



ESNZ Development Coaching

Program Outline

Coaching skills checklist	
<i>During the session the candidate demonstrated appropriate use of:</i>	
Gear Check	Competent <input type="checkbox"/>
Emergency Stop procedure	Competent <input type="checkbox"/>
Inquired into the fitness to participate and needs of the rider	Competent <input type="checkbox"/>
Used demonstration	Competent <input type="checkbox"/>

Module 1 - Equestrian Program Management

- Topic 1 – Equestrian Sports New Zealand
- Topic 2 – Ethical Responsibilities
- Topic 3 – Safety and Risk Management
- Topic 4 – Time Management Skills for Coaches
- Topic 5 – Leadership Skills for Coaches and Riders
- Topic 6 – Parent/Coach Meetings
- Topic 7 – Types of Coaching Plans
- Topic 8 – Planning for Competitions

Module 2 - Understanding the Rider

- Topic 1 – Your Rider-Centred Coaching Philosophy
- Topic 2 – Identifying Rider Characteristics
- Topic 3 – Rider Learning Styles
- Topic 4 – Motivating Riders (and yourself)
- Topic 5 – Gender Differences

Module 3 - Physical Preparation of Riders

- Topic 1 – Skeletal, Muscular, Respiratory, Cardiovascular and Nervous Systems
- Topic 2 – Human Energy Systems
- Topic 3 – The Components of Fitness
- Topic 4 – Principles of Training
- Topic 5 – Developing Rider Fitness
- Topic 6 – Monitoring Physical Responses

Module - Analysing and Developing Equestrian Skills

- Topic 1 – Effective Use of Questioning
- Topic 2 – Questions & Imagery to Develop Body Awareness & Other Skills
- Topic 3 – Tips for Providing and Receiving Feedback
- Topic 4 – Using Modified Activities or Games to Teach Equestrian Skills and Tactics
- Topic 5 – Stages of Skill Learning
- Topic 6 – Types of Skills
- Topic 7 – Analysing and Developing Rider Skills

Module 5 - Coach Self-Development

- Topic 1 – Positive Self-Concept
- Topic 2 – Your Mental Skills Profile
- Topic 3 – Your Optimal Performance State
- Topic 4 – Methods of Performance Self-Analysis
- Topic 5 – Self-Development Planning

Discipline-specific modules

NB: Candidates choose one or more disciplines according to their preference.

Module 6A - Core Dressage

- Topic 1 – Safety Requirements
- Topic 2 – Managing Horses & Riders in a Dressage Arena
- Topic 3 – Skill Progressions
- Topic 4 – Core Dressage Skill Faults and Solutions

Module 6B - Dressage

- Topic 1 – Specialist Dressage Skills, Faults and Solutions

Module 6C - Jumping

- Topic 1 – Safety Requirements
- Topic 2 – Skill Progressions
- Topic 3 – Jumping Skill Faults and Solutions

Module 6D - Cross-Country

- Topic 1 – Safety Requirements
- Topic 2 – Skill Progressions
- Topic 3 – Cross-Country Skill Faults and Solutions

Module 6E - Endurance

- Topic 1 – Safety Requirements
- Topic 2 – Managing Horses and Riders in an Endurance Training Environment
- Topic 3 – Skill Progressions
- Topic 4 – Endurance Skill Faults and Solutions

Cardiovascular System

The Cardiovascular System is made up of the **heart and blood vessels**, distributes oxygen and nutrients throughout the body while removing wastes from the cells.

The Heart

As oxygen is carried in the blood to the tissues, the amount of oxygen that the tissues receive will depend on the amount of blood pumped by the heart. This is determined by the rate at which the heart beats (heart rate) and the force with which the heart muscle contracts. Together, these make up a person's Stroke Volume (the amount of blood pumped in 1 minute).

At rest, the heart maintains movement of the blood for basal needs:

- 100,000 beats per day
- Up to 4,000 litres of blood being pumped around the body each day

However, during exercise, the working tissues require more oxygen and the heart beats faster and pumps harder to deliver more oxygen to the working tissues.

