



THE DRESSAGE FOUNDATION
Continuing Education Program for Dressage Instructors

INFORMATION

USDF GMOs are eligible to apply for grant funding to conduct “Continuing Education Programs for Dressage Instructors.”

Goals

To enable USDF GMOs to apply for continuing education grant funds from The Dressage Foundation to conduct educational clinics/seminars for Dressage Instructors, and for those interested in becoming instructors. Funding may also be used to conduct USDF Instructor Certification Program workshops and testing.

Continuing Education

Each USDF GMO has the flexibility to schedule continuing education programs for Dressage Instructors in a manner that best fits their needs. The Dressage Foundation’s “Instructor Education Advisory Committee” has outlined three suggested examples of appropriate program modules for Dressage Instructor education that would be eligible for grant funding from The Dressage Foundation, in addition to the USDF Instructor Certification Program. It is suggested that instructors be examiners, faculty or USDF Certified Instructors. Other qualified Instructors will be considered.

Program Modules

Three suggested Program Modules, developed by the Instructor Education Advisory Committee, are as follows:

Module I -- Teaching

Theory (may take place in a classroom setting) should include lecture, A/V materials, homework, question and answer sessions, and quizzes. Subject matter can be adapted to the needs of the group. The following are suggested subjects:

- Lesson Plans
- Pyramid of Training
- Qualities of an Effective Instructor
- Learning Styles
- Safety Considerations
- Rider Biomechanics
- Horse Biomechanics
- Group Lesson – teaching in file
- First aid procedures

Practical (will need demonstration horse and rider teams) should include lectures, demonstrations and practical teaching by participants with instructor observing to give helpful methods of improving lesson. Suggested topics are:

- Lesson Plans
- Pyramid of Training
- Qualities of an Effective Instructor
- Learning Styles
- Safety Considerations
- Rider Biomechanics
- Horse Biomechanics
- Group Lesson – teaching in file

Module II – Lungeing

Theory and practical without horses and riders should include lectures, audio/visual material, demonstration and practice handling the lungeing equipment, how to stand and footwork. Suggested subjects for lecture:

- Lungeing equipment – fitting and use
- Safety
- Rider biomechanics
- Horse biomechanics
- Development of the horse through lungeing
- Use of Pyramid of Training as appropriate for lungeing
- Exercises and their effect

Practical lungeing

With horses and or riders should include appropriate lecture demonstration and participants practice with help and suggestions for improvement from Instructor. Suggested lectures are:

Lungeing equipment – fitting and use

- Safety
- Rider biomechanics
- Horse biomechanics
- Development of the horse through lungeing
- Use of Pyramid of Training as appropriate for lungeing
- Exercises and their effect

Module III – Training/Riding the Horse

Theory Sessions without horses should include lectures, Audio/visual materials, homework, Question and Answer sessions. Suggested subjects for lecture could include:

- Care of the horse
- History of dressage
- Biomechanics of horse
- Biomechanics of rider
- Horse psychology and how they learn
- Use of the snaffle and or double bridles

Saddle fitting
Hoof care
First aid

Practical Training/riding the horse should include lectures, demonstrations, riding/training sessions with participants riding both familiar and unfamiliar horses with Instructor giving helpful suggestions to improve the ride. This should be done with involvement of all participants. Because of the nature of these sessions it is important that the Participants attend the whole time and not just their ride time. This is not just a riding clinic.

Grant Guidelines

- 1) Grant applications must be received by The Dressage Foundation at least 90 days prior to the program date.
- 2) Grant amounts may not exceed \$1000. Funds are available at The Dressage Foundation to provide not more than five programs in any one calendar year. Grants to a GMO will be awarded on a “first come” basis, and, as approved by the “Instructor Education Advisory Committee” at The Dressage Foundation.
- 3) Grant applications must be filled in completely, with all information requested by the Committee. Any incomplete applications will not be considered.
- 4) The Grant application must be accompanied by a budget, filled in on the form furnished and required by The Dressage Foundation.
- 5) Grant funds must be used to cover expenses of the Instructor Continuing Education Program, and not generate a “profit.” Funds are not to be used for any other purpose than to stage and conduct the instructor-training event as presented in the application. The Dressage Foundation suggests, if the event does well financially, that excess funds be returned to The Dressage Foundation to help other GMOs conduct similar programs.
- 6) 75% of the Grant funds will be awarded to the GMO one month in advance of the event; the remaining 25% will be awarded to the GMO after the event is held, and the required Evaluation Form has been submitted to The Dressage Foundation office.
- 7) The Dressage Foundation grant is made payable to a GMO.

For additional information, GMOs should contact:
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