

[Design and implement a daily exercise programme for horses]



Overview

This standard is about the design and implementation of a daily exercise programme for horses.

You should be able to determine the condition of the horse, identify the exercise needs, plan and carry out the work programme and evaluate the results.

You will need to be fully aware of the importance of health and safety in connection with this work.

You will need to be able to recognise hazards and assess risks within the workplace.

[Design and implement a daily exercise programme for horses]

Performance criteria

You must be able to:

- P1 Assess the current physical and psychological condition of the horse to identify the exercise needs
- P2 Plan and agree the work programme and feeding regime with the appropriate person
- P3 Produce plans that fully meet the requirements of the activity
- P4 Carry out exercise activities using appropriate methods and aids
- P5 Evaluate the effects that the exercise activities are having on the horse
- P6 Record and report information regarding the performance of the horse to the appropriate person
- P7 Monitor and maintain the health and safety of horses, self and others during the work.

[Design and implement a daily exercise programme for horses]

Knowledge and understanding

You need to know and understand:

- K1 The types and uses of schooling aids
- K2 The additional fitness techniques e.g. horse walkers and swimming
- K3 The physical and psychological effects of exercise and training on the horse
- K4 The reasons for developing plans for individual horses
- K5 How to introduce an unfit horse into a fitness programme
- K6 The process of preparing a horse for a period of rest/roughing off
- K7 How to assess fitness and condition
- K8 The effects of temperament, age and experience on the behaviour of horses
- K9 How to identify exercise needs, including timescales and outcomes
- K10 Risks to horses, yourself and others and how these can be minimised
- K11 Your responsibilities under relevant animal health and welfare and health and safety legislation/codes of practice

LANEq323

[Design and implement a daily exercise programme for horses]

Additional Information (Delete any sections not needed)

Scope/range

LANEq323

[Design and implement a daily exercise programme for horses]

Scope/range
related to
performance
criteria

LANEq323

[Design and implement a daily exercise programme for horses]

**Scope/range
related to
knowledge and
understanding**

[Design and implement a daily exercise programme for horses]

Values

[VALUES]

Behaviours

[BEHAVIOURS]

Skills

[SKILLS]

Glossary

[GLOSSARY]

Links to other NOS

[LINKS]

External Links

[EXTERNAL]

[Design and implement a daily exercise programme for horses]

Developed by Lantra

Version number 1.0

Date approved January 2011

Indicative review date October 2015

Validity Current

Status Original

Originating organisation Lantra

Original URN 314.1

Relevant occupations All Equine Occupations

Suite Equine 2011

Key words Equine; horses; exercise