



Accredited Africa Training Institute for Capacity Development

Unit FO409, Hatfield Plaza · 1122 Burnett St, Hatfield 0028 · Pretoria, Gauteng · South Africa

Tel: +27 12 004 8389 · Mobile: +27 65 077 6310

Email: apply@aaticd.co.za · Website: www.aaticd.co.za

COURSE BROCHURE

Horse Riding Proficiency on a Trained Horse

Culture and Arts / Sport

Unit Standard 244036 · NQF Level 1 · 7 Credits · 4 Days

COURSE OVERVIEW

This course equips learners with the practical skills and theoretical knowledge required to ride a trained horse safely and proficiently. It focuses on developing rider competence in basic and intermediate riding techniques, horse handling, and safety protocols. Successful learners will be able to mount, ride, and dismount a trained horse with control and confidence in a variety of settings.

Category	Culture and Arts
Subfield	Sport
Unit Standard	244036
Accreditation	SAQA Accredited · NQF Level 1 · 7 Credits
Duration	4 days
Training Method	Online, On-Campus, In-House
Certificate	Issued via AATICD LMS – verifiable online

LEARNING OUTCOMES

- Demonstrate safe and correct mounting and dismounting techniques on a trained horse.
- Apply balanced, independent seat and effective rein, leg, and weight aids to control the horse at walk, trot, and canter.
- Analyze the horse's behavior and adjust riding techniques to maintain control and harmony.
- Implement basic riding exercises such as transitions, circles, and changes of direction with precision.
- Evaluate personal riding performance and identify areas for improvement using feedback from instructors.
- Perform emergency procedures, including emergency stops and dismounts, in a controlled manner.

WHO SHOULD ATTEND

- This course is ideal for individuals who have some experience with horses and wish to formalize their riding skills for recreational, competitive, or professional purposes.
- It is also suitable for those working in equine-related industries such as tourism, sport, or animal care who need to demonstrate riding proficiency.

COURSE OUTLINE

Day 1: Foundations of Horse Riding and Safety

- Horse behaviour and safety around horses.
- Pre-ride checks: tack fitting and grooming.
- Mounting and dismounting procedures.
- Correct riding posture and balanced seat.
- Basic rein aids: direct and indirect rein.
- Walking and halting with control.
- Emergency stop and dismount.
- Stable management basics.

Day 2: Developing Control and Riding Skills

- Leg aids for direction and speed control.
- Riding at walk: straight lines and circles.
- Introduction to trot: sitting and rising.
- Rising trot technique and diagonals.
- Transitions: walk to trot, trot to walk.
- Steering through cones and patterns.
- Use of voice and seat aids.
- Correcting common rider faults.

Day 3: Advanced Riding Techniques and Obstacles

- Introduction to canter: lead and stride.
- Riding over ground poles and small jumps.
- Course navigation: figure eights and serpentine.
- Half-halt for balance and transitions.
- Leg yield for lateral movement.
- Riding in outdoor arena or field.
- Trail riding etiquette and safety.
- Adjusting tack for comfort and performance.

Day 4: Practical Assessment and Independent Riding

- Warm-up and horse preparation.
- Ridden assessment: walk, trot, canter, transitions.
- Obstacle course with poles and turns.
- Independent riding exercise: pattern.
- Emergency procedures: stop, dismount, lead.
- Feedback and improvement plan.
- Horse care after riding: cooling down.
- Course review and certification criteria.

ASSESSMENT & CERTIFICATION

Delegates are assessed through exercises and a final test. A mark of **50% or above** earns an **AATICD Certificate of Completion**, issued digitally with a unique verification code. This course carries **7 NQF credits** at **NQF Level 1**.

PRICING (PER DELEGATE, EX-VAT)

Delegates	Training Method	Price per Delegate	Total
1	Online	R 20,500.00	R 20,500.00
1	In-House	R 26,600.00	R 26,600.00
1	On-Campus (Pretoria)	R 30,800.00	R 30,800.00

UPCOMING SESSIONS

Start	End	Method	Venue
10 Aug 2026	13 Aug 2026	On-Campus	Durban, South Africa
10 Aug 2026	13 Aug 2026	On-Campus	Abu Dhabi, UAE
10 Aug 2026	13 Aug 2026	On-Campus	Pretoria, South Africa
10 Aug 2026	13 Aug 2026	On-Campus	Dubai, UAE
10 Aug 2026	13 Aug 2026	On-Campus	Cape Town, South Africa
10 Aug 2026	13 Aug 2026	On-Campus	Mauritius
18 Aug 2026	21 Aug 2026	On-Campus	Dubai, UAE
18 Aug 2026	21 Aug 2026	On-Campus	Pretoria, South Africa

Contact us if no suitable date is listed – on-demand sessions can be arranged for groups.

HOW TO GET A QUOTE OR APPLY

1. **Get an instant quotation online:** visit www.aaticd.co.za, open the page for this course (Unit Standard 244036) and click **Get A Quote / Apply**. Select your training method and number of delegates – your quotation is generated immediately and emailed to you with the course brochure attached.
2. **Apply by email:** send the course title, your preferred training method (Online, In-House or On-Campus Pretoria), the number of delegates and your preferred dates to apply@aaticd.co.za – our team will reply with a formal quotation.
3. **Apply by phone or WhatsApp:** call +27 12 004 8389 or WhatsApp +27 65 077 6310 and we will prepare your quotation and reserve your seats.
4. **Confirm your booking:** accept the quotation and settle the invoice. As soon as payment is confirmed your delegates are enrolled and receive their AATICD LMS login details by email, along with joining instructions for their chosen training method.

Group discounts apply automatically – the more delegates you enrol, the lower the price per delegate. No payment is required to request a quotation.

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