

**DEPARTMENT OF PHYSICAL EDUCATION AND SPORT
SUBJECT CARD**

Name in Polish	: JEŹDZIECTWO (SEKCJA)
Name in English	: EQUESTRIANISM (VARSITY DIVISION)
Level and form of studies	: 1 st and 2 nd level, full-time
Profile	: academic, practical
Kind of subject	: optional, university-wide
Subject code	: WFW033034
Group of courses	: NO

	Lecture	Classes	Lab.	Project	Sem.
Number of hours of organized classes in University (ZZU)		60			
Number of hours of total student workload (CNPS)		60			
Form of crediting		Crediting with grade			
For group of courses mark (X) final course					
Number of ECTS points		0			
including number of ECTS points for practical (P) classes		0			
including number of ECTS points for direct teacher-student contact (BK) classes		0			

PREREQUISITES RELATING TO KNOWLEDGE, SKILLS AND OTHER SOCIAL COMPETENCES

1. Absence of medical contraindications to take active part in the course.
2. Horse riding skills – Class L in dressage or jumping.
3. Obligatory membership of AZS and AKS PWr following qualification to the varsity in order to represent the University in sport competitions.

SUBJECT OBJECTIVES

- C1: Preparing oneself for a show jumping and a dressage competition of LM (University League).
C2: Preparing oneself for AMP in Equestrian Sports.

SUBJECT EDUCATIONAL EFFECTS

Relating to knowledge:

PEK_W01: a student knows training methods.

PEK_W02: a student knows detailed rules and requirements of the equestrian sports.

Relating to skills:

PEK_U01: a student is able to estimate the level of preparation for the competition.

PEK_U02: a student is able to control the training effectiveness.

PEK_U03: a student is able to plan his training for AMP.

Relating to social competences:

PEK_K01: a student cooperates in team, takes part in sport competition following “fair play” rules;

PEK_K02: a student can motivate both himself and a team to prepare for the competitions, such as AMP and University League.

PROGRAMME CONTENT		
Form of classes - lecture		Number of hours
Cl. 1-2	A theory. A rider – required physical and mental predispositions for particular equestrian competitions. The selection of horse and rider pairs. The seat and its types. Principles of operation and cooperation of horse riding aids. Natural and artificial aids. The seat - mistakes and their correction.	4
Cl. 3-6	Improvement of endurance, horse's adaptation to physical effort. The veterinary basis. - diseases and injuries of race horses- prevention and treatment. Spotting lameness. Basic veterinary and zootechnical treatments. Special prevention and care treatments for sport horses. Evaluation of a movement quality the style of a jump.	8
Cl. 7-9	Dressage training.	6
Cl. 10-13	Jumping training. Preparation for a competition.	8
Cl. 14-15	Participation in LM and AMP – show jumps and dressage.	4
	Total hours	60

TEACHING TOOLS USED
N1.Training. N2.Trainer's lecture. N3. Sport competitions.

EVALUATION OF SUBJECT EDUCATIONAL EFFECTS ACHIEVEMENT		
Evaluation: F – forming (during semester), C – concluding (at semester end).	Educational effect number	Way of evaluating educational effect achievement
F1	PEK_W01, W02, W03	The results achieved in LM.
F2	PEK_U01, U02, U03	The results achieved in AMP.
C: Attendance, active participation in classes as well as arithmetic mean derived from F1 and F2.		

PRIMARY AND SECONDARY LITERATURE
<u>PRIMARY LITERATURE:</u> [1] Pollmann-Schweckhorst E.: <i>Trening konia skokowego</i> . Wydawca: Akademia Jeździecka. [2] Diacont K.: <i>Praca z końmi od postaw</i> . Wydawnictwo: Hoża 2001.
<u>SECONDARY LITERATURE:</u> [1] Cochran S.: <i>Sila szybkość i kondycja w sztukach walki</i> . Zielonka: Wydawnictwo Inne spacerzy – Sembrador, 2011. ISBN 978-83-930794-2-1.

SUBJECT SUPERVISOR (NAME AND SURNAME, E-MAIL ADDRESS)
[1] Ballou J. A.: <i>101 ćwiczeń z dresażu</i> . Galaktyka 2009.