

Welcome to Equine Studies 10

Outline of Equine Studies 10:

Unit 1	Barn Safety, Horse Psychology, and Horse Handling	10 hours
Unit 2	Horse Breeds, Colours, Markings, Anatomy, Grooming, Tack & Equipment	10 hours
Unit 3	Horse Health, Care, and Nutrition	10 hours
Unit 4	Saddling, Bridling, Lunging, Mounting/Dismounting, Riding, Journals 45	50 hours
Unit 5	History of the Horse, Equine Disciplines, and Equine Trades	10 hours
Unit 6	Special Project Portfolio	10 hours
	Total Hours	100



- **Parkside Secondary, in conjunction with Copperside Stables, is pleased to offer two types of personalized Equestrian learning experiences for students: one is an elective course which allows students to gain “hands on” experiences with horses and the second is a therapeutic program helping vulnerable students improve their confidence and self-regulation skills.**
- **The equestrian program allows students experiencing difficulties at school to work with horses and do barn chores for the purpose of enhancing students’ self-esteem and improving their self-regulation behaviors. The bond between a horse and a teenager can be very powerful and its positive impact lingers beyond the Copperside Stables environment.**



The Equestrian Studies 10 elective course enables students to learn the basic skills of caring for and riding horses. This locally developed course has six units.

Students must take part in cleaning stalls, feeding, and learning basic safety while handling their horse. There is a journal writing component so students can reflect on their learning. This program operates two mornings each week for the entire school year.

The final project in the course is having Parkside Students share their equestrian knowledge with younger students within our school district by inviting them to the Copperside Stables for a horseback riding adventure.



- The equestrian program allows students who are experiencing difficulties at school to work with horses and do barn chores for the purpose of enhancing students' self-esteem and improving their self-regulation behaviors.
- The bond between a horse and a teenager can be very powerful and its positive impact continues beyond the Copperside Stables environment, and into their personal lives.
- To date the Equestrian program at Parkside Secondary has been very successful.



Student Testimonies

Testimonies

- *“The riding program helps me with my mental well being. It relaxes me and helps me focus. Horses are my therapy to help reduce my cutting. I am very thankful to be able to take part in this program.”*
- *“This program helps me build my self confidence in the barn and in everyday life.”*



More Student Testimonials

- *“This riding program means everything to me. It helps relieve the stress of school and my daily struggles. I have built a bond with my horse that I could never imagined possible, I love Pippa”*
- *“ This program encourages me to get up and go to school. Whoever thought I would be able to share my passion of horses and get school credit; this program is why I attend school”*



Equine Studies 10 and social emotional learning

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graph TD; A[Equine Studies 10 and social emotional learning] --> B[Decrease in anxiety]; A --> C[Socialization with Peers]; B --> D[Increase in self confidence]; B --> E[Leadership skills]; C --> F[Bonding with horses, dogs and cats]; C --> G[Healthy Life styles];
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Decrease in
anxiety

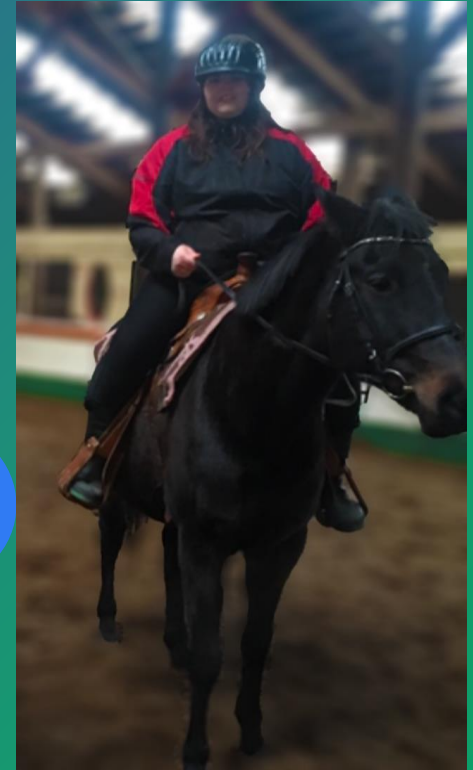
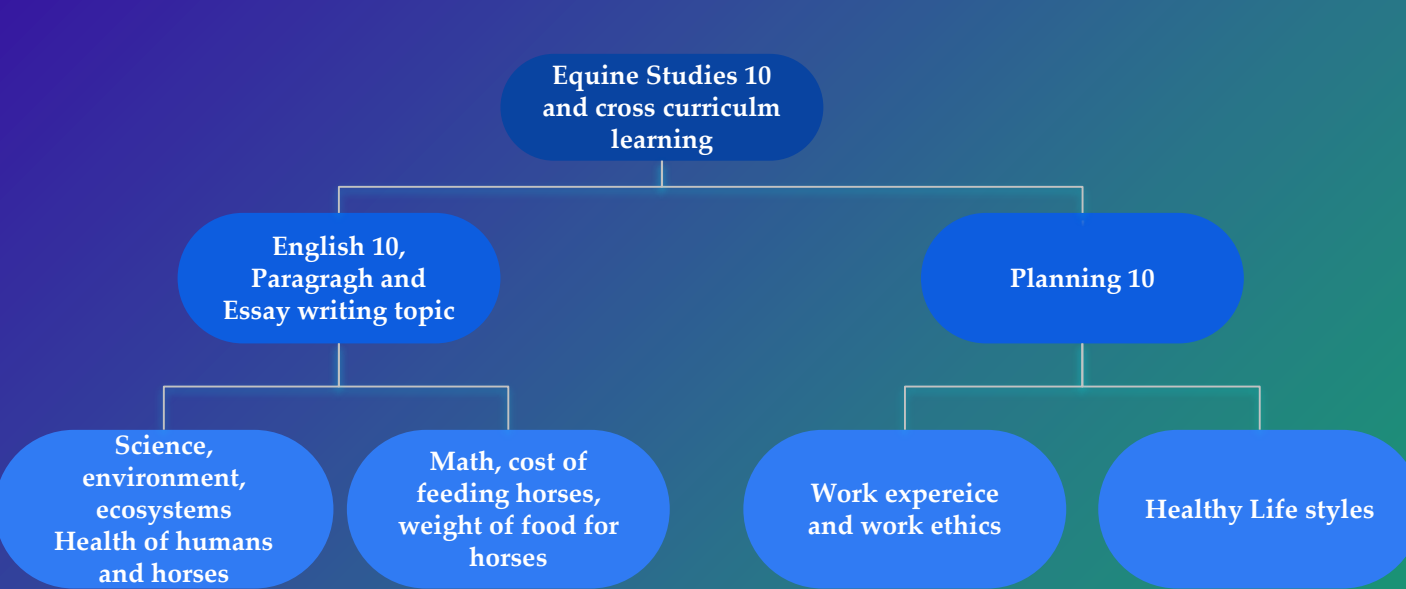
Increase in self
confidence

Leadership
skills

Socialization
with Peers

Bonding with
horses, dogs and
cats

Healthy Life
styles



Thank you to
Jump Start for
Supporting our
Equine
Program



Thank you to
Copperside
Stables for the
use of their
indoor arena
and horses



Also thank you to
Parkside
Secondary and
our wonder
principal's for their
continued support
of staff and
students.

