

**George Mason University College of Education and Human Development  
School of Recreation, Health, and Tourism  
Physical Activity for Lifetime Wellness**

**RECR 136-005 Pistol Marksmanship (1)**

**1 Credit, Fall 2017**

**Wednesdays 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

Email: [msharpe3@gmu.edu](mailto:msharpe3@gmu.edu)

Phone: 703-907-9852

**Prerequisites** None

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

**Fees**

*This course requires a (lab/course) fee of (\$190.00).*

Lab Fee expenses cover the cost of; Books, Ammunition, Range Fees, Pistol rental, Safety Equipment rental, targets and performance improvement logs.

**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.

### **Professional Standards** N/A

### **Required Text and Supplies**

NRA Basic Pistol Students Packet ( included in lab fees)

### **Course Performance 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. Absences are excused only with a doctor's note presented immediately upon returning to class.

**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

**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	

**Professional Dispositions Professional Dispositions**

**Tentative Course Schedule**

<b>WEEK</b>	<b>TOPIC</b>	<b>READINGS AND ASSIGNMENTS/ EXPECTED PROFICIENCY</b>
<p><i>Week 1</i> <i>August 30</i></p> <p><i>Meet at</i> <i>Main NRA</i> <i>HQ</i> <i>Shooting</i> <i>Range</i></p>	<p>Take NRA Range Safety Test and fill out waivers</p> <p>Review pistol nomenclature &amp; 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</i> <i>Sep 6</i></p> <p><i>Meet at</i> <i>NRA</i></p>	<p>Review the NRA Range Policies and Procedures Review firearm safety and common sense rules Review Range Commands</p> <p><b>Continue RECR 136 classroom lecture</b></p>	<p><b>Assignment – Review NRA Range rules</b></p>
<p><i>Week 3</i> <i>Sep 13</i></p>	<p>Continue classroom Lecture FIREARMS HANDLING PRACTICAL</p> <p><b>LIVE FIRE Benchrest – 10 rounds</b> <b>Standing – 10 rounds</b> <b>Freestyle shooting – best 3 targets</b></p>	<p><b>Review textbooks.</b></p> <p><b>Scoring targets</b></p>
<p><i>Week 4</i> <i>Sep 20</i></p>	<p><i>Classroom Briefing / Course of Fire</i></p> <p><b>“Dot” Drill live fire</b></p>	<p><b>Score “Dot” targets</b></p>
<p><i>Week 5</i> <i>Sep 27</i></p>	<p><b>Classroom briefing / course of fire: SLOW FIRE</b></p> <p><b>Slow fire mock tournament</b> <b>Best 3 targets – string of 10 shots</b> <b>15 feet</b></p>	<p>Score smallbore bullseye targets</p>
<p><i>Week 6</i> <i>Oct 4</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><b>LIVE FIRE 2 TIMED FIRE targets</b></p>	<p>Review Practice Logs/ suggest</p>



WEEK	TOPIC	READINGS AND ASSIGNMENTS/ EXPECTED PROFICIENCY
<p><i>Week 13</i> <i>Nov 8</i> <i>60 rounds</i></p>	<p>CLEANING DEMONSTRATION</p> <p><b><u>FINAL MATCH TEAM TOURNAMENT</u></b>  <b>LIVE FIRE 2 slow fire targets (2 targets)</b>  <b>LIVE FIRE 2 TIMED fire targets (1 target)</b>  <b>LIVE FIRE 2 Rapid fire targets (1 target)</b></p>	<ul style="list-style-type: none"> <li>• Scored Targets</li> </ul>
<p><i>Week 14</i> <i>Nov 15</i></p>	<p><b><u>FINAL MATCH : INDIVIDUAL TOURNAMENT</u></b>  Slow Fire  Timed Fire  Rapid Fire  Dot Drill  Centerfire Multiplier</p>	<ul style="list-style-type: none"> <li>• Scored Targets</li> </ul>
<p><i>Week 15</i> <i>Nov 29</i></p>	<p><b><u>FINAL MATCH : TEAM TOURNAMENT</u></b>  <u>Slow Fire</u>  <u>Timed Fire</u>  <u>Rapid Fire</u>  <u>Dot Drill</u>  <u>Centerfire Multiplier</u></p>	
<p><i>Week 16</i> <i>Dec 6</i></p>	<p><b><u>Freestyle Shooting / Rifle</u></b>  <b><u>Marksmanship / Centerfire Pistol</u></b></p>	

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](mailto:tk20help@gmu.edu) or <https://cehd.gmu.edu/api/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/>). 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 1<sup>st</sup> 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.



RECR 136: Pistol Marksmanship Field Courses

The following agreement is designed to familiarize and inform participants in the course of the possible hazards and risks involved and in exchange for valuable consideration, obtain an informed release from each participant.

Assumption of risk and general release:

I, \_\_\_\_\_ understand that my participation in this course is entirely voluntary and that it, like any non-traditional classroom coursework, involves some element of risk. Taking a course involving firearm safety training and firearm training is not inherently dangerous, however, there are some dangers that I may encounter which include, but are not limited to, murder, death, serious bodily injury, blinding, disfigurement, loss of limb or appendage, maiming, permanent or temporary loss of motor, cognitive skills and/or normal bodily functions, assault, and/or battery. In partial conveyance of, and as partial payment for the right to participate in this course, I HEREBY ASSUME ALL RISKS SET FORTH ABOVE. In addition, I forever release, waive all claims against, indemnify and hold harmless the Commonwealth of Virginia, The Rector and Visitors of George Mason University, its officers, board members, employees, and agents, in both their individual and official capacities, from liability of any damages for any injury, death, or loss to person or property sustained by me while participating in or arising out of my participation in this course.

I HAVE READ AND UNDERSTAND THE ABOVE PROVISIONS AND AGREE TO BE BOUND BY THEM AS INDICATED BY MY SIGNATURE BELOW.

Name (printed): \_\_\_\_\_ G number: \_\_\_\_\_

Signature: \_\_\_\_\_ Date: \_\_\_\_\_