



Accredited Africa Training Institute for Capacity Development

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

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COURSE BROCHURE

Lunge a Trained Horse for Exercise

Culture and Arts / Sport

Unit Standard 244039 · NQF Level 1 · 10 Credits · 7 Days

COURSE OVERVIEW

This course equips learners with the skills to safely and effectively lunge a trained horse for exercise purposes. Participants will learn to assess horse readiness, apply correct lunging techniques, and monitor horse condition to ensure optimal fitness and welfare.

Category	Culture and Arts
Subfield	Sport
Unit Standard	244039
Accreditation	SAQA Accredited · NQF Level 1 · 10 Credits
Duration	7 days
Training Method	Online, On-Campus, In-House
Certificate	Issued via AATICD LMS – verifiable online

LEARNING OUTCOMES

- Demonstrate safe lunging procedures in an enclosed area.
- Apply correct use of lunging equipment including lunge line, whip, and cavesson.
- Analyze horse behavior to adjust lunging pace and direction.
- Evaluate horse fitness and condition during and after exercise.
- Implement emergency stop and disengagement protocols.
- Design a lunging session plan for a trained horse.

WHO SHOULD ATTEND

- This course is designed for horse owners, grooms, riding instructors, and stable staff who need to exercise horses in a controlled environment.

COURSE OUTLINE

Day 1: Introduction to Lunging and Horse Behaviour

- Overview of lunging as an exercise method
- Safety considerations: footing, environment, personal protective equipment
- Horse behaviour: flight response, herd dynamics, signs of stress
- Equipment: lunge line, lunge whip, cavesson, boots, bridle
- Basic horse handling and leading techniques

Day 2: Equipment Fitting and Groundwork

- Fitting the cavesson: sizing, adjustment, and comfort
- Securing boots and protective gear
- Groundwork: yielding hindquarters, backing up, and disengaging
- Leading exercises: walk, halt, turn on forehand
- Evaluating equipment fit: pressure points and rubbing

Day 3: Lunging Aids and Communication

- Voice commands: walk, trot, canter, whoa, and transitions
- Body language: driving vs. blocking aids
- Whip aids: pointing, tapping, and swinging
- Positioning: triangle of control, maintaining safe distance
- Common communication faults and corrections

Day 4: Lunging Gaits and Transitions

- Establishing rhythm at each gait
- Transitions: walk-trot, trot-walk, trot-canter, canter-trot
- Maintaining quality of gaits: cadence, impulsion, straightness
- Common issues: rushing, leaning in, falling out
- Adjusting circle size and direction changes

Day 5: Advanced Lunging Techniques

- Lateral work: shoulder-in, haunches-in on the circle
- Pole exercises: ground poles, raised poles, grids
- Changes of rein: through the circle, on the diagonal
- Figure-of-eight patterns: maintaining rhythm and bend
- Conditioning exercises for strength and flexibility

Day 6: Troubleshooting and Problem Solving

- Common problems: bucking, rearing, spooking, pulling
- Corrective exercises: transitions, serpentines, yielding
- Working with hot, lazy, or anxious horses
- Safety protocols for difficult horses
- When to stop and reassess

Day 7: Lunging Programs and Assessment

- Structuring a lunging session: warm-up, main work, cool-down
- Session planning: duration, intensity, frequency
- Progress tracking: gait quality, behaviour, fitness
- Final practical assessment

- Review of key learning points

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 **10 NQF credits** at **NQF Level 1**.

PRICING (PER DELEGATE, EX-VAT)

Delegates	Training Method	Price per Delegate	Total
1	Online	R 28,200.00	R 28,200.00
1	In-House	R 36,700.00	R 36,700.00
1	On-Campus (Pretoria)	R 42,300.00	R 42,300.00

UPCOMING SESSIONS

Start	End	Method	Venue
10 Aug 2026	18 Aug 2026	On-Campus	Durban, South Africa
10 Aug 2026	18 Aug 2026	On-Campus	Mauritius
11 Aug 2026	19 Aug 2026	On-Campus	Cape Town, South Africa
12 Aug 2026	20 Aug 2026	On-Campus	Dubai, UAE
13 Aug 2026	21 Aug 2026	On-Campus	Pretoria, South Africa
14 Aug 2026	24 Aug 2026	On-Campus	Abu Dhabi, UAE
17 Aug 2026	25 Aug 2026	On-Campus	Shenzhen, China
18 Aug 2026	26 Aug 2026	On-Campus	Dubai, UAE

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 244039) 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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