

**Using video as a teaching aid to  
help students evaluate themselves  
in equitation classes**

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The BACK FORTY

by Lex Graham



If you know how, it's awfully simple.  
If you don't, it's simply awful!



- One of the challenges of teaching is to find effective techniques and practices
  - Then improve upon them
- Equestrian instructors strive to help develop better horsemanship skills and increase confidence in students

- Video recording is an effective way to increase self-awareness and illustrate proper (and improper) riding and handling techniques



- This work was conducted to assess the personal and educational impact of using video to record the equitation of students enrolled in Intermediate Horsemanship classes at Southern Utah University (SUU)
- This study was reviewed and approved by the SUU Institutional Review Board (IRB)

- Students, TA's, & instructor individually recorded while riding
  - 2<sup>nd</sup> week & last week of semester
  - Walk
  - Rising trot
  - Sitting trot
  - Lope



- Initial video of each rider viewed and evaluated as a class
  - With discussion led by instructor
  - Emphasis placed on rider body position, control of horse
    - Rather than horse performance





- Videos available for student viewing throughout remainder of semester
  - Online using Canvas learning management system
- Second video taken during last week of semester (last day of riding, weather permitting)

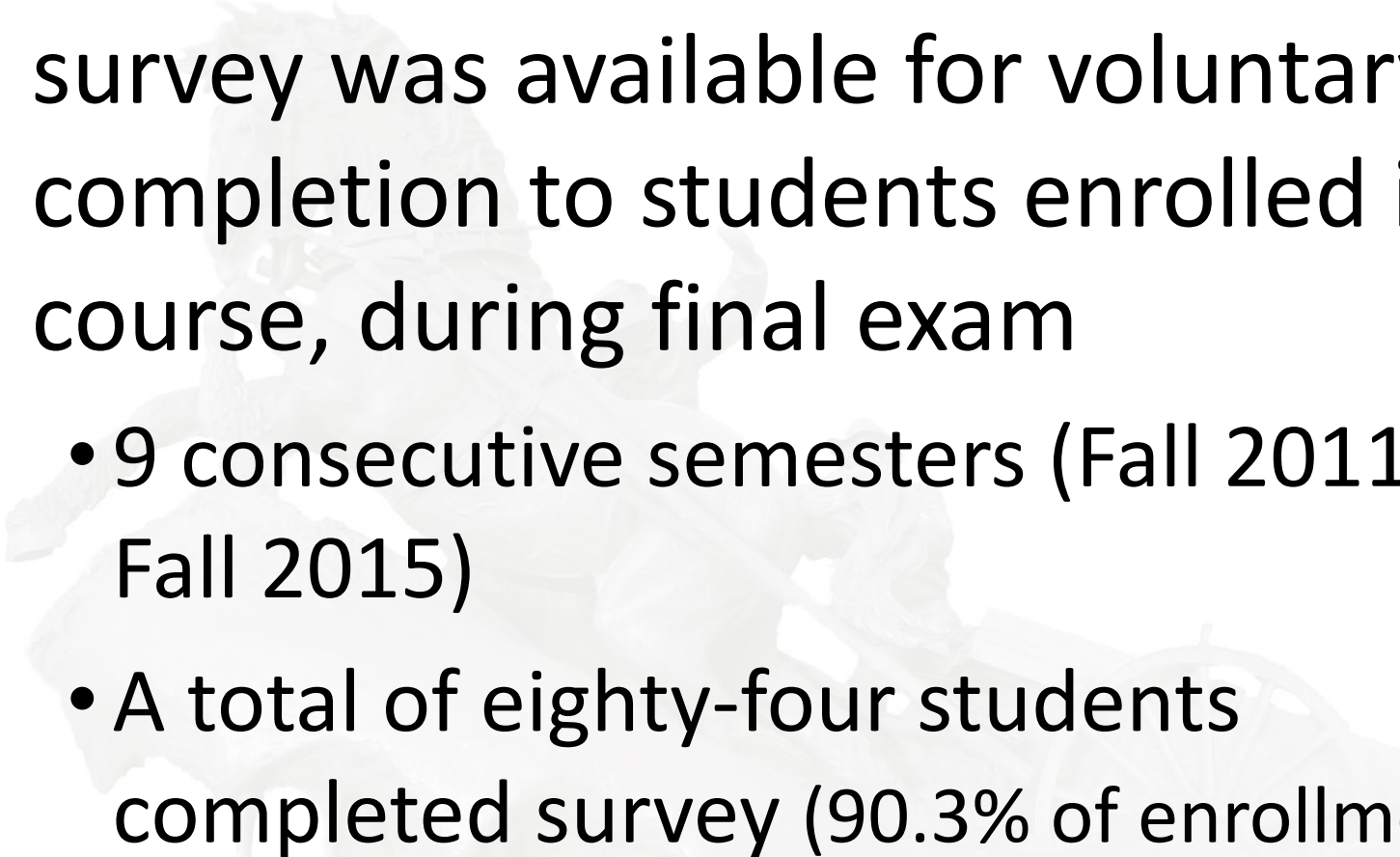


- Significant portion of final exam consists of watching and evaluating 2 videos of each rider
  - 1<sup>st</sup> video followed by 2<sup>nd</sup>
  - Approximately 6 minutes per rider
- Copy of class video given to each member of class for future viewing



- Survey developed to measure student perception of:
  1. Impact of overall class on equestrian skills
  2. Effectiveness of video as a teaching tool within class
- Likert-type scale
  - 5 response levels
    - 1 = strongly disagree
    - 5 = strongly agree



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- At conclusion of each semester, survey was available for voluntary completion to students enrolled in course, during final exam
    - 9 consecutive semesters (Fall 2011 - Fall 2015)
    - A total of eighty-four students completed survey (90.3% of enrollment)



- Demographic data was collected as a part of the survey including:

- Gender
  - Female
  - Male
- Class in School
  - Freshman
  - Sophomore
  - Junior
  - Senior
  - Graduate
  - Non-student
- Age
  - 18-20
  - 21-24
  - 25-29
  - 30-52
- Riding Experience
  - Beginner
  - Intermediate
  - Experienced
  - Advanced

- Data was analyzed using SPSS

–Independent *t*-test were used to evaluate differences in mean scores for each demographic

**Question**

- 1 Horsemanship II has been a valuable learning experience for me
- 2 I enrolled in this class to improve my horsemanship skills
- 3 Before taking this class I would rate my equitation as (5 very good, 1 poor)
- 4 After taking this class I would rate my equitation as (5 very good, 1 poor)
- 5 I now ride (body position and balance) more consistently than I did at the beginning of the semester
- 6 I give more consistent cues to the horse than I did at the beginning of the semester
- 7 Seeing myself ride on video was beneficial to evaluate myself as a rider
- 8 It was helpful to see a sample of my riding early in the semester, and then again at the end of the semester
- 9 Watching and discussing the first video as a class was beneficial to me
- 10 Watching myself ride increased my awareness of my own posture and rider position
- 11 How often did you view your own video on Canvas (5 being often, 1 being never)
- 12 How often did you view other class members videos on Canvas (5 being often, 1 being never)
- 13 Watching and evaluating other riders in the class benefits my own horsemanship
- 14 It would be beneficial to watch the first video more in class during the semester
- 15 Watching myself and others ride has increased my awareness of my own timing and balance
- 16 Seeing the videos helped me evaluate my own horse training techniques
- 17 Watching myself ride has increased my awareness of how effective I am controlling my horse
- 18 It would help me visualize and improve my riding if I could watch myself on the first video occasionally during class when we are riding in the arena

# Results:

- Survey questions:
  1. Effectiveness of overall class
  2. Effectiveness of video





## Effectiveness of class questions:

1. Horsemanship II has been a valuable learning experience for me
2. I enrolled in this class to improve my horsemanship skills
3. Before taking this class I would rate my equitation as (5 very good - 1 poor)
4. After taking this class I would rate my equitation as (5 very good - 1 poor)
5. I now ride (body position and balance) more consistently than I did at the beginning of the semester
6. I give more consistent cues to the horse than I did at the beginning of the semester

- Over 97% of students agreed that they enrolled to improve horsemanship skills



- All but two (95%) strongly agreed the class had been a valuable learning experience

- Ninety-three percent reported that they now ride with improved balance & timing
- 93% also reported that they give more consistent cues





Effectiveness of video questions:

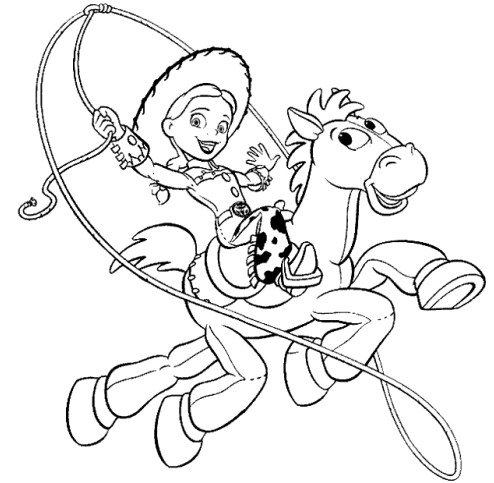
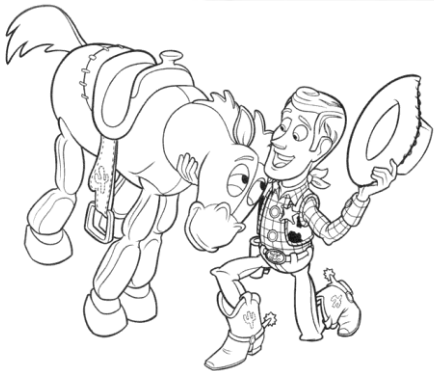
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3. Watching and discussing the first video as a class was beneficial to me
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7. Seeing the videos helped me evaluate my own horse training techniques
8. Watching myself ride has increased my awareness of how effective I am controlling my horse
9. It would help me visualize and improve my riding if I could watch myself on the first video occasionally during class when we are riding in the arena

- 97% agreed that:
  - “Seeing myself ride on video was beneficial to evaluate myself as a rider”
- Significant difference ( $P < 0.03$ ) in mean scores between males and females
  - Males score  $4.92 \pm 0.41$
  - Females score  $4.66 \pm 0.63$
  - No difference for any other question

- Ninety-three percent felt it was beneficial to see examples of riding at the beginning and again at end

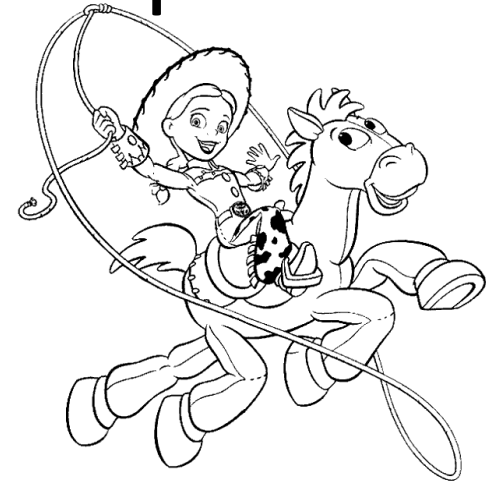


- 86% felt it beneficial to discuss the first video as a class
  - freshmen showed more interest than any other group ( $P < 0.019$ )





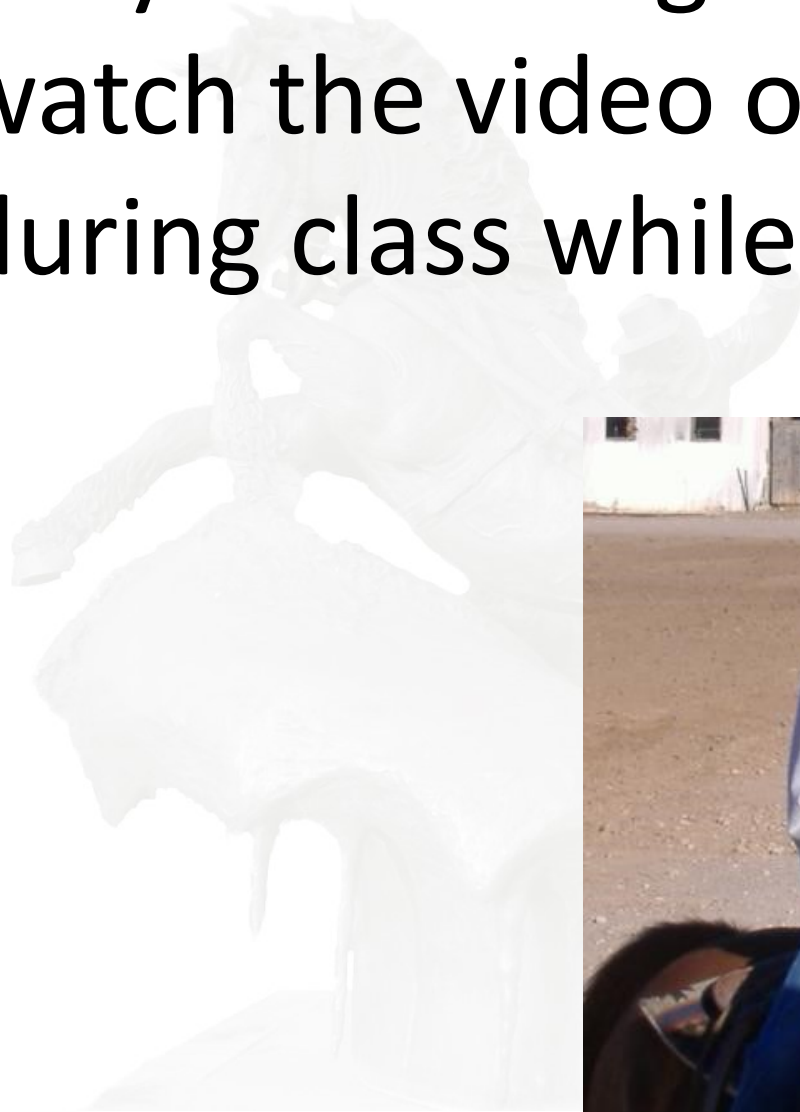
- Only 33% felt that it would be beneficial to watch more than once as a group
  - Beginning riders showed less interest than any other group ( $P < 0.02$ )



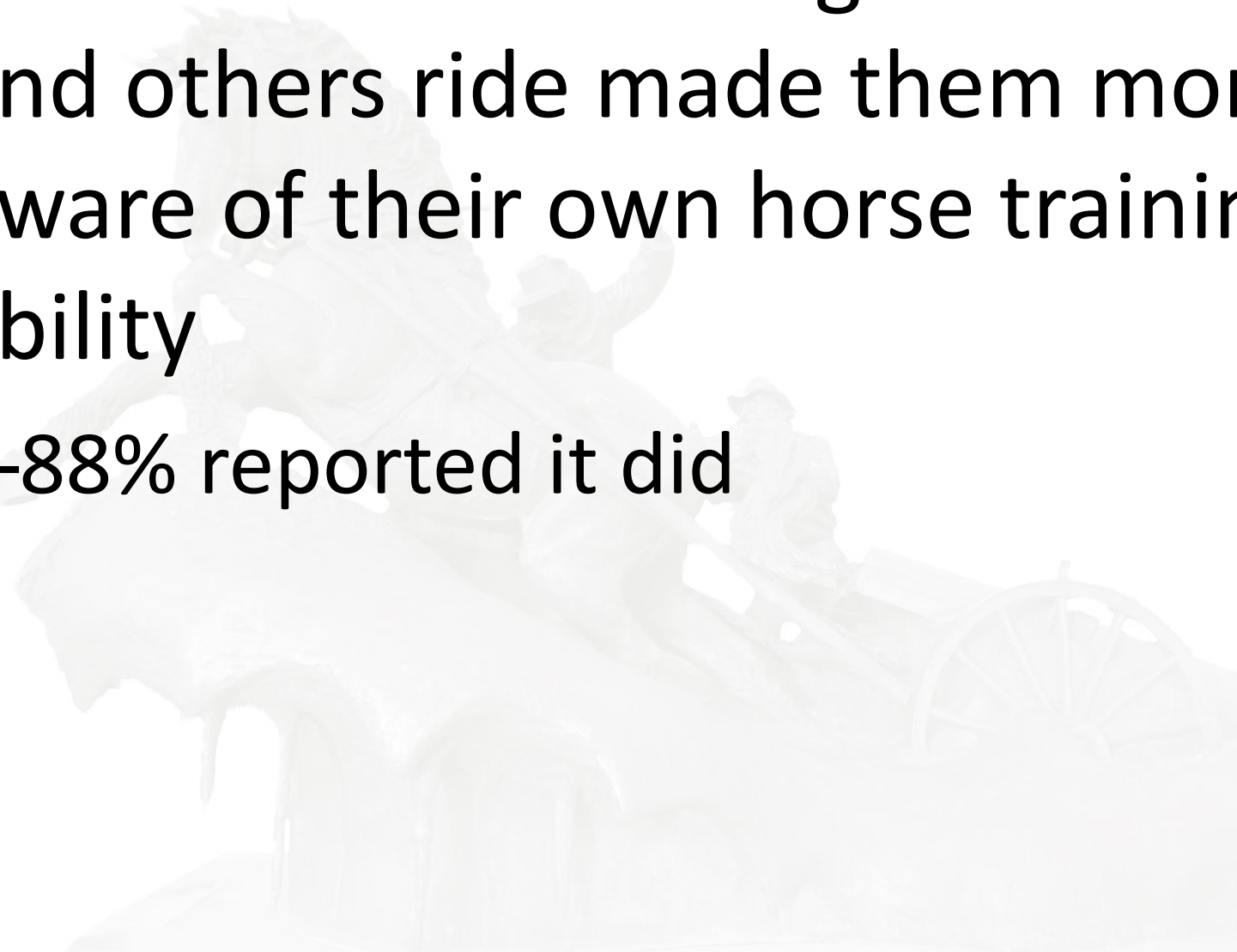
- Most students (76%) felt watching, evaluating others was beneficial
  - 30-52 year age group, 100%
  - Significant difference between oldest & every other group ( $P < 0.001$ )



- Only 64% thought it would help to watch the video occasionally during class while riding



- When asked if viewing themselves and others ride made them more aware of their own horse training ability
  - 88% reported it did





- Ninety-five percent said video made them more aware of their control of the horse
  - Oldest age group showed more awareness than each other age group ( $P < 0.025$ )

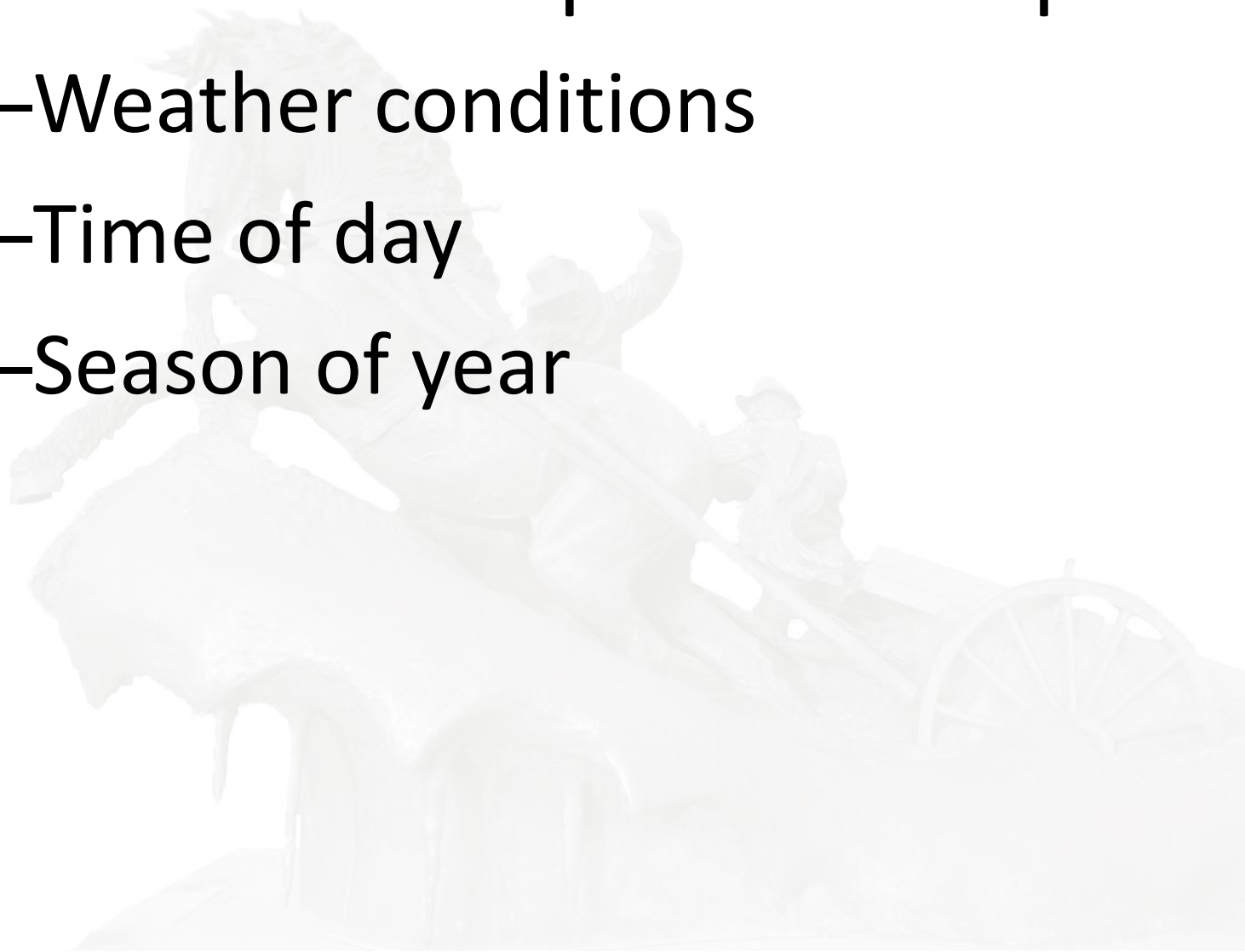
- Video-taping each rider in a class takes a considerable amount of time and commitment
  - In this case it requires at least four class periods to record and watch the videos



- Equipment
  - Video camera
  - Software
  - Knowledge of how to use both!



- Potential to impact video quality:
  - Weather conditions
  - Time of day
  - Season of year





- Student response has made it evident that using video to evaluate performance is a valuable educational experience for equestrian students at SUU
- 100% of professors involved in this work agree that it is beneficial for the students and the class

# Potential for future use:

- View riding video while in class
- Assign students to evaluate each other during the semester
- Look at different angles, views, etc.
- Have students do a write up on themselves, others

## Student comments:

Great class, it really helped me be more consistent in my cues.

I feel like we should be assigned to watch the video. Love the class

I feel that the video is very helpful. I really loved seeing the two videos side by side.

Visual learning is very helpful to me.

I hated videoing

I LOVED this class. It taught me real horsemanship and gave me the practice I needed to make improvement.

I want to give a special thanks to Lee Wood. You did a great job teaching us. You helped each and everyone of us improve our riding. Thanks.

I wanted to continue to ride the horse and improve ride (*sic*).

It's a good class and good learning experience.

Seeing myself actually ride is wonderful and has helped me greatly improve. I wish we had done this in Horse 1

Thanks for the great class! I feel like I really learned a lot with many of the things being things that I had never thought about.

Very well organized class. Good hands on teaching. Teacher puts topics in perspective so everyone understands and relates. Good one on one teaching.

Watching the videos was weird at first, but very beneficial to evaluate myself. I would've really liked to watch the video then be able to ride right after to work on obvious problems. But overall great.

The videos were incredible. They really opened up my eyes and I will cherish my DVD.

I really liked the introduction to more difficult horse training and riding techniques and the assignment where I analyzed my cues.

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- Thank you very much!!

- Questions??

