



STEP 2 : SELF-GUIDED STUDY READINESS CHECKLIST - SELF-ASSESSMENT

You've invested a lot of time and attention studying important topics in preparation for your next step - attending an Initial Practicum. At this point in your journey, it's helpful to take a few minutes to check your readiness to move forward. The following Readiness Checklist is for your self-assessment only; sharing or submission for review is NOT required.

Use the scale below to assess your ability to meet the overall requirements of each competency as it pertains to before and after the self-study component. Add notes to support your progress.

- 1) Little or no understanding of the requirement
- 2) Basic understanding of the requirement
- 3) Understand the requirement but can do it with assistance
- 4) Can perform the requirement without assistance
- 5) Can perform the requirement and teach others to do it

COMPETENCY 1 – COACHING REQUIREMENTS	BEFORE self-study	AFTER self-study
Describe coaching philosophy and principles		
Describe coaching methodology		
Prepare and deliver a coaching session		
Evaluate and debrief a coaching session via one-to-one coaching, shadow coaching, etc.		
COMPETENCY 2 – SPORTS-SPECIFIC REQUIREMENTS	BEFORE self-study	AFTER self-study
Describe para-equestrian dressage sport and its unique aspects.		
Describe strategies to identify talent along the USEF Sport Pathway, including the Paralympic Equestrian Sport Initiative for Veterans.		
Describe the components and considerations for long-term athlete development.		
Describe classifiable impairments and associated sport adaptations including competition rules and equipment.		

COMPETENCY 3 – TECHNICAL RIDING REQUIREMENTS	BEFORE self-study	AFTER self-study
Describe types of rider influence and communication.		
Describe schooling structure and exercises.		
Describe types and levels of training and competitions.		
Describe adapted training techniques specific to the para horse and rider.		
COMPETENCY 4 – EQUINE MANAGEMENT REQUIREMENTS	BEFORE self-study	AFTER self-study
Describe best practices of equine care and management including basic first aid protocols and healthy equine environments.		
Discuss USEF/FEI Drug Rules/Clean Sport guidelines.		
Describe key considerations of equine travel including passports, protective equipment, transportation regulations, travel illness/protocol, loading/unloading procedures.		
Discuss key aspects of pre-purchase vetting and stages of vetting and considerations for key aspects of negotiating bill of sale and other related contracts.		

Use the 1-5 rating scale (with 1 = strongly disagree and 5 = strongly agree).

OVERALL CONFIDENCE	
I understand the resources available to support me as I develop my knowledge and skills in this program.	
I feel confident about applying what I've learned in the self-study.	
I feel ready to participate in an online exam and onsite practicum.	
OVERALL COMMITMENT	
I am committed to applying what I learned from the self-study to my coaching practice.	

For any additional comments or questions about this program, please contact: Lauren Johnson, Director of Para-Equestrian at USEF, PO Box 83 Gladstone, NJ 07934, fax: 908-234-9417 or ljohnson@usef.org.