

**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 Spring 2018**

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

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 (\$180.00 payable at registration and \$10 for range fees payable to the NRA range).

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

NRA Basic Pistol Students Packet (included in lab fees)

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 only excused with a doctor's note or preapproved by the instructor. Doctor's notes must be 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

<https://cehd.gmu.edu/students/polices-procedures/>

Tentative Course Schedule

| WEEK | TOPIC | READINGS AND ASSIGNMENTS/ EXPECTED PROFICIENCY |
|---|--|---|
| <p><i>Week 1</i> <i>Jan 24</i></p> <p><i>Meet at Main NRA HQ Shooting Range</i></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</i> <i>31 Jan</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>Continue RECR 136 classroom lecture</p> | <p>Assignment – Review NRA Range rules</p> |
| <p><i>Week 3</i> <i>Feb 7</i></p> | <p>Continue 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>Scoring targets</p> |
| <p><i>Week 4</i> <i>Feb 14</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</i> <i>Feb 21</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</i> <i>Feb 28</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</i> <i>Mar 7</i></p> | <p>LIVE FIRE 2 TIMED FIRE targets (20 rds std target) LIVE FIRE 2 RAPID FIRE targets</p> | <p>Review Practice Logs/ suggest changes to improve performance</p> |

| WEEK | TOPIC | READINGS AND ASSIGNMENTS/ EXPECTED PROFICIENCY |
|---|---|--|
| 40 rounds | (20 rds std target) | REVIEW USA PMTG |
| <p data-bbox="164 617 256 684"><i>Week 9 Mar 21</i></p> <p data-bbox="147 726 272 758">30 rounds</p> <p data-bbox="164 982 256 1050"><i>Week 11 Mar 28</i></p> <p data-bbox="147 1092 272 1123">60 rounds</p> | <p data-bbox="326 527 610 558"><i>National Match Course</i></p> <p data-bbox="326 600 987 772">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> <p data-bbox="326 957 602 989"><u>Camp Perry Course</u></p> <p data-bbox="326 999 987 1171">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> | <ul data-bbox="1084 905 1312 936" style="list-style-type: none"> • Scored targets |
| <p data-bbox="164 1310 256 1377"><i>Week 12 Apr 4</i></p> <p data-bbox="147 1419 272 1451">60 rounds</p> | <p data-bbox="326 1293 691 1325"><u>Marksman League Course</u></p> <p data-bbox="326 1335 987 1507">Time per 10 Range Type Fire Shot String Strings Target 25 yds Slow 10 minutes 1 B-16 Time per 5 Range Type Fire Shot String Strings Target 15 yds Timed 20 seconds 2 B-8 15 yds Rapid 10 seconds 2 B-8</p> | |
| <p data-bbox="164 1688 256 1755"><i>Week 13 Apr 11</i></p> <p data-bbox="147 1755 272 1787">60 rounds</p> | <p data-bbox="418 1629 865 1661">CLEANING DEMONSTRATION</p> <p data-bbox="326 1703 963 1734"><u>FINAL MATCH TEAM TOURNAMENT</u></p> <p data-bbox="326 1734 894 1766">LIVE FIRE 2 slow fire targets (2 targets)</p> <p data-bbox="326 1766 927 1797">LIVE FIRE 2 TIMED fire targets (1 target)</p> <p data-bbox="326 1797 902 1829">LIVE FIRE 2 Rapid fire targets (1 target)</p> | <ul data-bbox="1084 1661 1325 1692" style="list-style-type: none"> • Scored Targets |

| WEEK | TOPIC | READINGS AND ASSIGNMENTS/ EXPECTED PROFICIENCY |
|---|--|--|
| <p><i>Week 14</i> <i>Apr 18</i></p> | <p align="center"><u>FINAL MATCH : INDIVIDUAL TOURNAMENT</u> Slow Fire Timed Fire Rapid Fire Dot Drill Centerfire Multiplier</p> | <ul style="list-style-type: none"> • Scored Targets |
| <p><i>Week 15</i> <i>Apr 25</i></p> | <p align="center"><u>FINAL MATCH : TEAM TOURNAMENT</u> <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>May</i></p> | <p align="center"><u>Freestyle Shooting / Rifle Marksmanship / Centerfire Pistol</u></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 Mason Honor Code (see <https://catalog.gmu.edu/policies/honor-code-system/>)
- 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/aero/tk20>. Questions or concerns regarding use of Blackboard should be directed to <http://coursessupport.gmu.edu/>.
- For information on student support resources on campus, see <https://ctfe.gmu.edu/teaching/student-support-resources-on-campus>

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

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.

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: _____

