

George Mason University College of Education and Human Development
School of Recreation, Health, and Tourism
RECR 136-005 Pistol Marksmanship (1)
Fall 2016 M 9:30-12:00 8/29-11/21
Location: IWLA Field House and Range

Faculty

Name: Benn Crandall, BIS

Office Hours: By Appointment

Office Location: IWLA Field House and Range

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Prerequisites None

Participants must be 18 years of age before the class begins.

Fees

This course requires a (lab/course) fee of (\$180.00).

Course Description

Introduces students to marksmanship skills in target shooting. Increases students' knowledge of firearm safety, international target shooting, equipment care and maintenance, and shooting sports competition methods and techniques.

Course Overview

Students will be exposed to all aspects of precision Handgun shooting. Each course participant will, upon successful completion of the course, demonstrate knowledge and marksmanship competencies in:

1. Pistol identification, firearm safety, fundamental care of a handgun;
2. Precision handgun shooting fundamental techniques and competitive techniques;
3. Physical, mental and environmental factors in the competitive pistol shooting sports.
4. ALL STUDENTS MUST ATTEND THE FIRST TWO CLASSES. THIS IS A REQUIREMENT. IF YOU DO NOT ATTEND THESE CLASSES. YOU CANNOT CONTINUE IN THE COURSE. THESE ARE THE SAFETY CLASSES MANDATED BY OUR HOST, IWLA. THERE ARE NO EXCEPTIONS.

During the first 2 weeks of instruction, the instructor will conduct an individualized diagnostic session for each student to determine their level of comfort, knowledge and ability with a pistol.

Utilizing the written material and instructor demonstrations as a base of knowledge, the student will learn the discipline required to experience true competitive target pistol shooting. The instructor will coach the student through presentations, demonstrations and "live" fire exercises (on an approved pistol range) that will teach the student the appropriate techniques involved in competitive Bullseye shooting. Each student will have the opportunity to participate in live practice sessions and eventually participate in an end of semester "match" in the Bullseye discipline of competitive pistol shooting.

Course Deliver Methods Lecture/Lab

Learner Objectives

At the conclusion of the course each student should be able to demonstrate:

1. common sense firearms safety
2. the ability to handle any handgun safely in various environments
3. appropriate techniques for range safety
4. the ability to identify and describe handgun parts and mechanical functions.
5. fundamentals of target shooting:
 - a. mental attitude
 - b. proper stance
 - c. sight alignment
 - d. trigger control
6. fundamentals of Bullseye (Bulls-eye) handgun marksmanship the fundamentals in all 3 disciplines (Slow, Timed & Rapid Fire)
7. the ability to self-diagnose and correct problems/barriers to becoming a proficient basic pistol shooter.

Required Text and Supplies

U.S. Army Marksmanship Unit Pistol Marksmanship Training Guide
(Free as a PDF Download on the internet)

Target Pistol Practice Log – (provided - included in lab fee)

Evaluation

1. Attendance/ Participation	60% = 60 Points
2. Demonstrated knowledge of safety techniques and range rules	20% = 20 Points
3. Demonstrated knowledge of International competitions	5% = 5 Points
4. Demonstrated knowledge of Bullseye competitions	5% = 5 Points
5. Final Exam	<u>10% = 10 Points</u>
	TTL = 100 Points

Attendance/Participation: 60 points possible depending on the calendar. 5 points will be given each day with a deduction of 1 point for each five minutes that a student is late. Students must attend the entire class period and participate in the daily activities to receive full credit for the class. If you attend each class session, are on time and participate as scheduled, you'll receive the full 5 points for that day. Unexcused absences, late arrivals, and lackadaisical performance could significantly affect the grade.

GRADING SCALE

A = 94 – 100	B+ = 88 – 89	C+ = 78 – 79	D = 60 – 69
A- = 90 – 93	B = 84 – 87	C = 74 – 77	F = 0 – 59
	B- = 80 – 83	C- = 70 – 73	

LAB REQUIREMENTS:

Overall skill competencies will be evaluated during each lab session. **ALL students will be required to:**

- Participate in presentations, demonstrations and live fire exercises.
- Provide their own transportation to off campus sites (lists for ride share will be available)
- Wear appropriate clothing, (does not limit motions yet comfortable)
- Wear appropriate footwear (No open toed shoes of any kind)
- Wear the appropriate safety gear as defined by the instructor at all times

Professional Dispositions Students are expected to exhibit professional behaviors and dispositions at all times.

Core Values Commitment

The College of Education and Human Development is committed to collaboration, ethical leadership, innovation, research-based practice, and social justice. Students are expected to adhere to these principles: <http://cehd.gmu.edu/values/>.

GMU Policies and Resources for Students

Policies

- Students must adhere to the guidelines of the University Honor Code (see <http://oai.gmu.edu/the-mason-honor-code/>).
- Students must follow the university policy for Responsible Use of Computing (see <http://universitypolicy.gmu.edu/policies/responsible-use-of-computing/>).
- Students are responsible for the content of university communications sent to their Mason email account and are required to activate their account and check it regularly. All communication from the university, college, school, and program will be sent to students **solely** through their Mason email account.
- Students with disabilities who seek accommodations in a course must be registered with George Mason University Disability Services. Approved accommodations will begin at the time the written letter from Disability Services is received by the instructor (see <http://ods.gmu.edu/>).
- Students must follow the university policy stating that all sound emitting devices shall be silenced during class unless otherwise authorized by the instructor. *Campus Resources*
- Support for submission of assignments to Tk20 should be directed to tk20help@gmu.edu or <https://cehd.gmu.edu/api/tk20>. Questions or concerns regarding use of Blackboard should be directed to <http://coursesupport.gmu.edu/>.

- The George Mason University Writing Center staff provides a variety of resources and services (e.g., tutoring, workshops, writing guides, handbooks) intended to support students as they work to construct and share knowledge through writing (see <http://writingcenter.gmu.edu/>).
- The George Mason University Counseling and Psychological Services (CAPS) staff consists of professional counseling and clinical psychologists, social workers, and counselors who offer a wide range of services (e.g., individual and group counseling, workshops and outreach programs) to enhance students' personal experience and academic performance (see <http://caps.gmu.edu/>). Template Revision Date: August 2016 3
- The George Mason University Office of Student Support staff helps students negotiate life situations by connecting them with appropriate campus and off-campus resources. Students in need of these services may contact the office by phone (703-993-5376). Concerned students, faculty and staff may also make a referral to express concern for the safety or well-being of a Mason student or the community by going to <http://studentsupport.gmu.edu/>, and the OSS staff will follow up with the student.

For additional information on the College of Education and Human Development, please visit our website <https://cehd.gmu.edu/>.

Tentative Course Schedule

WEEK	TOPIC	READINGS AND ASSIGNMENTS/ EXPECTED PROFICIENCY
<i>Week 1</i> <i>August 29th</i> <i>Meet at</i> <i>Main</i> <i>House of</i> <i>IWLA</i>	Review Q&A/ DEADLINES/ REQUIREMENTS Basic handgun knowledge quiz to determine the comfort level and confidence the student has in handling and identifying the different types of pistols. Review pistol nomenclature & basic types of pistols Review VA Firearms laws, including purchase, transfer and possession of a pistol. http://www.vsp.state.va.us/Firearms Demonstrate components and identification of the different types of pistols Introduction to firearm safety, range rules and common sense with a firearm. <u>NO CLASS ON MONDAY SETEMBER 5TH</u>	NO reading assignments for 1st class. Determine the level of comfort each student has handling a firearm and/or handgun. Familiarize the student with the appropriate VA laws Identify the major components of all 3 types of pistols. Review Laws & FAQ Identify the 3 MAJOR rules for safety of ANY firearm in ANY situation.
<i>Week #3</i> <i>Sept. 12</i> <i>Meet at</i> <i>Main</i> <i>House</i>	Review the IWLA Policies and Procedures Review firearm safety and common sense rules Review Range Commands Introduction of the Competitive Shooters Checklist (personalize the steps to no more than 10 steps) Review checklist and review assignment for next class.	Assignment – review Competitive Pistol Checklist and consolidate into 8 steps written in the front of your Practice Log

WEEK	TOPIC	READINGS AND ASSIGNMENTS/ EXPECTED PROFICIENCY
20 rounds Benchrest	Divide Class into TWO groups of 7 (<i>Alpha/Beta</i>) Distribute and Discuss Practice Logs Introduction of SLOW fire stage of Bullseye shooting . IF TIME PERMITS FIRE FIRST SHOTS AND 1 slow fire targets (10 rds. 1 reverse target)	Read Chapters 1, 2 &3 of the PMTG for WK#4
Week 4 Sept 19 30 rounds	<i>ALPHA reports at 9:30am BETA reports at 10:45am</i> Review Practice Logs Review firearm safety and common sense rules Review Range Commands (introduce the Timed Fire recordings) (REVERSE Large targets) LIVE FIRE 3 slow fire targets (30 rds. 1 target)	Divided Class Review consolidated checklist into the students Log Book Read chaps. 4 & 5 from USA PMTG for WK #5
Week 5 Sept. 26 30 rounds	<i>BETA reports at 9:30am ALPHA reports at 10:45am</i> Review Practice Logs Review firearm safety and common sense rules Review Range Commands (introduce the Timed Fire recordings) (Small REVERSE 1st target) LIVE FIRE 3 slow fire targets (30 rds. 1 target)	Divided Class Review Practice Logs/ suggest changes to improve performance. Read Chaps. 6 & 7 for week #6
Week 6 October 3 40 rounds	<i>ALPHA reports at 9:30am BETA reports at 10:45am</i> Discussion of Timed Fire Techniques LIVE FIRE 4 TIMED FIRE targets (20 rds 1 rev. target ... 20 rds std target)	Divided Class IWLA Range Policies and Procedures USA PMTG NRA Basic Pistol handbook Review Practice Logs/ suggest changes to improve performance
Week 7 TUESDAY October 11 40 rounds	<i>BETA reports at 9:30am/ ALPHA reports at 10:45am</i> Discussion of Rapid Fire Techniques LIVE FIRE 4 RAPID FIRE targets (20 rds 1 rev. target ... 20 rds std target)	Divided Class Review Practice Logs/ suggest changes to improve performance
	<i>ALPHA reports at 9:30am BETA reports at 10:45am</i>	

WEEK	TOPIC	READINGS AND ASSIGNMENTS/ EXPECTED PROFICIENCY
<i>Week 8</i> <i>October 17</i> <i>40 rounds</i>	LIVE FIRE 2 TIMED FIRE targets (20 rds std target) LIVE FIRE 2 RAPID FIRE targets (20 rds std target)	Divided Class Review Practice Logs/ suggest changes to improve performance REVIEW USA PMTG Chapters 7 -10 for Wk #9
<i>Week 9</i> <i>October 24</i> <i>30 rounds</i>	<i>BETA reports at 9:30am/ ALPHA reports at 10:45am</i> Introduction of the 300 Point MATCH 1 slow fire target (1 target) 1 timed fire target (1 target) 1 rapid fire target (1 target) <i>ALPHA reports at 9:30am/ BETA reports at 10:45am</i> <u>600 Pt. Match 60 Rounds</u>	Divided Class
 <i>Week 10</i> <i>October 31</i> <i>60 rounds</i>	 LIVE FIRE 2 slow fire targets (2 targets) LIVE FIRE 2 TIMED fire targets (2 targets) LIVE FIRE 2 Rapid fire targets (2 targets)	Divided Class
 <i>Week 11</i> <i>Nov. 7</i> <i>60 rounds</i>	 <i>BETA reports at 9:30am/ ALPHA reports at 10:45am</i> <u>600 Pt. Match 60 Rounds</u> LIVE FIRE 2 slow fire targets (1 target) LIVE FIRE 2 TIMED fire targets (1 target) LIVE FIRE 2 Rapid fire targets (1 target)	Divided Class
 <i>Week 12</i> <i>Nov.14</i> <i>60 rounds</i>	 <u>ALL report at 9:30am</u> CLEANING DEMONSTRATION <u>FINAL MATCH 60 rounds</u> LIVE FIRE 2 slow fire targets (2 targets) LIVE FIRE 2 TIMED fire targets (1 target) LIVE FIRE 2 Rapid fire targets (1 target)	<u>ALL report at 9:30am</u>

WEEK	TOPIC	READINGS AND ASSIGNMENTS/ EXPECTED PROFICIENCY
Week 13 Nov. 21	<u>ALL report at 9:30am</u> Top Gun/ Most improved Evaluations/ Input Final Exam Voluntary Range Exercises	• <u>ALL report at 9:30am</u>

Note: Faculty reserves the right to alter the schedule as necessary, with notification to students.

DIRECTIONS TO ISAAC WALTON CLUB

1. Directions to the Club: from the Fairfax Campus
2. Take Braddock Road (620) west approximately 8 miles
3. Cross Intersection of Rt 28 (intersection with Movie theatre)
4. Make 1st left onto Centewood Drive (which quickly becomes Old Centreville Rd).
5. Travel ½ mile, make first right onto Old Mill Road
6. Take 1st left onto Mt. Olive
7. Travel ½ mile, make 1st right after yellow painted line ends, into club.
8. Club has a gated entrance. Entrance will be open for you to enter. IF NOT call 703-606-4979
9. **Drive slowly down the entrance road.** (Limit is 10mph) you will encounter the field house as the first parking lot on your left.

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