



KIN 57 - Archery

Catalog Description

Transfer Status: CSU/UC

Unit(s): 1.50

Activity: 51.00 Contact hours/25.50 Out of class hours/76.50 Total hours/1.50 Unit(s)

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Course Description: This course introduces the basic principles and skills of archery and develops the student's shooting form and marksmanship. Emphasis of instruction will be placed on the fundamentals of target shooting, care of equipment, safety rules, and individual practice.

Objectives

Upon successful completion of this course, the student should be able to:

1. define the rules, terminology, and etiquette of archery.
2. perform and identify the proper archery shooting techniques.
3. demonstrate improvement of the skills of archery and marksmanship.
4. recognize and follow range commands, safety, and usage of archery equipment.
5. accurately inspect equipment for proper care and maintenance.

Course Content

Topic Titles / Suggested Time Topic		
<u>Lecture/Activity</u>		
<u>Topics</u>	<u>Lec Hrs</u>	<u>Act Hrs</u>
Orientation		3.00
Archery Styles and History		5.00
Safety		5.50
Equipment Demonstration		3.50
Stance, Grip, and Alignments		3.75
Equipment Safety Check		4.00
Student Brace and Un-Brace Bows		3.25
Review Shooting Steps		3.00
Scoring		5.50
Differences in Aiming		6.00
20 yd Shoot		5.50
Shoot and Score Round		3.00
Total Hours:		0.00 51.00

Methods of Instruction

- A. Class Activities
- B. Demonstrations
- C. Discussion
- D. Homework: Students are required to complete one hour of outside-of-class homework for every two hours of activity
- E. Multimedia Presentations

Methods of Evaluation

- A. Demonstration
- B. Homework
- C. Class participation
- D. Written or Oral Examinations
- E. Practical Evaluations
- F. Essays and research papers

Examples of Assignments

Reading Assignments

1. Please read all instructional handouts (Safety Guidelines, Archery Techniques, Equipment, etc.). Note key points and terms in preparation for class discussions.
2. Read and be prepared to discuss articles from the National Field Archery Association website.

Writing Assignments

1. Perform a short write on the history of archery. The paper should be typed and be approximately one page in length.
2. List and briefly explain the safety rules of archery.

Out-of-Class Assignments

1. Research differences between the two major archery organizations, NFAA and USA Archery. List all differences on paper in a bulleted format.
2. Please view and report on an archery program which can include competitions, hunting and documentaries. Note the date and location of program viewed.

Recommended Materials of Instruction

Other Learning Materials

The student will be required to provide:

- a. Athletic apparel
- b. Closed-toe Shoes

Other materials and/or equipment will be provided by the department.

Minimum Qualifications

Coaching

Physical Education (Masters Required)

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