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*Refer to guidance notes for completion of each section of the specification.*

<b>Module Code:</b>	ANM420
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<b>Module Title:</b>	The confident Rider
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<b>Level:</b>	4	<b>Credit Value:</b>	20
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<b>Cost Centre(s):</b>	GAAN	<b>JACS3 code:</b> <b>HECoS code:</b>	C813
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<b>Faculty</b>	Social & Life Sciences	<b>Module Leader:</b>	Tamsin Young
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Scheduled learning and teaching hours	36 hrs
Placement tutor support	0hrs
Supervised learning eg practical classes, workshops	18 hrs
Project supervision (level 6 projects and dissertation modules only)	0 hrs
<b>Total contact hours</b>	<b>36 hrs</b>
Placement / work based learning	
Guided independent study	164 hrs
<b>Module duration (total hours)</b>	<b>200 hrs</b>

<b>Programme(s) in which to be offered (not including exit awards)</b>	Core	Option
Stand-alone short course	<input type="checkbox"/>	<input type="checkbox"/>

<b>Pre-requisites</b>
N/A

**Office use only**

Initial approval: 28/11/19

Version no: 1

With effect from: Jan 2020

Date and details of revision:

Version no:

<b>Module Aims</b>
<p>1) <i>To establish an understanding of sports psychology and how it relates to horse riders</i></p> <p>2) <i>To investigate a variety of methods that can be used to increase confidence when riding or competing</i></p> <p><i>To improve skills needed when riding horses and handling from the ground</i></p>

<b>Module Learning Outcomes - at the end of this module, students will be able to</b>	
1	Explain the uses of sports psychology within the equestrian world
2	Identify and explain methods that aid rider confidence
3	Demonstrate safe handling skills when working and controlling horses from the ground

<b>Employability Skills The Wrexham Glyndŵr Graduate</b>	<b>I = included in module content A = included in module assessment N/A = not applicable</b>
<i>Guidance: complete the matrix to indicate which of the following are included in the module content and/or assessment in alignment with the matrix provided in the programme specification.</i>	
<b>CORE ATTRIBUTES</b>	
Engaged	I
Creative	I
Enterprising	n/a
Ethical	I
<b>KEY ATTITUDES</b>	
Commitment	I
Curiosity	I
Resilient	I
Confidence	I
Adaptability	I, A
<b>PRACTICAL SKILLSETS</b>	
Digital fluency	A

Organisation	I, A
Leadership and team working	I
Critical thinking	I, A
Emotional intelligence	I, A
Communication	I, A

### Derogations

N/A

### Assessment:

Indicative Assessment Tasks:

*Guidance: please ensure you add indicative word count and durations within the narrative body of this section*

**Case Study** – students will select a problem relating to equine sports psychology e.g. an aspect of rider confidence, and write up a case study looking at how to address the issue. This will involve an outline of the problem, the specific factors contributing to the problem and suitable techniques aimed at overcoming it.

**Practical assessment** - Students will demonstrate methods of safe handling skills when working and controlling horses from the ground. They will show due respect for the health and safety of themselves and the horses being handled. Students will explain the reasons for choice of equipment used and its fit, and will explain the benefits of the methods demonstrated.

Assessment number	Learning Outcomes to be met	Type of assessment	Word Count	Weighting (%)
1	1 & 2	Case Study	2000	60
2	3	Practical (duration 1 hour)	N/A	40

### Learning and Teaching Strategies:

The module will include a range of learning and teaching techniques including lectures, practical sessions and independent study.

Use will be made of case study materials and specialist demonstrations.

**Syllabus outline:**

- The value of sports psychology to the horse rider
- How to set appropriate goals and work towards achieving them
- Managing stress and performance and controlling the rider mind-set
- The horse-human relationship and how it affects our performance
- Riders and coaches – how to find the coach that works for you
- Horse behaviour and welfare, correct handling and confidence on the ground

Educational visit – to make use of the mechanical horse and Franklin Balls to work on confidence in the saddle.

**Indicative Bibliography:**

**Essential reading**

Marks, K (2007) *Perfect confidence*. London, Ebury Press  
Woferman, I (2015), *Perfect mind, perfect ride*. London, Kenilworth Press

**Other indicative reading**

Marks, K (2002) *Perfect manners*. London, Edbury Press  
Morrison, L. (2004) *Simple steps to riding success*. London, David Charles Publishing  
Smiley, E.(2019) *Two brains, one aim*. USA, Trafalger Square Books  
Worthington, C. (2010) *How to become a confident rider*. Milton Keynes, Authorhouse

**Reference will be made to contemporary research articles and other resources such as:**

- Journal of Equine Veterinary Science
- Equine Veterinary Journal
- Physiology and Behaviour