



The Pony Club Achievement Badges



Fitness Workbook



Which of these horses and ponies need to be fit? (circle your choices)



Which of the following general health factors should be checked and considered prior to starting work with your horse?

Heart and respiratory function

Yes No

Vaccinations

Yes No

Foot care / shoeing

Yes No

Teeth

Yes No

Worming

Yes No

Soundness

Yes No

Which of the following statements do you agree with?

- An overweight horse may experience problems with fitness Yes No
- An underweight horse may experience problems with fitness Yes No
- A horse in hard work is less likely to need concentrated feed Yes No
- Before competing a horse should be suitably fit for the discipline Yes No
- Walking is a good way to help with fitness Yes No

Is the following information TRUE or FALSE?

- Injures are more likely in horses that are not fit

TRUE

FALSE

- Dressage horses need to be less fit than event horses

TRUE

FALSE

- Each horse needs to be appropriately fit for the discipline and level for which they are competing

TRUE

FALSE

- A horse can only be deemed as fit if they gallop regularly

TRUE

FALSE

- Ponies need to be just as fit as horses if they are competing in the same discipline and at the same level

TRUE

FALSE

Match each of the scenarios to the most sensible feeding requirement.

Horse in light work

Grass or hay, and some concentrated feed required

Horse in medium work

Grass or hay, and no concentrated feed required

Horse in hard work

Grass or hay, and very little or no concentrated feed required

Horse in no work

Grass or hay, and an increased amount of concentrated feed required

Describe a simple fittening programme for one of the following:

- **A pony going to compete in Novice Area Dressage, Show Jumping or Eventing**
- **A pony going for a days hunting**
- **A pony going to do a 25km endurance ride**

With reference to fitness, use the space below to explain the problems that may be associated with the horse in this picture.



With reference to fitness, use the space below to explain the problems that may be associated with the horse in this picture.



Describe how you keep your own horse / pony fit and healthy to ensure that they are able to carry out the work required of them.
