COMMON COURSE OUTLINE: Course discipline/number/title: EQSC 1115: Hunt Seat Equitation I

A. CATALOG DESCRIPTION
1. Credits: 3
2. Hours/Week: 2 hours riding plus 1 hour lecture per week
3. Prerequisites (Course discipline/number): Must be able to ride and control a horse at a walk, trot, and canter in a balanced position and mount from the ground. Be able to lift 50 lbs.
4. Co-requisites (Course discipline/number): None
5. MnTC Goals (if any): NA

This course introduces the student to the basics of hunt seat equitation—the forward seat. This course allows students to learn correct hunt seat position at the walk, trot and canter while improving control of the horse and use of the aids. The focus is on developing safe, confident riders who are secure in the saddle. This class might utilize ground poles or small jumps. Given the intensity of this course, it is required that students be able to proficiently ride a horse at a walk, trot and canter prior to the start of the course. Students also need to be able to lift 50 lbs. and mount from the ground. This will be tested in the first week of the semester.

B. DATE LAST REVISED (Month, year): January, 2013

C. OUTLINE OF MAJOR CONTENT AREAS:
1. Introduction to hunt seat and dressage—history, background and uses
2. Safety considerations while riding
3. Biomechanics of the rider
4. Correct diagonals and leads
5. Four natural aids and their uses
6. Mechanics of the three gaits
7. Transitions
8. Emergency dismount and one-rein stop
9. Achieving quality gaits
10. Riding off-contact
11. Three positions for trotting: two-point, posting, sitting
12. Riding over cavaletti (ground poles)
13. Fundamentals of dressage riding

D. LEARNING OUTCOMES (GENERAL): The student will be able to:
1. Understand basic riding theory.
2. Demonstrate correct hunt seat and dressage position.
3. Explain the four natural aids and how to use them.
4. Handle, groom, tack and untack a horse safely and independently.
5. Mount and dismount properly.
6. Ride at walk, trot, and canter with a balanced seat.
7. Trot on the correct diagonal and canter on the correct lead.
8. Ride safely and considerately in a group.
9. Demonstrate two-point and posting trot.
10. Ride over cavaletti at the walk and trot in tow-point.

E. LEARNING OUTCOMES (MNTC): NA

F. METHODS FOR EVALUATION OF STUDENT LEARNING:
1. Reports, quizzes, and tests
2. Video evaluations
3. Practical demonstrations (ridden tests)
4. Oral discussion and question and answer sessions
5. Course assignments
6. Attendance
G. **RCTC CORE OUTCOME(S) ADDRESSED:**
- ☒ Communication
- ☒ Critical Thinking
- ☒ Global Awareness/Diversity
- ☒ Personal/Professional Accountability
- ☒ Aesthetic Response

H. **SPECIAL INFORMATION (if any):**
Working with horses involves inherent risks which the student assumes while enrolled in the course. This course may require an additional activity fee. The course is conducted at the stable and the student will be expected to wear suitable riding attire including a helmet and provide his/her own transportation.