

### General Coaching Questions – Multiple Choice Answers:

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
  
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
  
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
  
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
  
5. *How many components to physical fitness are there?*
  - a) 4
  - b) 6
  - c) 10
  
6. *How many components to mental fitness are there?*
  - a) 1
  - b) 4
  - c) 8
  
7. *Which of the below is a sign of a mentally fit horse?*
  - a) Looks happy and relaxed
  - b) Nervous around people
  - c) Shows stable vices
  
8. *In First Aid, what does ABC stand for?*
  - a) Airway, breathing, circulation
  - b) Airway, breathing, conscious
  - c) Airway, back, conscious

### Dressage Questions:

1. *How many parts are there to the Training Scale?*
  - a) 4
  - b) 6
  - c) 8
  
2. *How many beats are there to the walk?*
  - a) 4
  - b) 2
  - c) 6
  
3. *How many beats are there to the trot?*
  - a) 1
  - b) 2
  - c) 3
  
4. *How many beats are there to the canter?*
  - a) 1
  - b) 2
  - c) 3
  
5. *Which pace does not have a moment of suspension?*
  - a) Walk
  - b) Trot
  - c) Canter
  
6. *Which of these is not considered to be an aid?*
  - a) The weight
  - b) The leg
  - c) The foot
  
7. *How many types of leg aid are there normally considered to be?*
  - a) 1
  - b) 2
  - c) 3
  
8. *Which of this is not a size of a dressage arena?*
  - a) 20 x 40m
  - b) 20 x 60m
  - c) 20 x 70m

### Show Jumping Questions:

1. *How many phases are there to the jump?*
  - a) 1
  - b) 3
  - c) 5
  
2. *What is the correct distance to have in-between trotting poles?*
  - a) 90cm - 1m
  - b) 1m - 1.3m
  - c) 1.3m - 1.5m
  
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
  
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
  
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
  
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
  
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
  
8. *What distance is a standard bound out of trot?*
  - a) 2.5m
  - b) 3m
  - c) 3.5m