



# MY FAVORITE SPORT





# EQUESTRIAN SPORTS

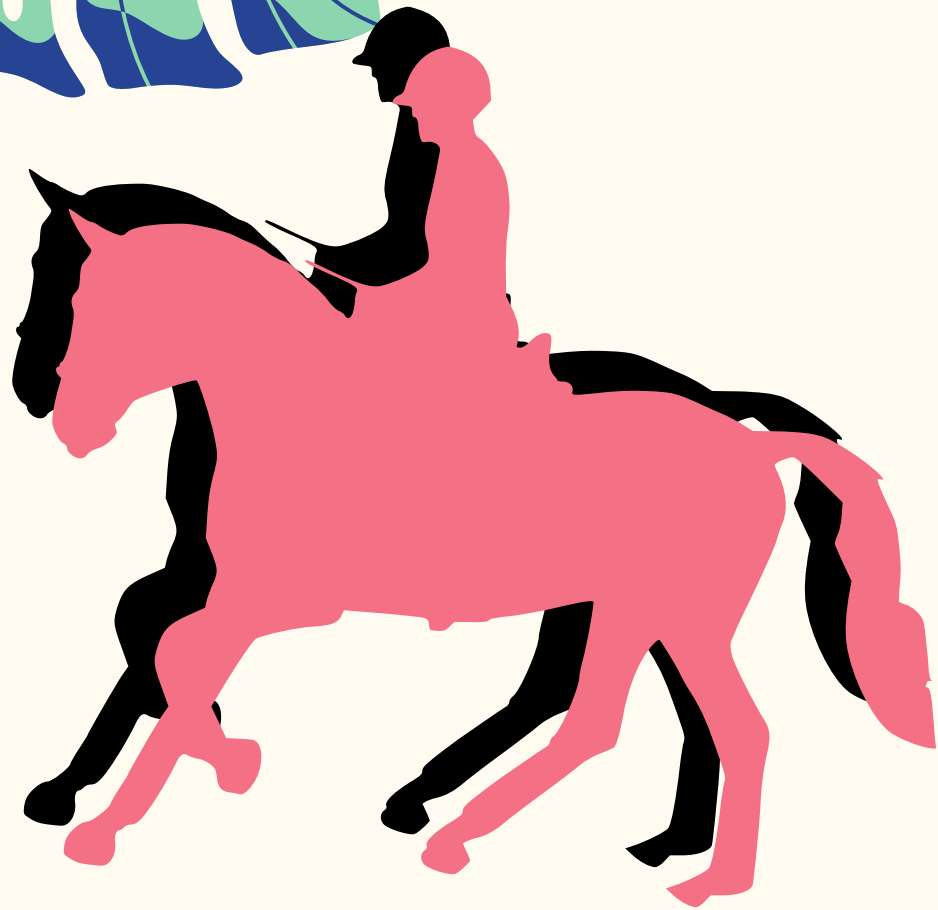


**Equestrian sports** - are sports that use horses as a main part of the sport. This usually takes the form of the rider being on the horse's back, or the horses pulling some sort of horse-drawn vehicle.





# Types



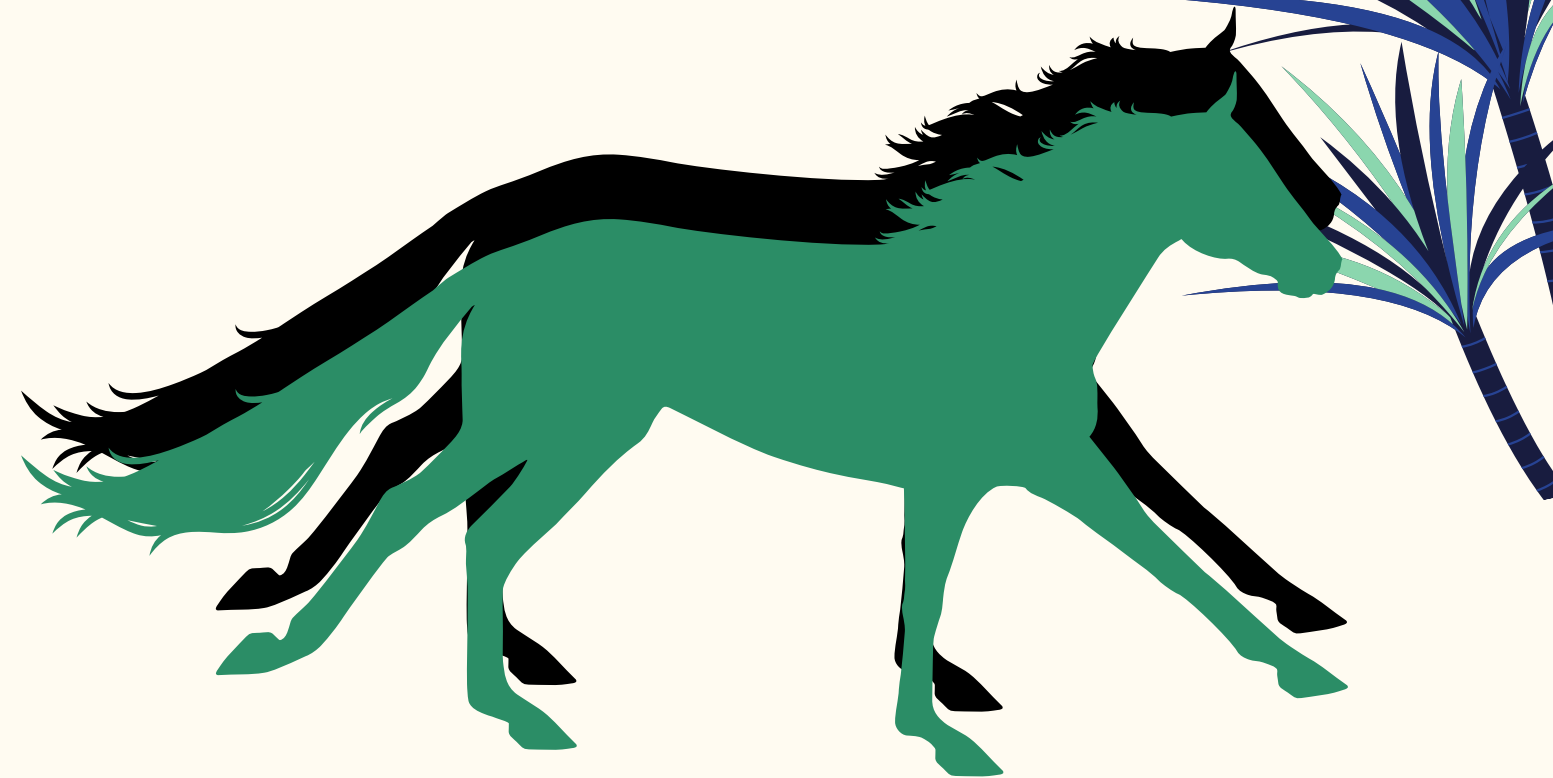
## dressage

demonstrates the harmonious interaction of horse and rider through the clarity of certain figures and exercises, the perfection of horse management.



## show jumping

includes jumping and overcoming obstacles in a certain order

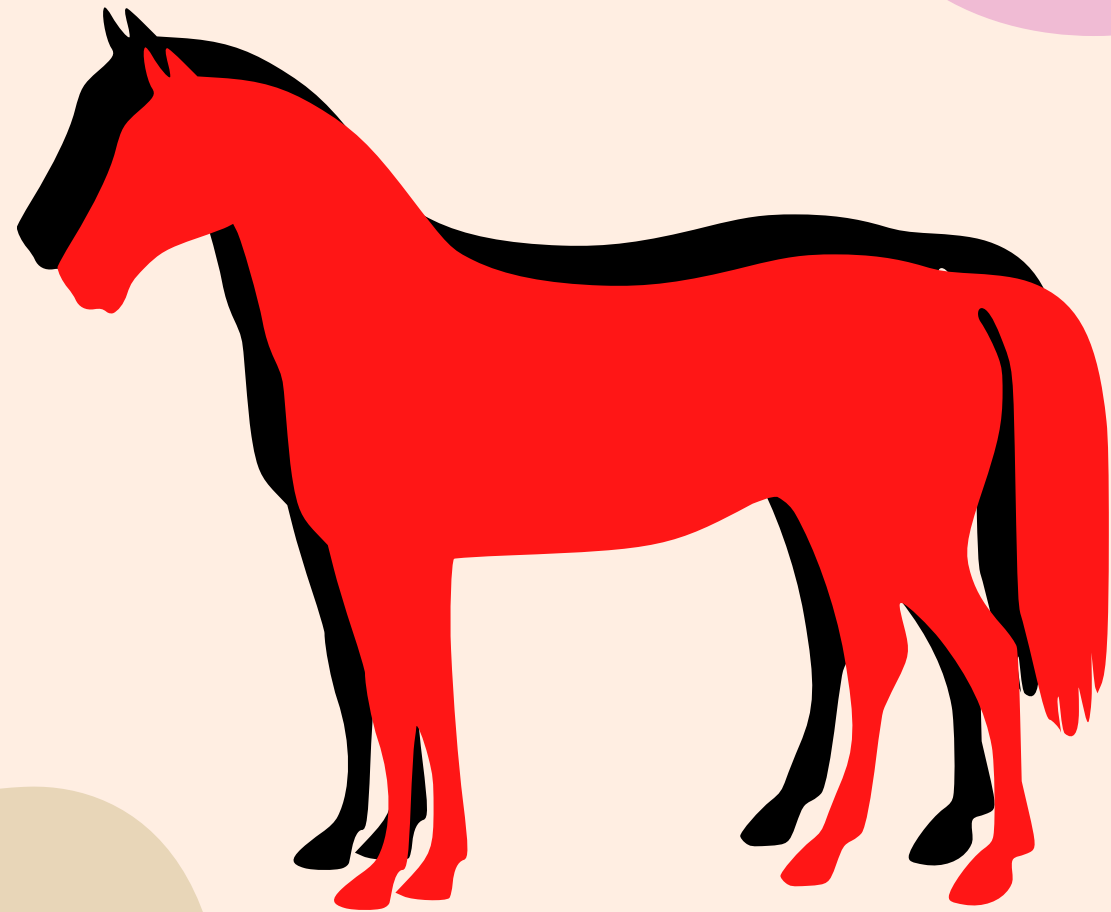


## remote horse races

the championship is determined by the best time of the distance by the athlete on horseback

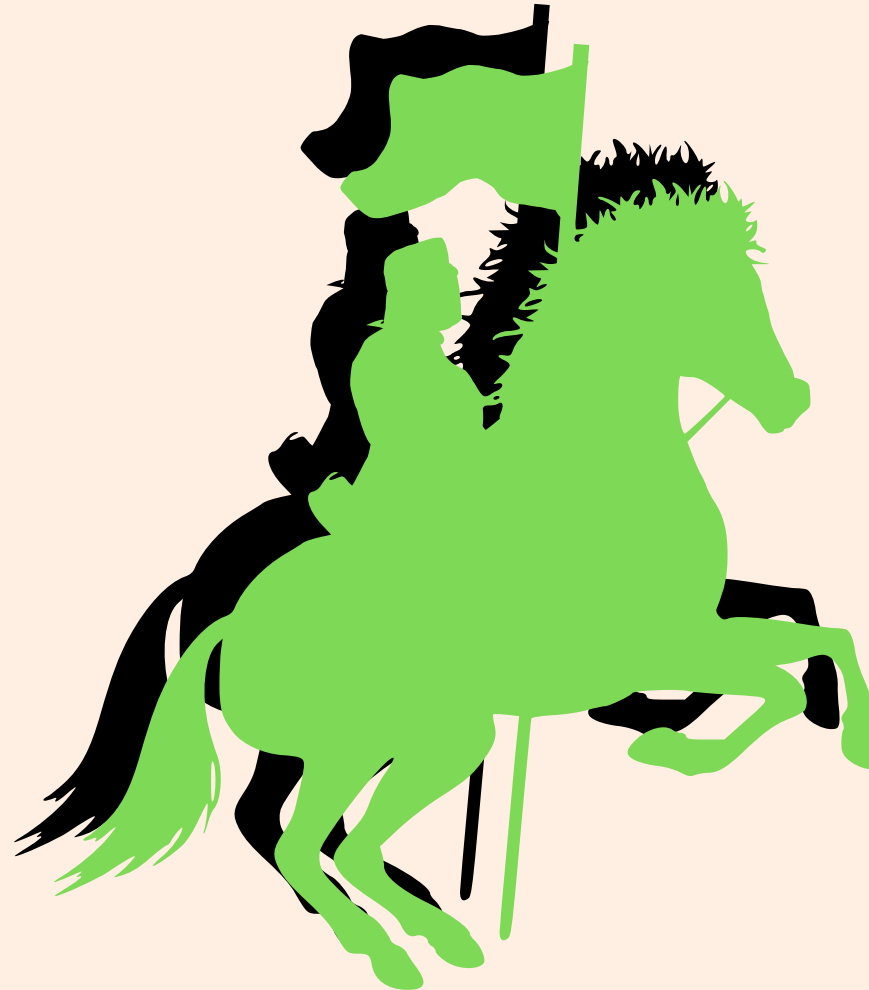


# Types



## driving

competition when a horse in a sled



## vaulting

performing gymnastic and acrobatic elements on horses riding in a circle



## horse racing

type of test of horses for speed



# HISTORY OF EQUESTRIAN SPORTS

In the program of the Olympic Games in 680 BC. Chariot races were included, and from 648 horse races were added. Then other types were gradually added: archery on horses, javelin throwing while sitting on a horse. After a long break, in 1912 equestrian sports were represented at the Olympics by dressage, obstacle course and triathlon.







## MARK JAMES TODD

Is a New Zealand horseman noted for his accomplishments in the discipline of eventing, voted Rider of the 20th century by the International Federation for Equestrian Sports.

Some of the horses he led also became very popular. The most notable of these was Charisma, a 157 cm tall thoroughbred rider, with whom Mark won the 1984 and 1988 Olympic Games twice in a row.



# Effects on human health

Horseback riding develops a good sense of balance, improves coordination. Riders do not suffer from pulmonary tuberculosis, because horseback riding promotes natural disinfection and ventilation of the lungs. Horseback riding helps to strengthen the mental state, reduce the risk of hypertension and myocardial infarction.







**THANK YOU  
FOR  
ATTENTION**