

General Coaching Answers – Multiple Choice:

1. *What does each letter in the IDEAS Principle stand for?*

- a) Introduce, demonstrate, edit, application, send
- b) Item, demonstrate, edit, attend, summery
- c) Introduce, demonstration, explain, attend, summery

Answer: c

2. *Which of these is a characteristic of a good coach?*

- a) Forgets names
- b) Does not explain things fully
- c) Ask participants for their views

Answer: c

3. *Which of these is characteristic of a bad coach?*

- a) Always punctual
- b) Does not have a plan for the session
- c) Are consistent

Answer: b

4. *Which of these pieces of information is the least important for a coach to know before the session?*

- a) Medical history of the rider
- b) Weather conditions on the day
- c) Name and contact number for a local vet, doctor and hospital

Answer: b

5. *How many components to physical fitness are there?*

- a) 4
- b) 6
- c) 10

Answer: a

6. *How many components to mental fitness are there?*

- a) 1
- b) 4
- c) 8

Answer: b

7. *Which of these is a sign of a mentally fit horse?*

- a) Looks happy and relaxed
- b) Nervous around people
- c) Shows stable vices

Answer: a

8. *In First Aid, what does ABC stand for?*

- a) Airway, breathing, circulation
- b) Airway, breathing, conscious
- c) Airway, back, conscious

Answer: a

Dressage Questions:

1. *How many parts are there to the Training Scale?*

- a) 4
- b) 6
- c) 8

Answer: b

2. *How many beats are there to the walk?*

- a) 4
- b) 2
- c) 6

Answer: a

3. *How many beats are there to the trot?*

- a) 1
- b) 2
- c) 3

Answer: b

4. *How many beats are there to the canter?*

- a) 1
- b) 2
- c) 3

Answer: c

5. *Which pace does not have a moment of suspension?*

- a) Walk
- b) Trot
- c) Canter

Answer: a

6. *Which of these is not considered to be an aid?*

- a) The weight
- b) The leg
- c) The foot

Answer: C

7. *How many types of leg aid are there normally considered to be?*

- a) 1
- b) 2
- c) 3

Answer: b

8. *Which of this is not a size of a dressage arena?*

- a) 20 x 40m
- b) 20 x 60m
- c) 20 x 70m

Answer: c

Show Jumping Questions:

1. *How many phases are there to the jump?*

- a) 1
- b) 3
- c) 5

Answer: c

2. *What is the correct distance to have in-between trotting poles?*

- a) 90cm - 1m
- b) 1m - 1.3m
- c) 1.3m - 1.5m

Answer: C

3. *When building a crosspole should the poles be:*

- a) As close together as possible and touching
- b) Have the space to fit a fist between the poles
- c) The distance between the poles doesn't matter

Answer: b

4. *When building a grid in an arena ideally where should you put it and why?*

- a) Up the centre so the rider can approach off both reins
- b) On a diagonal to make the rider use their corners better
- c) As close to the edge of the arena as possible to keep the horse from running out

Answer: a

5. *When building a bending-line and a straight-line distance, which of these statements is true?*

- a) Both distances will be the exact same length
- b) The bending-line distance will be longer than the straight-line distance
- c) The bending-line distance will be shorter than the straight-line distance

Answer: c

6. *What do guide poles do?*

- a) Help keep the horse and rider straight
- b) Help the coach to set up a straight exercise
- c) Distract the horse from the fence

Answer: a

7. *Which of these is not an advantage of coaching a ride to distances of canter poles?*

- a) Develops the rider's eye for a stride
- b) Develops rider confidence for jumping bigger fences
- c) Develops the riders feel for rhythm of the horse

Answer: b

8. *What distance is a standard bound out of trot?*

a) 2.5m

b) 3m

c) 3.5m

Answer: b