

George Mason University College of Education and Human Development
School of Recreation, Health, and Tourism
RECR 136-001 Pistol Marksmanship
1 Credit Spring 2017
W 3- 5:00 PM Location: NRA Shooting Range (NRA HQ)

Faculty

Name: Matthew Sharpe

-NRA Instructor # 15184715

-DCJS ID # 99-427481

Office Hours: By Appointment

Office Location: NRA Range, Fairfax, VA

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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.

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> |

Final exam will consist of range/gun safety, hand gun parts, and mechanical functions.

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.

Tentative Course Schedule

WEEK	TOPIC	READINGS AND ASSIGNMENTS/ EXPECTED PROFICIENCY
<p><i>Week 1</i> <i>Jan 25</i></p> <p><i>Meet at</i> <i>Main NRA</i> <i>HQ</i> <i>Shooting</i> <i>Range</i></p>	<p>Review Q&A/ DEADLINES/ REQUIREMENTS</p> <p>Take NRA Range Safety Test and fill out waivers</p> <p>Review pistol nomenclature & basic types of pistols</p> <p>Demonstrate components and identification of the different types of pistols</p> <p>Introduction to firearm safety, range rules and common sense with a firearm.</p>	<p>Determine the level of comfort each student has handling a firearm and/or handgun.</p> <p>Identify the major components of all 3 types of pistols.</p> <p>Identify the 3 NRA rules for safety of ANY firearm in ANY situation.</p>

WEEK	TOPIC	READINGS AND ASSIGNMENTS/ EXPECTED PROFICIENCY
<p><i>Week #2 Feb 1</i></p> <p><i>Meet at NRA</i></p>	<p>Review the NRA Range Policies and Procedures Review firearm safety and common sense rules Review Range Commands</p> <p>FIREARMS HANDLING PRACTICAL</p> <p>Continue Handguns 101 classroom lecture Target scoring exercise</p>	<p>Assignment – Review NRA Range rules</p> <p>Safety quiz</p>
<p><i>Week 3 Feb 8th</i></p>	<p>Continue Handguns 101 classroom Lecture FIREARMS HANDLING PRACTICAL</p> <p>LIVE FIRE Benchrest – 10 rounds Standing – 10 rounds Freestyle shooting – best 3 targets</p>	<p>Review textbooks.</p> <p>Score targets</p>
<p><i>Week 4 Feb 15</i></p>	<p><i>Classroom Briefing / Course of Fire</i></p> <p>“Dot” Drill live fire</p>	<p>Score “Dot” targets</p>
<p><i>Week 5 Feb 22</i></p>	<p>Classroom briefing / course of fire: SLOW FIRE</p> <p>Slow fire mock tournament Best 3 targets – string of 10 shots 15 feet</p>	<p>Score smallbore bullseye targets</p>
<p><i>Week 6 Mar 1</i></p>	<p>Classroom Briefing / Course of Fire : TIMED FIRE Timed Fire Mock Tournament CoF: Best 3 targets – string of 10 shots</p>	<p>Review Practice Logs/ suggest changes to improve performance</p>
<p><i>Week 7 Mar 8</i></p> <p><i>40 rounds</i></p>	<p>LIVE FIRE 2 TIMED FIRE targets (20 rds std target) LIVE FIRE 2 RAPID FIRE targets (20 rds std target)</p>	<p>Review Practice Logs/ suggest changes to improve performance</p> <p>REVIEW USA PMTG Chapters 7 -10 for Wk #9</p>

WEEK	TOPIC	READINGS AND ASSIGNMENTS/ EXPECTED PROFICIENCY
NO CLASS MARCH 15 !!!! SPRING BREAK		
<p><i>Week 9</i> <i>Mar 22</i></p> <p><i>30 rounds</i></p>	<p><i>National Match Course</i></p> <p>Time per 10 Range Type Fire Shot String Strings Target 50 yds Slow 10 minutes 1 B-6 Time per 5 Range Type Fire Shot String Strings Target 25 yds Timed 20 seconds 2 B-8 25 yds Rapid 10 seconds 2 B-8</p>	<ul style="list-style-type: none"> • Scored targets
<p><i>Week 10</i> <i>Mar 29</i></p> <p><i>60 rounds</i></p>	<p><u>Camp Perry Course</u></p> <p>Time per 10 Range Type Fire Shot String Strings Target 25 yds Slow 5 minutes 1 B-8 Time per 5 Range Type Fire Shot String Strings Target 25 yds Timed 20 seconds 2 B-8 25 yds Rapid 10 seconds 2 B-8</p>	
<p><i>Week 11</i> <i>Apr 5</i></p> <p><i>60 rounds</i></p>	<p><u>Exam/Cleaning Demo</u></p>	
		<ul style="list-style-type: none"> •

WEEK	TOPIC	READINGS AND ASSIGNMENTS/ EXPECTED PROFICIENCY
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Note: Faculty reserves the right to alter the schedule as necessary, with notification to students.

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/>.

DIRECTIONS TO THE NRA RANGE FROM George Mason University

- From 4400 University Dr., head west on University Dr toward Occoquan River Ln
- Take the 1st right onto VA-123 N/Ox Rd
- After 0.6 miles, turn Left onto Judicial Dr.
- After 0.4 miles, turn right to stay on Judicial Dr.
- After 0.3 miles, turn left onto Main Street.
- After 1.2 miles, continue onto US-50/Lee Jackson Memorial Hwy
- After 0.1 miles, turn right onto VA-665/Waples Mill Rd.
- After 0.4 miles, the NRA Headquarters will be on the right.
- Stay left of the left NRA Headquarters tower and proceed down the hill to the lower parking area.
- Your destination will be in the lower parking garage area.



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