

Evaluation of pressure mat as a pedagogic tool for seat correction

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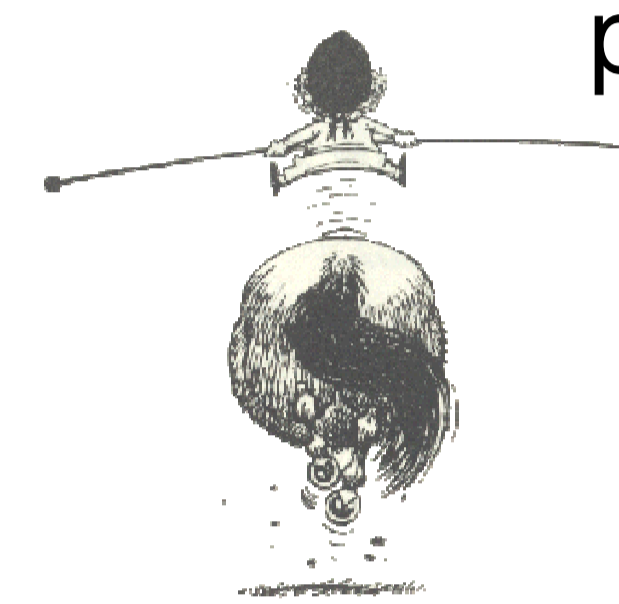


INTRODUCTION

The rider needs to have a correct position in the saddle to follow the horse's movements and use her/his aids in an effective way. Visualizing pedagogic tools, such as mirrors & video, are used today in seat correction, however the pressure mat has not been evaluated for yet.

THE AIM

... was to evaluate the pressure mat as a pedagogic tool.

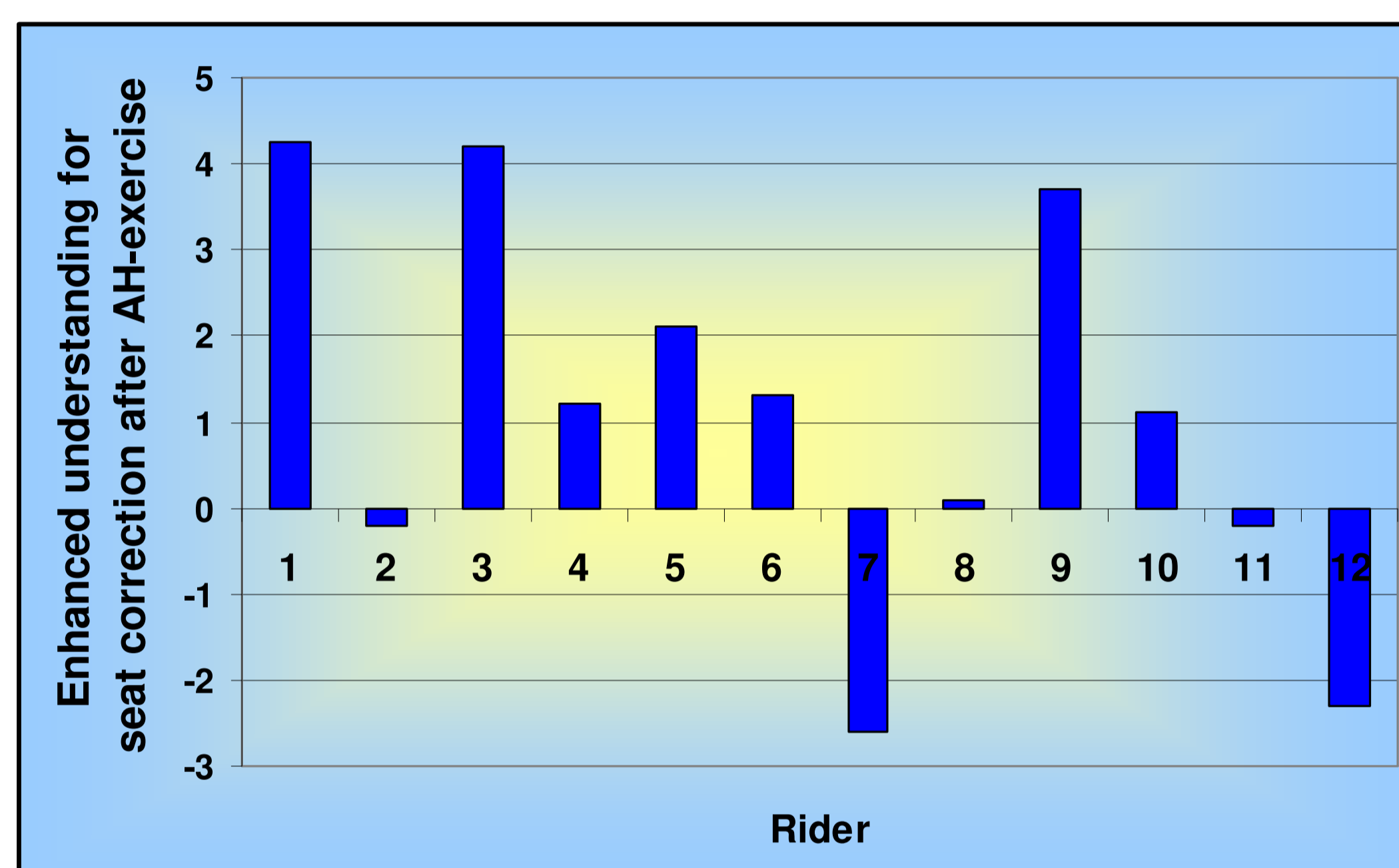


MATERIAL AND METHODS

- Part of a larger study.
- 12 first year high school students (16 yrs) at L-level (basic riding skills) and two school horses were included.
- Mounted standardised riding pattern.
- Pressure mat on a artificial horse (AH).
- Answered an enquiry with VAS for estimations where "0" is easy and "10" difficult.
- Data were analysed for means, standard deviations and paired t-test.
- Procedure:

1. Answered pre-test questions
- ↓
2. Rode pattern without instructions
- ↓
3. Instructions on AH with pressure mat
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4. Answered questions on AH-exercise
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5. Rode pattern without instructions
- ↓
6. Rode with instructions
- ↓
7. Answered post-test questions

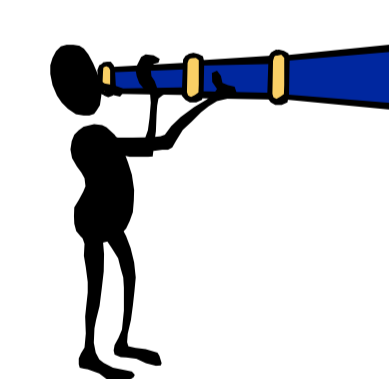
RESULTS



Seven out of twelve experienced an increased awareness after AH where they had seen the pressure pattern.

Pre-test: 3.0 ± 1.8
Post AH: 1.9 ± 1.2
Paired t-test: $p = 0.13$

High motivation !!
Pre-test: 9.5 to post-AH: 9.86
No significant effect.



CONCLUSIONS

➤ Does the pressure pattern from the mat increase the rider's awareness of her/his seat?

- Yes, for some riders.

➤ Is the pressure mat a suitable pedagogic tool for improvement of the rider's seat?

- The results indicate that it can be useful for some riders. However **further studies** in relation to the rider's learning strategy is interesting to find out when it's appropriate to use.



ACKNOWLEDGEMENTS

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