as a result of my participation or arising from my participation in this program, unless any such personal injury or illness is directly due to the negligence of the College and/or the clinical facility. I understand that this Assumption of Risk form will remain in effect during any of my subsequent visits and program-related activities, unless a specific revocation of this document is filed in writing with the College of Education and Human Development, at which time my visits to or participation in the program will cease.

In case an emergency situation arises, please contact \_\_\_\_\_  
(name) at \_\_\_\_\_ (phone number).

***I acknowledge that I have read and fully understand this document. I further acknowledge that I am accepting these personal risks and conditions of my own free will.***

\_\_\_\_\_ I represent that I am 18 years of age or older and legally capable of entering into this agreement.

\_\_\_\_\_  
*Participant's signature*

\_\_\_\_\_  
Date

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
*Address*

If participant is less than 18 years of age, the following section must be completed:

\_\_\_\_\_ My child/ward is under 18 years of age and I am hereby providing permission for him/her to participate in this program, and I agree to be responsible for his/her behavior and safety during this event.

\_\_\_\_\_  
*Child's Name*

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
*Address*

\_\_\_\_\_  
*Parent's or guardian's signature*

\_\_\_\_\_  
Date



