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### *My Horse's Ultimate Exercise: Dressage vs. Recovery Time*

The purpose of this project was to compare how long it takes my horse to cool down to his temperature and respiration rest rates after different amounts of ride times. I wanted to learn how my horse's body reacts to the amount of time he is conditioned for Dressage. I hypothesized that: if you increase the ride time, the amount of time it takes my horse to cool down to his temperature and respiration rest rates would increase. Rides started at fifteen minutes and went up by five minutes each ride to a forty-five minute ride. Rides would become harder as ride times increased. Materials needed: flatwork tack and a healthy horse. Respiration testing: tested for fifteen seconds and multiplied the amount breaths per minute by four, because sixty seconds (one minute) divided by fifteen is four. Temperature testing: took with a digital thermometer. The only rides that required two five-minute walking intervals were the thirty-five, forty, and forty-five minute rides. The temperatures were almost always within one degree Celsius to the mean temperature rest rate during temperature immediate rates (which meant my horse was cooled down temperature-wise). My hypothesis was proven correct. Temperatures remained closely to each other throughout immediate rates, while amount of time ridden and immediate respiration were directly related. As ride times increased, immediate respiration increased.