



Course Syllabus

Foundational Horsemanship: HS101

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Course Description:

This course provides an introduction to the foundations of natural horsemanship. It will focus on the three key elements of building a rewarding experience and bond with horses: Language, Leadership and Lightness. You will learn how to work with horses through a willing partnership rather than fear and intimidation. You will carry these principles from the ground up into the saddle. Successful completion results in a Certificate in Foundational Horsemanship

Pre-requisite:

No horse experience necessary.

Required materials:

Notebook or journal and pen

School horse: All equipment provided

Personal Horse: Rope halter, 12 ft lead rope, training stick and string, bareback pad

We will review equipment in the first class and make recommendations for those who wish to purchase their own. A special student equipment package is available through the NWNHC Store (shop.nwnhc.com). You can purchase online or at the Center.

Goals:

- To give students a solid introductory foundation in the keys of language, leadership, and lightness and for students to demonstrate and apply these keys to the relationship with their horse.
- To lay the groundwork for understanding the nature of horses, how to use our body and intent to build a language through phases, focus and timing.
- Students will be able to demonstrate proficiency in basic ground techniques and proper riding preparation and mounting procedures.
- By the end of this course students will ride with balance and softness within their own body in an enclosed area with lightness and respect.

Successful completion of coursework is at the discretion of the instructor(s).

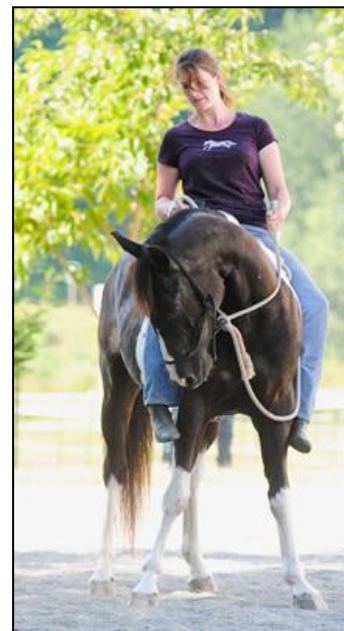
Expectations:

1. Student will review and study required reading materials
2. Student will practice outside of classroom time
3. Student will be supportive and respectful of students, teachers and horses (including no texting or phone use during class)

Outcomes:

You will be able to:

1. Demonstrate an understanding of the fundamentals of gaining respect and partnership from your horse on the ground and in the saddle.
2. Demonstrate an attitude of fairness and respect towards your horse.
3. Demonstrate the horse is de-sensitized to ropes all over its body and other stimuli in order to facilitate handling and build confidence.
4. Demonstrate horse's willingness to lightly yield to direct and indirect pressure from the front, forequarters and hindquarters.
5. Demonstrate proper, basic grooming techniques and procedures.
6. Demonstrate how to ride with a balanced seat, independent rein and with lightness.
7. Demonstrate an awareness of your horse's learning pace & style
8. Know the basic parts and zones of the horse



9. Understand the concept of drive and draw
10. Know the 10 unique characteristics of horses
11. Know the responsibilities of the horse, and that of the human
12. Understand the six keys to success with horses
13. Know the basic gaits, number of beats in each
14. Effectively use both basic rein positions

1st Class: Understanding the Language of the Horse

The unique characteristics of the horse

Natural horsemanship equipment

Choose your horse/Catching your horse

Leading quietly and respectfully

Ground tying/Standing still

Grooming

Honoring your space

Video: 10 Characteristics of the Horse *Robert M. Miller, DVM*

Required Readings:

"Behavior of the Horse," *Robert M. Miller, DVM*

"Parts of the Horse" *HS 101 packet*

"Awareness Horsemanship," *Karen Wegehenkel*



2nd Class: Earning Leadership

The Power of Focus and Intent

Reducing the spooks--desensitizing your horse

Yielding the forequarters

Yielding the hindquarters

Backing

Moving the horse, not yourself

Required Readings:

"Follow The Leader " *Brent Graef; America's Horse; May 2008*

"Understanding the Language of Horses," *Pat Parelli; Natural Horse Magazine; 1998*



3rd Class: Equine Learning Styles & Expanding Ground Exercises

Equine Assessment

Review/ practice ground exercises

Moving sideways

Preparing for the trailer

Required Reading:

"Horseanality Do's & Don'ts," *Linda Parelli*

4th Class: Saddling & Riding Basics

Saddling

Review/practice ground exercises

Pre-ride attitude check

Mounting safely

Finding your balance

Go and whoa

Staying straight

Required Reading:

Chapter 3 of "Centered Riding" *Sally Swift*



5th Class: Advancing Riding Basics

Review/mounting and riding skills

Rounding corners

Basic rein positions

Sitting the trot

6th Class: Practicing Riding Basics

Backing

Circles

Riding patterns

Walk/Trot transitions

Final Exam & Review