College of Charleston – Beginning Horseback Riding  
PHED 113-01  (Monday)  

Spring 2010

Class period:  1:00-4:00         Riding Instructor:  Rebecca Housley
Office:  Kennerleigh Farm  
         3288 Plowground Rd  
         Johns Island, SC 29445  
         (843) 568-6900

Office Hours: Monday-Thursday 12:30-1:00 pm or by appointment

Course Description - This course is an introduction to basic horseback riding, horse handling, and horse care. Mounted instruction is based on teaching the rider a position and use of aids to effectively and efficiently communicate with the horse. Ground instruction teaches proper, safe, and organized horse handling and horse care. The course provides its students with a good working position and basic horse knowledge that forms a solid foundation for any discipline of future horseback riding.

Prerequisites - None

Course Objectives - The student will be able to understand and demonstrate:
1 – Proper horse handling, haltering, and leading
2 – Grooming: purposes, equipment, and techniques
3 - Basic horse tack (saddle & bridle): parts, use, and care
4 – Knowledge of horse colors, main body parts, breeds, and conformation
5 – Basic horse care and stable management
6 – Mounting, dismounting, and adjusting equipment
7 – Correct position and use of aids
8 – The halt, walk, and trot
9 – Posting (on correct diagonal) and two point trot
10 – Preparations for a recognized Horse Trial

Text (REQUIRED)

Materials (REQUIRED)
-For safety students must wear hard soled shoes with a heel, socks, and long pants or breeches. Students will be considered absent if they arrive in shorts/ sandals/ tennis shoes.
-Wearing safety helmets is required. Helmets are available for purchase at the stable. Students may wear their own helmet if it meets ASTM/SEI safety standards for horseback riding.

Attendance / Participation
Attendance is not optional. It is essential for the safety and progress of all students in the class, that each student be present for all class meetings. **Students must be on time and ready to ride.** Students are allowed two (2) unexcused absences without penalty. Students who have more than two (2) unexcused absences will lose five (5) points, for each additional absence, from their final grade. Students who miss five (5) or more classes will receive an F in the course. Excused absences may be obtained from the Dean of Undergraduates Studies. **If the weather is bad, please call 568-6900 between 11:30 – 12:30 to find out if your class has been cancelled or if your class will be meeting in the gym.**

**Test / Grading / Evaluation**

There will be a midterm and a final exam. The final exam requires the student to demonstrate mounted skills, ground skills, and take a written test.

Your final grade will be calculated in the following manner:

- 40% Development of position and use of aids
- 35% Final exam
- 15% Midterm
- 10% Attendance and attitude

**Grading Scale:**

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<thead>
<tr>
<th>Grade</th>
<th>Range</th>
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<tbody>
<tr>
<td>A+</td>
<td>97-100</td>
</tr>
<tr>
<td>A</td>
<td>90-96</td>
</tr>
<tr>
<td>B+</td>
<td>87-89</td>
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<tr>
<td>B</td>
<td>80-86</td>
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<tr>
<td>C+</td>
<td>77-79</td>
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<tr>
<td>C</td>
<td>70-76</td>
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<tr>
<td>D</td>
<td>60-69</td>
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<tr>
<td>F</td>
<td>59 and below</td>
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Students must demonstrate an effort to learn and improve riding skills, as well as an effort to use the equipment properly. Misuse of the horses or non-adherence to the rules of safety for both horse and riders will result in a failing grade. **This course adheres to the Honor Code of the College of Charleston. Specific details of the Honor Code can be found in the Student Handbook.**

**Additional Notes:**

Kennerleigh Farm is a place of business. Please respect the following stable rules:

1. **Alcoholic Beverages** and **Smoking** are not allowed on the stable grounds.
2. All students must fill out a liability release form including **accident insurance information** before having contact with the horses.

Students enrolled in this class are expected to be available for class from 1:00-4:00 PM. However, for the convenience of the students, after the second class, students will be divided into timed groups for riding and ground lessons. We try to base these divisions on each student’s riding skill level and time convenience.

Please be on time for your group. If you are late, the class cannot wait for you and you may not be able to ride that day. If class runs late, you will not be excused from other classes, work, etc. However, no student is required to stay past 4:00 PM. Please allow enough driving time to get to class without speeding.

**SYLLABUS IS SUBJECT TO CHANGE DUE TO WEATHER AND / OR**
COMPOSITION OF CLASS. More advanced riders taking beginner riding may be assigned, at the discretion of the instructor, to help with the class or ride at a different level.

Course Schedule

BEGINNING HORSEBACK RIDING - C of C - PEHD113
Spring 2010

January 11

January 25
Ground: Horse handling and leading, tack room organization.
Reading Assignment: Text Ch. 2 pgs. 23-32. Ch. 6 pgs. 168-173.

February 1
Ground: Basic ground safety of horse and rider. Haltering and tying.
Reading Assignment: Ch 2, p.33-38, 40, Ch. 5, pgs. 131-138, 146-158. Ch. 6 168-173.

February 8
Ground: Practice grooming. Introduction to proper tacking and untacking of the horse.
Reading Assignment: Text pgs 40-41: 146-151, 154, 168-173; 248-249, 253-258.

February 15
Ground: Practice grooming, tacking and untacking.
Reading Assignment: Text pg.49, 99, 248,249, Ch. 11, pgs. 231-345.

February 22
Introduction to the mechanics of the gaits for the walk and trot.
Reading Assignment: Text Ch. 6, pgs. 39,40 ; 176-182.

March 1
7. Mounted: Trotting in two point. Introduce posting at the walk.
Ground: Practice tacking / untacking. Tack room organization and care of equipment.
Reading Assignment: Text Ch. 2 p. 39-44 Ch. 6, pgs. 176-182, 253-258.

March 8
Spring break

March 15
8. Mounted: Ride out through cross country course and trails.
Ground: Review riding in the open.
Reading Assignment: pgs. 79-85.

March 22
Ground: Introduction to basic horse health. 


**March 29**

Ground: Colors, breeds and conformation.

*Reading Assignment:* Text pgs. 232-243.

**April 5**

Ground: Parts of the horse.

*Reading Assignment:* Text: p 231.

**April 12**

12. Mounted: Ring exercises, the serpentine.
Ground: Introduction to feeding, watering, and conditioning of the horse.

*Reading Assignment:* Text: pgs. 44-46; pgs. 104-109; pgs. 209-216.

**April 19**

13. Mounted: Trot poles
Ground: Final review

**April 26**

14. Last class / Final exam (mounted, ground, and written)

**Future and Additional Riding:**
- The College of Charleston offers both Intermediate Horseback Riding (PEHD 133, Fall and Spring) and Advanced Horseback Riding (PEHD SP 120-5, Spring) through Kennerleigh Farm.

- Additional riding lessons and trail riding are available at Kennerleigh Farm for the discounted student rate of $35 per lesson or trail ride ($45 regular). Please ask in the office for scheduling if you are interested in additional riding.

**Directions to Kennerleigh Farm, Johns Island**

- Take Calhoun St. to the end onto the James Island Connector (Route 30)
- Follow the Connector to the end and turn right onto Folly Rd (Hwy 171)
- At first light turn left onto Central Park Rd. (by the movie theater & James Island post office)
- Continue to end and turn right onto Riverland Dr. - continue until see golf course.
- Turn left at the light by the golf course onto Maybank Hwy (Hwy 700) and go over the bridge
- Turn left onto River Rd. (Hess gas station on the right at the stop light)
- Turn Right onto Plowground Rd. (1.5 miles)
- Farm is 1.7 miles on the right.