

Effect of Equitation Training on Health and Physical Fitness of College Females

ABSTRACT:

Limited information exists concerning equitation as a viable form of physical activity. The study's purpose was to quantify effects of an equitation training program on health and physical fitness of college females.

Following written informed consent, 15 college females enrolled in equitation and 10 controls (age = 23.6 \pm 2.5 years; ht = 165.3 \pm 5.3 cm; wt = 62.4 \pm 3.4 kg) underwent a comprehensive pre- and post-series of tests to assess cardiorespiratory response (Bruce; VO₂peak, HRpeak, VEpeak, RERpeak, MAPpeak, RPPpeak), body composition (body mass, body fat, fat-free mass), muscular power [Wingate; peak and mean power (MP), total power output, fatigue index (FI)], muscular strength (curl-ups, reverse sit-ups, pushups, handgrip), blood chemistry, and coronary risk.

The equitation group trained at various equine gaits for 14 weeks, 5 days/week.

Multivariate analyses of variance (Wilks' Lambda) indicated a significant main effect of training across muscular power (F_{4,25} = 3.965; P = 0.013), but not across cardiorespiratory response (F_{11,18} = 1.472; P = 0.225), body composition (F_{3,26} = 1.081; P = 0.375), or muscular strength (F_{4,25} = 2.172; P = 0.102). Pre-post improvements in MP (+13.3%; P = 0.01), total work output (+11.8%; P = 0.015), and FI (10.5%; P =

0.038) were observed. Non-significant improvements of 8.5–11.4% were observed in muscular strength and body composition.

In conclusion, equitation does not provide an adequate stimulus to improve health and fitness in young adults. Individuals who participate in equitation need to supplement this activity with traditional aerobic and load-bearing training regimens.

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European Journal of Applied Physiology (2006)
98:177-184
DOI 10.1007/
s00421-006-0258-x
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Accepted: 17 June 2006 / Published online: 3 August 2006
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GPA Helmets Purchased in Europe May Not Meet Required USEF Safety Standards

LEXINGTON, KY – A number of exhibitors using the GPA brand of helmets while competing in USEF licensed events may be unaware that they are not wearing an ASTM/SEI-certified model as required by USEF rules. Helmets purchased in Europe, from online stores in Europe, or possibly from eBay, if the helmets originally came from Europe, may not meet the ASTM/SEI standard as required by USEF GR318.2-GR318.7. Riders should check the buckles of their GPA helmets to see if there is an SEI logo on it and they should also check the inside of the helmet which should carry the SEI certification tag in it. If it does not appear there, then the helmet should not be used in USEF licensed competitions.

All riders are required to wear a certified helmet while competing in Hunter, Jumpers and Hunt Seat Equitation classes, and in Paso Fino classes, both open and breed restricted including Hunter Hack, where jumping is required and when jumping anywhere on the competition grounds to wear properly fastened protective headgear which meets or exceeds ASTM (American Society for Testing and Materials)/SEI (Safety Equipment Institute) standards for equestrian use and carries the SEI tag. It must be properly fitted with a harness secured.

Except as mandated by local law, juniors in the above classes, and all sub-juniors riding in the Paso Fino division, must wear certified hel-

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The USEF strongly encourages all riders, while riding anywhere on competition grounds, to wear ASTM/SEI certified headgear.

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