

**George Mason University**  
**College of Education and Human Development**  
Physical Activity for Lifetime Wellness

RECR 137 (001) - Trap and Skeet Shooting: Introduction (2)  
1 Credit, Spring 2017  
T 9:30-12:15pm / Isaac Walton Shooting Range-Centreville, VA

**Faculty**

Name: Benn Crandall  
Office hours: As needed  
Office location: Isaac Walton Shooting  
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**Prerequisites/Corequisites**

None

**University Catalog Course Description**

Designed to educate the student on gun and range safety. Includes hands-on learning of the games trap and skeet, where competitors fire at clay targets (approximately 4 ¼ inches in diameter and 1 ½ inches in height) launched from a trap at varying angles.

**Course Overview**

- 1. Course fee include ammunition, targets, ear protection and gun rental**
2. Eye protection is required to participate. Students can wear sunglasses or there are few glasses that can be borrowed from the club for free.
3. Forms – each student will be required to sign a liability release for both the club and the instructor. Failure to sign a form will result in the student not being able to participate.
4. Wear clothing that will not interfere with the shotgun.
5. Only closed toed shoes may be worn on the range. No sandals.
6. Make sure your hair is pulled back and not in your face so as not to interfere with your vision.

The course fee breakdown is as follows:

a.	Ammunition	\$193.00
b.	Targets	\$80.00
c.	Ear Protection	FREE
d.	Gun Rental	<u>\$87.00</u>
	Total	<b>\$360.0</b>

## Course Delivery Method

This course will be delivered using a face-to-face format.

## Learner Outcomes or Objectives

This course is designed to enable students to do the following:

1. Explain and demonstrate the stages of loading a shotgun from unloaded to load prior to discharging it at a target
2. State the basic rules of general range safety as it relates to trap and skeet ranges
3. Develop skills to be able to hit at least 70% of the targets upon command when launched from varying angels

## Professional Standards N/A

Upon completion of this course, students will have met the following professional standards:

N/A

## Required Texts

Suggested: Sapp, R. (2009). The gun digest book of Trap & Skeet shooting (5<sup>th</sup> ed.). Iola, WI: Gun Digest Books.

## Course Performance Evaluation

Students are expected to submit all assignments on time in the manner outlined by the instructor (e.g., Blackboard, Tk20, hard copy).

### • Assignments and Examinations

Final exam will cover gun safety, club rules and general questions and will be multiple choice.

### • Other Requirements

- 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. The first two class session are mandatory. Students must attend these classes to continue with the course.

### • Course Performance Evaluation Weighting

- Attendance/ Participation 60% = 60 Points
  - Demonstrated knowledge of safety techniques and range rules 20% = 20 Points
  - Demonstrated knowledge of performance techniques 5% = 5 Points
  - Demonstrated knowledge of competition rules 5% = 5 Points
  - Final Exam 10% = 10 Points
- TTL = 100 Points

- **Grading Policies**

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	

**Professional Dispositions**

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

**Course Schedule**

DATE			TOPIC	Exercise
T	<b>February</b>	<b>21</b>	Introduction and firearm safety	<a href="#">Basic Firearm instruction/ Safety lecture/ Facility Orientation/ Patterning a Shotgun /</a>
T	<b>February</b>	<b>28</b>	Safety review/ Trap Exercises	25 Targets
T	<b>March</b>	<b>7</b>	Trap Practice	50 Targets
T	<b>March</b>	<b>14</b>	<b>Spring Break</b>	<b>No Class</b>
T	<b>March</b>	<b>21</b>	Trap Practice	50 Targets
T	<b>March</b>	<b>28</b>	Trap Final	50 Targets
T	<b>April</b>	<b>4</b>	Skeet Intro	Introduction of Skeet rules and techniques 25 targets
T	<b>April</b>	<b>11</b>	Skeet Practice	50 targets
T	<b>April</b>	<b>18</b>	Skeet Practice	50 targets
T	<b>April</b>	<b>25</b>	Skeet Practice	50 targets
T	<b>May</b>	<b>2</b>	Skeet Final	50 targets
T	<b>May</b>	<b>9</b>	Final/ Target Makeup (50max)	

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 Mason 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](mailto:tk20help@gmu.edu) or <https://cehd.gmu.edu/aero/tk20>. Questions or concerns regarding use of Blackboard should be directed to <http://coursessupport.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/>).
- 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/>.**

## **Class Schedule**

**DIRECTIONS TO ISAAC WALTON FACILITY** Directions to the Club: from the Fairfax Campus.

1. Take Braddock Road (620) west approximately 8 miles
2. Cross Intersection of Rt 28 (intersection with Movie theatre)
3. Make 1<sup>st</sup> left onto Centrowood Drive (which quickly becomes Old Centreville Rd).
4. Travel ½ mile to first stop sign.
5. Turn right onto Old Mill Road
6. Take 1<sup>st</sup> left onto Mt. Olive Drive
7. Travel ½ mile, make 1<sup>st</sup> right after yellow painted lines ends, into the gated facility.
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 Shotgun Range as the first parking lot on your right.

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**Assessment Rubric(s)**

N/A