

## Youth of the Year Study Guide

### 1. Nutrition

- Understand what a nutrient is and how it accomplishes support of life.
  - i. Know the 6 ways this happens.
- Know the 6 basic classes of nutrients
- Know water needs for horses
  - i. How much water they should have
  - ii. When they can have as much as they want and when it should be restricted
  - iii. the ratio of how much water to body weight an average horse consumes and how much water to hay/grain consumed
  - iv. Know what total dissolved solids (TDS) are
- Understand how dietary energy works and its sources
- Understand protein needs in a horse
  - i. Know what affects the protein needs in a horse's diet
  - ii. Know what protein deficiencies can cause in horses and what causes the deficiencies
  - iii. Know how protein excess can happen and causes of it
- Understand Carbohydrate needs
  - i. What makes up carbs and how they function in the body
- Understand Fats and their role in a horse's diet
- Understand minerals' role in diet
  - i. Know what minerals play the biggest role in keeping horses healthy
  - ii. Know causes and effects of both mineral deficiencies and excesses for each mineral
  - iii. Know how each of these minerals can be introduced into a horse's diet
  - iv. Know how each mineral functions in the body
- Understand Vitamin needs in a horse's diet
  - i. Know what vitamins are needed in a healthy diet
  - ii. Know what symptoms vitamin deficiencies cause
  - iii. Know characteristics and functions of vitamins
- Know the different classifications for feeds
- Know the major types of hay
- Know major types of cereal grains
- Know protein supplements that can be added to diets
- Know the different by-products feeds
- Understand pasture and grazing purposes and benefits
  - i. Understand a horse's grazing behavior
  - ii. Know harmful weeds that can grow in pastures
  - iii. Know preferred forage plants to grow in a pasture

- Understand how to effectively and safely change a horse's diet

## 2. Breeding and Genetics

- Know important and prominent breeding lines within the Morgan registry
  - i. Know the most well-known Justin Morgan sons
  - ii. Know the descendants of the most famous Justin Morgan lines
  - iii. Know the four main bloodlines
- Know history of Morgan breeding
  - i. When changes were made to keep Morgans alive
  - ii. What other breeds have been influenced by Morgans
- Understand basic genetics for breeding selection
  - i. Dominant vs. recessive genes
  - ii. What genes influence different traits

## 3. Physiology and Endocrinology

- Understand how each of the systems of the horse work and function together
  - i. Examples:
    1. How skeletal works with muscular
    2. How respiratory works with circulatory
    3. How integumentary works overall
- Know how the hoof can function based on how it's put together
- Know how the joints can function
- Know how the skin and hair functions as a boundary and temperature regulation
- Know common disorders for each body system of the horse
- Understand how the nervous system and the endocrine system differ
  - i. Nervous system = immediate response to environment
  - ii. Endocrine system= long range control over the body
- Understand how the endocrine system provides the hormones needed for a horse to function
  - i. Know major hormones that are produced
  - ii. Know how they function in the body and their role
  - iii. Know the areas these hormones influence

## 4. Anatomy and Conformation

- Know each of the systems that make up the horse's body and what is a part of each system
  - i. Skeletal
  - ii. Muscular
  - iii. Respiratory
  - iv. Circulatory
  - v. Digestive
  - vi. Nervous
  - vii. Endocrine

- viii. Reproductive
- ix. Integumentary

- Know the body parts of the horse and be able to locate them on a diagram
- Know how each part of the horse is put together.
- Know the ideal conformation for a Morgan horse
  - i. List out what are ideal traits
  - ii. List out what are defects that could detract from the ideal
  - iii. Know each of these for each area of the horse
    - 1. Feet/legs
    - 2. Back/barrel
    - 3. Withers/shoulders
    - 4. Hindquarters
    - 5. Head/neck
- Understand what makes certain traits desirable for conformation and others undesirable
- Understand how conformation can affect athletic ability

#### 5. History and Evolution

- Know the basic timeline of the horse throughout history
  - i. Major historical dates of advancements with horses
  - ii. Important names associated with equestrian history
- Know how horses and humanity developed with each other
- Know the basic evolutionary steps from the first recorded horse and how they became the modern horse
- Know basic information of how different breeds developed into their modern-day roles

#### 6. Showing and Show Practices

- Know each of the different disciplines of riding and showing
- Know basic attire rules for each discipline
  - i. What style of coats are worn at what times
  - ii. What types of headgear are permitted
  - iii. What articles of clothing are expected to be worn in certain classes
  - iv. What colors of pants are allowed
  - v. What shoes are allowed
- Know basic tack and equipment rules for each discipline
  - i. What bits/bridles are allowed in certain classes
  - ii. What classes have what types of saddles permitted in them
  - iii. What harnesses are used in driving
  - iv. What pieces of equipment are permitted and what are automatic disqualifications
- Know what gaits are expected in different classes
- Know shoeing requirements and toe lengths allowed for each class

- i. Know the rules for when shoes come off in a class
- Know which classes require a header/attendant
- Know how the judging of a class is split between conformation and performance
  - i. Which classes focus on performance more? Which on conformation? Equal? Which classes focus on the rider more than horse?
- Know which classes have age requirements and know what the requirements are
  - i. Classes that focus on young or green horses, how old can a horse be? Is there different tack they can use?
  - ii. Classes that focus on rider's age, how are they split?
- Know the differences between ladies, gentleman's, youth, amateur, open, and equitation classes
  - i. What are the judges looking for in a horse in the different divisions
  - ii. Are there certain horses not allowed in certain divisions
- Know timeout rules
- Know the different individuals who work at a show
  - i. Besides judges, who are they and what is their job?
  - ii. Know the different types and levels of judges
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## 7. Diseases and Unsoundness

- Know the disease process
  - i. How does one develop
  - ii. What are the stages
- Know the difference between chronic and acute diseases
- Know common diseases that can happen throughout a horse's body
  - i. Common hoof diseases
  - ii. Common skin diseases
  - iii. Common respiratory diseases
  - iv. Common disorders of blood, organs, nervous system, and reproductive system
  - v. Systemic disorders
- Know causes for these diseases and their symptoms
- Know the ways the diseases can be treated
- Know how to spot lameness in a horse
- Know what causes lameness in horses and how to treat it
  - i. Hoof vs joint vs muscle
- Know common lameness ailments

## 8. Tack and Equipment

- Know the different types of tack used for each discipline
  - i. Know the difference between English and western type saddles and bridles
  - ii. Know the purpose behind each type of saddle and bridle for its intended discipline

- iii. Know the names of each saddle and bridle type
- Be able to name the parts of each saddle and bridle
- Be familiar with different bit types
  - i. Know the names
  - ii. Know the uses and purposes
- Know the pieces of different driving harnesses and how they are put on
- Know common pieces of training equipment
  - i. Know their uses and why they are used for different stages of training
  - ii. Which disciplines favor certain types of training equipment
- Know common pieces of equipment used for support or protection
- Be familiar with farrier tools and shoes
  - i. Know the different types of shoes
  - ii. Know what shoes work better for each discipline
  - iii. Know what shoes are therapeutic
  - iv. Know the names and purposes for the farrier's tools

#### 9. Morgan History and The Morgan Breed

- Know the important dates and names throughout Morgan history
  - i. Know when the breed started and the horse who started it
  - ii. Know when the registry began
  - iii. Know the prominent people who have developed the breed since it started
  - iv. Know the descendants of Justin Morgan
    - 1. Know some of their major accomplishments
  - v. Know the milestones of the breed's growth
- Know how the Morgan has influenced American history as it developed
- Know how the Morgan influenced other American breeds as it developed
- Know how Morgans have evolved into the different disciplines
- Know what the ideal conformation and movement the Morgan is expected to have
- Understand the registry
  - i. Know the rules for registering
  - ii. Know the dates for registering
  - iii. Know how changes can be made

#### 10. Parasites

- Know the different parasites that can infect horses
  - i. Strongyles
  - ii. Bots
  - iii. Worms
    - 1. Pinworms
    - 2. Stomach worms
    - 3. Tapeworms
    - 4. Lungworms

## 5. Threadworms

- iv. Ticks
- v. Flies
- vi. Mites
- vii. Lice
- viii. Ascarids
- Know which parasites are external and which are internal and how they affect the horse
- Know how to control parasites
  - i. Dewormer schedule
  - ii. Environmental control
  - iii. External control
- Know how parasites can come about
- Know the symptoms parasites can cause

## 11. Horse Psychology

- Know what can influence behaviors in horses
  - i. Environment vs genetics
- How does training affect behavior and vice versa
- How does reinforcement affect training
- Know the categories of behavior
- Understand how a horse reasons with their world

## Resources:

- The Complete Morgan Horse by Jeanne Mellin
- The Horse by Evans, Borton, Hintz, and Van Vleck
- The Illustrated Veterinary Encyclopedia for Horsemen edited by Don M. Wagoner
- Practical Guide to Lameness in Horses by Ted S. Stashak
- Feeding and Care of the Horse 2<sup>nd</sup> Edition by Lon D. Lewis
- The Morgan Horse Judging Standards
- The AMHA Registration Rules
- AMHA Youth Merit Program
- USEF Rule Book
- The Morgan Horse Magazine
- AMHA Website