

STEP 2 : SELF-GUIDED STUDY SYLLABUS

Coaches must be able to dedicate several hours to the self-study portion prior to the online exam. It is inclusive of required reading, and online course work related to the curriculum. The material helps coaches gain knowledge in each core competency (Coaching Skills, Sport-Specific Knowledge, Technical Riding Skills, and Equine Management).

Required Reading/Online Courses (for all coach levels):

- **Four Para-Equestrian Dressage Webinars.** Cost: Free.
(<https://www.usef.org/network/coverage/USParaWebinars>)
 - » Introduction to Para-Equestrian Dressage
 - » Introduction to Para-Equestrian Driving
 - » Understanding Para-Equestrian Classification
 - » Understanding Impairments in Para-Equestrian Sports
- *The Principles of Riding, Basic Training for Horse and Rider, German Equestrian Federation.* Cost: Approximately \$20.
- *BHS Complete Manual Horse & Stable Management.* Cost: Approximately \$30.
- *Understanding Sports Coaching: The Social, Cultural and Pedagogical Foundations of Coaching Practice.* Cost: Approximately \$65.

Recommended Reading:

- *That Winning Feeling: a New Approach to Riding Using Psychocybernetics,* Jane Savoie. Cost: Approximately \$17.
- *Advanced Techniques of Dressage, German Equestrian Federation.* Cost: Approximately \$100.
- *A Comprehensive Guide to Equine-Assisted Activities & Therapies,* Dewkett, Brady, and Hernandez; Cost: Approximately \$150.
 - » Suggested Chapters:
Chapter 5 “Human Anatomy”, Chapter 6 “Physical Disabilities”, Chapter 15 “Teaching Strategies”, Chapter 16 “Mounts and Dismounts”

Online References, Documents & Courses:

- *Reference Annex* for USEF and FEI Para-Dressage RESOURCES, LINKS, MANUALS, FORMS
- USEF Online Learning Center, <https://www.usef.org/learning-center>
- United States Para-Equestrian Association (USPEA), <http://uspea.org>
- Professional Association of Therapeutic Horsemanship International, <https://www.pathintl.org>
- Disabled Sports USA, <https://www.disabledsportsusa.org>

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