

Module code: MOD010976	Version: 1 Date Amended: 08/Oct/2025
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1. Module Title
Horse and Rider Development

2a. Module Leader
Jane Hart

2b. School
Writtle School of Agriculture, Animal and Environmental Sciences

2c. Faculty
Faculty of Science and Engineering

3a. Level
5

3b. Module Type
Standard (fine graded)

4a. Credits
30

4b. Study Hours
300

5. Restrictions			
Type	Module Code	Module Name	Condition
Pre-requisites:	None		
Co-requisites:	None		
Exclusions:	None		
Courses to which this module is restricted:	BSc Equine Science, BSc Equine Business Management and BSc Equine Therapy, Rehabilitation and Performance		

LEARNING, TEACHING AND ASSESSMENT INFORMATION

6a. Module Description

This module is designed to help you apply both theoretical understanding and practical application of the primary considerations of equine training. You'll explore through evaluation and understanding of limitations relating to age, breeds and disciplines and develop an understanding of the horse's behavioural indicators, musculoskeletal development and physiological responses to training. You'll also consider important aspects like maturity and longevity, along with a clear concept of the correct way of going, using discipline specific case study scenarios.

You'll develop assessment and evaluation skills which are key to being able to effectively communicate appropriate information in relation to discipline specific training and fitness of the horse-rider dyad, and training options will be investigated to optimise outcomes. This will also include education on the use of training aids, equipment and appropriate evaluation technology for the individual.

You'll be guided in developing plans and support the progression of young horses, considering their development through different ages and stages. Goal settings and demonstrating understanding of their developmental and progressive outcomes will be central to your learnings. You'll benefit from structured support in an arena setting through observations and communication. Using coaching theory in a practical situation, you will design, plan, implement and reflect on training on the flat and over fences, you will also develop communication and equestrian skills which can potentially lead towards industry qualifications.

This module is aligned to and enhances the UKCC level 2 in equestrian coaching and will be useful for students who are interested in being a generic equestrian coach or looking to specialise in any of the other riding disciplines.

6b. Outline Content

- Behavioural, biomechanical, musculoskeletal, physiological and developmental aspects and observations of training and development of horse and rider will be embedded in multidimensional settings.
- Applied principles of exercise physiology.
- Technology and equipment that can evaluate and support training will be utilised in case study scenarios.
- Breed types, nutrition, ages and previous histories will be linked to development and longevity
- Practical industry and communication skills will be incorporated in the delivery of the programme. · Following evaluation and assessment, opportunity to create exercise protocols for individual horse/rider dyads will be developed in the short and long term, and in accordance with industry institutions promoting multidisciplinary and structured training practice

6c. Key Texts/Literature

The reading list to support this module is available at: <https://readinglists.aru.ac.uk/>

6d. Specialist Learning Resources

Equestrian facilities

Mechanical horse

Dressage, leisure and jumping horses in an arena setting

Technology: Alogo Equigate Equimeter

Training Aids: Various

7. Learning Outcomes (threshold standards)		
No.	Type	On successful completion of this module the student will be expected to be able to:
1	Intellectual, practical, affective and transferrable skills	Integrate learning theory and principles of exercise physiology into developmental training, considering the biomechanics and psychology of training for performance enhancement.
2	Intellectual, practical, affective and transferrable skills	Design and implement practical techniques that incorporate industry technology to assess, monitor, and enhance equine performance.
3	Intellectual, practical, affective and transferrable skills	Apply and communicate skills effectively within multidisciplinary environments, collaborating with vet-allied professionals support equine performance, function and recovery.
4	Intellectual, practical, affective and transferrable skills	Evaluate the horse-human dyad, assessing its impact on performance, and develop evidence-based training protocols tailored to individual needs.
5	Intellectual, practical, affective and transferrable skills	Appraise assessment techniques for both horse and rider within equestrian disciplines, incorporating kinematics, kinetics, and energetics to evaluate movement and performance.
6	Knowledge and Understanding	

8a. Module Occurrence to which this MDF Refers				
Year	Occurrence	Period	Location	Mode of Delivery
2026/7	ZZF	Template For Face To Face Learning Delivery		Face to Face

8b. Learning Activities for the above Module Occurrence			
Learning Activities	Hours	Learning Outcomes	Details of Duration, frequency and other comments
Lectures	42	1,3	Formal structured teaching hours.
Other teacher managed learning	30	2,4,5	Practicals and workshops
Student managed learning	228	1-5	Self directed study based on background reading and continued evaluation skills
TOTAL:	300		

9. Assessment for the above Module Occurrence					
Assessment No.	Assessment Method	Learning Outcomes	Weighting (%)	Fine Grade or Pass/Fail	Qualifying Mark (%)
010	Practical	3,5	50 (%)	Fine Grade	30 (%)
Practical: 20 minute group presentation					
Assessment No.	Assessment Method	Learning Outcomes	Weighting (%)	Fine Grade or Pass/Fail	Qualifying Mark (%)
011	Coursework	1,2,4	50 (%)	Fine Grade	30 (%)
Coursework: A 3000 word case study to identify all the required LO elements					

In order to pass this module, students are required to achieve an overall mark of 40% (for modules at levels 3, 4, 5 and 6) or 50% (for modules at level 7*).

In addition, students are required to:

- (a) achieve the qualifying mark for each element of fine graded assessment as specified above
- (b) pass any pass/fail elements

[* the pass mark of 50% applies for all module occurrences from the academic year 2024/25 – see Section 3a of this MDF to check the level of the module and Section 8a of this MDF to check the academic year]