

Equine Studies 10

Equestrian sports are incredibly rewarding and fun, so as an integral part of Equine Studies 10, students will follow both the **Equine Canada** and **Certified Horsemanship Association for Horsemanship Safety and Education** curricula. Both programs emphasize safety, strong horsemanship skills, and knowledge, delivered over four levels of increasing difficulty. (Learn more at www.hcbc.ca and <https://cha.horse>)

Note: students must ride with an ASTM-SEI approved helmet (provided by our coach), long pants, and boots with a 1" heel. Instruction will always be done in small groups of 3-4 students, so maximum supervision can be provided.



Who We Are

CSS Equestrian Program Teacher

Avril Broekhuizen - B.Sc. in biology (specialty in ecology), M.Ed. in ecological education, has been a CHA level 2 English/Western riding instructor for beginners, and created this unique CSS Equestrian Program. She currently owns and rides her Clydesdale mare, Darby, and has a lifelong passion for horses and introducing new people to riding.

Our Partners: Trainers/Coaches

Our partners at the barn are highly qualified professionals that love working with our students to make equestrian sports accessible, fun, safe, and personally fulfilling. More information about our barn team will be available as the program dates approach. Contact Avril Broekhuizen (teacher) for more information at avril_broekhuizen@sd33.bc.ca

"The essential joy of being with horses is that it brings us in contact with the rare elements of grace, beauty, spirit, and fire."

- Sharon Ralls Lemon



EQUESTRIAN PROGRAM



Chilliwack Secondary School



Program Overview

Applicants to the Equestrian Program should be **entering grade 10, 11, or 12** and have a strong interest in learning about horses. This is an **individualized and experiential** program, delivered both on CSS campus and at the barn (during the regular school day hours). Students **do not require any previous horse handling/or horseback riding experience.**

Students will learn how to work safely around horses, basic care & maintenance (grooming, feeding, etc.), as well as riding skills. Riding instruction will happen in small groups, with experienced coaches, and will be individualized based on each rider's level of comfort & experience, with an emphasis on **safety, fun, and equestrian sport skill acquisition.**

Students will each ride on a regular schedule, and then work on other written/online/& fieldwork components during the rest of the week's classes.

In this program, students will earn a total of 12 credits for **Equine Studies 10, Environmental Science 11, and Physical & Health Education 10 (or Active Living 11/12)**. An optional 2 more credits may also be earned if riders choose to do an EC western rider level 1 certification exam (if an examiner is locally available.)

Benefits of Working with Horses

PSYCHOLOGICAL Benefits

- Learning to live in the moment
- Increased motivation, self-esteem and confidence
- Goal setting (& *celebration of success!*)
- Emotional self-awareness
- Gain a sense of empowerment, and increased sense of control

SOCIAL Benefits

- Create and deepen friendships
- Experience challenges as a team, and problem-solve together
- The opportunity to be a caregiver, and to experience and practice empathy
- Improve communication, verbal & non-verbal
- Gain local contacts in the horse industry

PHYSICAL Benefits

- Increased balance, coordination, awareness of rhythm and timing
- Increased muscle strength, flexibility, and overall endurance/fitness
- Learn and practice respiratory control
- Increased body language awareness

SPIRITUAL Benefits

- Connection with animals, nature, and people
- Connection to, and increased awareness of, the world around us.



Who Should Apply?

- Do you love horses or have always wanted to learn how to ride/improve your skills?
- Do you prefer to learn in an outdoor setting with hands-on experiences?
- Are you interested in environmental science?
- Would you like to earn your PE credit by doing the activities you love?
- Do you get anxious and need to "unplug" for a time each day?
- Are you considering a career in the horse industry?
- Are you trustworthy, have a good attendance record, and want to have a unique experience in high school?

If yes, then this program is for YOU!



Questions?

Avril Broekhuizen
Equestrian Program Teacher

avril_broekhuizen@sd33.bc.ca

css.sd33.bc.ca/equestrian-program