

HOW TO BE A TRAINER

PART I



By Dr. Mohamed El Sherbini

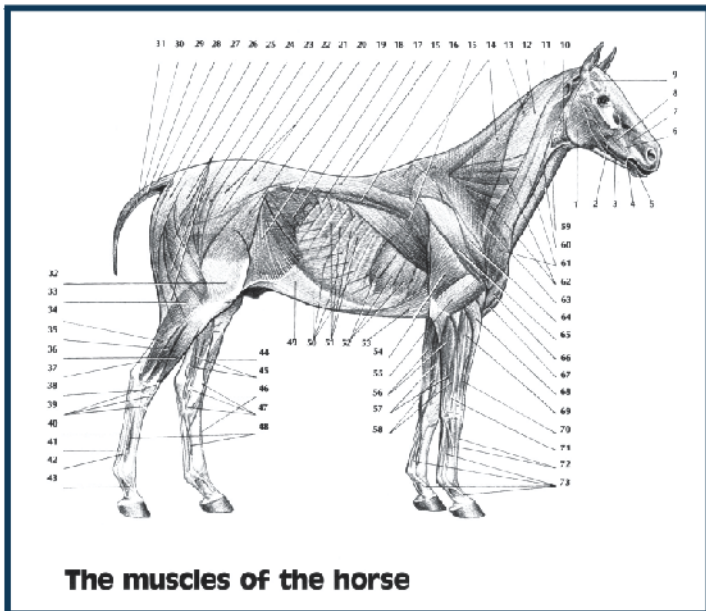
Horse riding is a sport of captivating interactions as it deals with a living creature: 'The Horse'. It may be enough for riders to have such feelings and interactions with their horses, but for a coach, there is much more involved.

Knowing the importance of the training process, the Egyptian Equestrian Federation (EEF), decided to carry out a 'Trainers Course' in line with the recent Federation Equestre Internationale (FEI) trend that presents a system of teaching and evaluation. Being the head of the 'Trainers Committee' of the EEF, I decided to compose reasonable rules to be followed in evaluating and promoting trainers. The course was held from the 20th till the 22nd of October 2005 at 'Al Basatin Police Equestrian Centre'. As the director of the course, I planned it to include lectures, seminars and practical sessions including a whole veterinary session by Dr. Emad El Baroudy. To qualify for the certificates of training, trainees have to

acquire 50% of the different items of the course: knowledge and experience, basic veterinary background and horse welfare, personality and interaction, flatwork, jumping work, and finally written and practical tests.

The flatwork included dressage, lunging, and horse kinetics while the jumping work consisted of grids, warming up, and jumping a course (judging rider and horse). And so, the initiative was designed for different levels in order to prepare instructors to cater to different levels of students. For example, a rider who has jumped a 'B' level can train 'C' riders provided that he passed the course with a minimum score of 60 to 70 %.

This article is the first of a series on 'How To Be A Trainer', so expect more next issue!



The muscles of the horse

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|---|---|---|
| 1 Masseter (Outer Jaw Muscle) | 14 Trapezius | 27 Semimembranosus |
| 2 Zygomaticus | 15 Latissimus Dorsi | 28 Levator (Lifting) Muscles of the Tail |
| 3 Depressor of the Lower Lip | 16 Longissimus Dorsi | 29 Lateral (Sideways Pulling) Muscles of the Tail |
| 4 Orbicularis Oris | 17 Dorsal Serrate (Caudal Part) | 30 Intertransverse Muscles of the Tail |
| 5 Chin | 18 Flank Region | 31 Depressor Muscles of the Tail |
| 6 Levator (Lifter) of Upper Lip and Wing of Nostril | 19 Internal Oblique Abdominal | 32 Vastus |
| 7 Lateral Dilator of Nostril | 20 Tensor of Fascia of the Thigh (Tensor Fasciae Latae) | 33 Gastrocnemius |
| 8 Buccinator | 21 Gluteal Fascia over Hind Region | 34 Digital Flexor Muscles |
| 9 Temporal | 22 Superficial Gluteal | 35 Lateral Digital Extensor |
| 10 Parotid Salivary Gland | 23 Hip Joint | 36 Long Digital Extensor |
| 11 Nuchal Ligament (Ligamentum Nuchae) | 24 Trochanter of Femur | 37 Achilles Tendon |
| 12 Splenius | 25 Biceps Femoris | 38 Hock Joint |
| 13 Complexus | 26 Semitendinosus | |

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| 39 Annular Ligaments (Retinacula) around tendons |
| 40 Superficial Digital Flexor |
| 41 Deep Digital Flexor |
| 42 Suspensory Ligament |
| 43 Branch of Suspensory Ligament to Extensor Tendon |
| 44 Cranial Tibial |
| 45 Deep Digital Flexors |
| 46 Tendon of Long Digital Extensor |
| 47 Annular Ligaments (Retinacula) around tendons |
| 48 Splint Bones |
| 49 Tendinous Sheets of the Abdominal Muscles |
| 50 External Oblique Abdominal |
| 51 Intercostal Muscles |
| 52 Ventral Serrate (Serratus Ventralis) (Thoracic Part) |
| 53 Pectoral (Caudal Part) |
| 54 Triceps (Long Part) |
| 55 Triceps (Lateral Part) |
| 56 Flexor Muscles of Carpal Joint |
| 57 Superficial Digital Flexor |
| 58 Deep Digital Flexor |
| 59 Sterno-Cephalic |
| 60 Jugular Vein |
| 61 Brachiocephalic |
| 62 Ventral Serrate (Neck Part) |
| 63 Supraspinatus |
| 64 Infraspinatus |
| 65 Deltoid |
| 66 Shoulder Joint |
| 67 Pectoral (Cranial Part) |
| 68 Radial Carpal Extensor (Extensor Carpi Radialis) |
| 69 Common Digital Extensor |
| 70 Oblique Carpal Extensor |
| 71 Lateral Digital Extensor |
| 72 Extensor Muscle Tendons |
| 73 Suspensory Ligament |

