

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

RECR 137 (001) - Trap and Skeet Shooting: Introduction (2)
1 Credits, Fall 2018

T 9:30-12:15pm / Isaac Walton Shooting Range-Centreville, VA

Faculty

Name: Benn Crandall
Office hours: As needed
Office location: Isaac Walton Shooting
Office phone: 703.606.4979
Email address: Benn0825@aol.com (@gmu.edu TBA)

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.
7. ***The first two classes are required attendance. These are the mandatory safety and procedure briefings. Students who do not attend BOTH sessions cannot continue with the course.***

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	\$360.0

Course Delivery Method

This course is an activity based course.

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

Required Texts/ viewing

<https://www.nssf.org/safety/rules-firearms-safety/>

<https://www.youtube.com/watch?v=yOcxjSEDPmk>

Suggested: Sapp, R. (2009). The gun digest book of Trap & Skeet shooting (5th 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. Absences are excused only with doctor's notes submitted immediately upon return to class or scanned and emailed to the instructor.

- **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	<u>10% = 10 Points</u>
	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

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

Course Schedule

DATE		TOPIC	Exercise
T	Week 1 Aug 28	Introduction and firearm safety	Basic Firearm instruction/ Safety lecture/ Facility Orientation/ Patterning a Shotgun /
T	Week 2 Sept 4	Safety review/ Trap Exercises	25 Targets
T	Week 3 Sept 11	Trap Practice	50 Targets
T	Week 4 Sept 18	Trap Practice	No Class
T	Week 5 Sept 25	Trap Practice	50 Targets
T	Week 6 Oct 2	Trap Final	50 Targets
T	Week 7 Oct 9	NO CLASS	NO CLASS
T	Week 8 Oct 16	Skeet Practice	Introduction of Skeet 25 targets
T	Week 9 Oct 23	Skeet Practice	50 targets
T	Week 10 Oct 30	Skeet Practice	50 targets

DATE		TOPIC	Exercise
T	Week 11 Nov 6	Skeet Final	50 targets
T	Week 12 Nov 13	Make-up day	Make up targets

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

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 silence all sound emitting devices 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/>.

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 1st 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 1st left onto Mt. Olive Drive
7. Travel ½ mile, make 1st 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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