

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

**RECR 136 001 & 002 Pistol Marksmanship
1 credit Fall 2018**

**Section 001 Monday 9:30am – 12:00pm OCL-IWLA Field House and Range
Section 002 Monday 12:30pm -- 3:00pm OCL-IWLA Field House and Range
(Monday August 27 – November 12, 2018)**

Faculty

Name: Benn Crandall BIS
Office Hours: By Appointment
Office Location: IWLA Field House
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Prerequisites/Corequisites None

Must be 18 years of age on the first day of class.

FEES:

This course requires a (lab/course) fee of (\$180.00).

To pick up any items that are associated with your course that are covered in your course fee make sure you bring your receipt with you as proof of payment to the first class.

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

University Catalog Course Description

Introduce students to precision marksmanship skills in target shooting. Increases students' knowledge of firearm safety, position shooting, equipment maintenance, and shooting sports competitive methods and techniques.

Course Overview

Students will be exposed to all aspects of Competitive Bullseye shooting. Each course participant will, upon successful completion of the course, demonstrate knowledge and marksmanship competencies in:

1. Pistol identification, basic firearm safety, fundamental handling and care of a pistol and cleaning;
2. Bullseye (Bulls-eye) shooting fundamental techniques and competitions;
3. Physical and mental environmental factors in the competitive pistol shooting sports.
4. ***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.***

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 target 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 Delivery Method

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

Learner Outcomes or 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. the fundamentals of Precision handgun marksmanship 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 Texts:

National Rifle Association (2007) *National Rifle Association Basics of Pistol Shooting Handbook*. Fairfax, Virginia: NRA. (provided - included in lab fee)

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)

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**

- Knowledge of safety techniques and range rules Quiz.

- Demonstration of Bulle-eye competitive techniques will be done during exercises and competitions.

- Final exam will cover all reading material presented during course.

- **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. Absences are excused with a Dr. note. Emails, texts, and phone calls to the instructor are not considered excused. Dr notes must be presented immediately upon returning to class. The first two class session are mandatory. A doctor's note does not excuse missing the first two classes. Students must attend these classes to continue with the course. Students who do not attend the first two class sessions will be dropped from the class and may not be eligible for a refund.

- **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 time

1. Attendance/ Participation	60% = 60 Points
2. Demonstrated knowledge of safety techniques and range rules	20% = 20 Points
3. Demonstrated knowledge of Bullseye competitive techniques	10% = 10 Points
4. Final Exam	<u>10% = 10 Points</u>
	TTL = 100 Points

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

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

TENTATIVE COURSE SCHEDULE

WEEK	TOPIC	READINGS AND ASSIGNMENTS/ EXPECTED PROFICIENCY
<p><i>Week 1 August 27th</i></p> <p><i>Meet at Main House of IWLA</i></p>	<p><u>ATTENDANCE REQUIRED NO EXCEPTIONS</u></p> <p>Review Q&A/ DEADLINES/ REQUIREMENTS</p> <p>Review pistol nomenclature & basic types of pistols</p> <p>Review VA Firearms laws, including purchase, transfer and possession of a pistol. <i>http://www.vsp.state.va.us/Firearms</i></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>FIRST ASSIGNMENT: Bring a written copy of this syllabus to the first class</p> <p>Determine the level of comfort each student has handling a firearm and/or handgun.</p> <p>Familiarize student with competitive alternatives</p> <p>Familiarize the student with the appropriate VA laws</p> <p>Identify the major components of all 3 types of pistols.</p> <p>Review Laws & FAQ</p> <p>Identify the 3 MAJOR rules for safety of ANY firearm in ANY situation.</p>
<p><i>WEEK #2</i></p>	<p><u>NO CLASS ON MONDAY SETEMBER 3rd</u></p>	<p>NO CLASS</p>
<p><i>Week #3 Sept. 10</i></p> <p><i>Meet at Main House</i></p> <p><i>10 rounds Benchrest</i></p>	<p><u>ATTENDANCE REQUIRED NO EXCEPTIONS</u></p> <p>Review the IWLA Policies and Procedures</p> <p>Review firearm safety and common sense rules</p> <p>Review Range Commands</p> <p>Introduction of the Competitive Shooters Checklist (personalize the steps to no more than 10 steps)</p> <p>Review checklist and review assignment for next class.</p> <p>Divide Class into TWO groups of 7 (<i>Alpha/Beta</i>)</p> <p>Distribute and Discuss Practice Logs</p> <p>Introduction of SLOW fire stage. IF TIME PERMITS FIRE FIRST SHOTS AND 1 slow fire targets (10 rds. 1 reverse target)</p>	<p>Assignment – review Competitive Pistol Checklist and consolidate into 8 steps written in the front of your Practice Log</p> <p>Read Chapters 1, 2 &3 of the PMTG for WK#4</p>
	<p><i>ALPHA reports at 9:30am BETA reports at 10:45am</i></p>	

<p><i>Week 4</i> <i>Sept 17</i> <i>30 rounds</i></p>	<p>Review Practice Logs Review firearm safety and common sense rules Review Range Commands (introduce the Timed Fire recordings) (REVERSE Large targets)</p> <p>LIVE FIRE 3 slow fire targets (30 rds. 1 target)</p>	<ul style="list-style-type: none"> • Divided Class <p>Review consolidated checklist into the students Log Book</p> <p>Read chapt. 4 & 5 from USA PMTG for WK #5</p>
<p><i>Week 5</i> <i>Sept. 24</i> <i>30 rounds</i></p>	<p>BETA reports at 9:30am ALPHA reports at 10:45am</p> <p>Review Practice Logs Review firearm safety and common sense rules Review Range Commands (introduce the Timed Fire recordings) (Small REVERSE 1st target)</p> <p>LIVE FIRE 3 slow fire targets (30 rds. 1 target)</p>	<ul style="list-style-type: none"> • Divided Class <p>Review Practice Logs/ suggest changes to improve performance.</p> <p>Read Chapt. 6 & 7 for week #6</p>
<p><i>Week 6</i> <i>October 1</i> <i>40 rounds</i></p>	<p>ALPHA reports at 9:30am BETA reports at 10:45am Discussion of Timed Fire Techniques</p> <p>LIVE FIRE 4 TIMED FIRE targets (20 rds 1 rev. target ... 20 rds std target)</p>	<ul style="list-style-type: none"> • Divided Class <p>IWLA Range Policies and Procedures USA PMTG NRA Basic Pistol handbook</p> <p>Review Practice Logs/ suggest changes to improve performance</p>
<p><i>Week 7</i> TUESDAY <i>October 9</i> <i>40 rounds</i></p>	<p>BETA reports at 9:30am/ ALPHA reports at 10:45am</p> <p>Discussion of Rapid Fire Techniques</p> <p>LIVE FIRE 4 RAPID FIRE targets (20 rds 1 rev. target ... 20 rds std target)</p>	<ul style="list-style-type: none"> • Divided Class <p>Review Practice Logs/ suggest changes to improve performance</p>
<p><i>Week 8</i> <i>October 15</i> <i>40 rounds</i></p>	<p>ALPHA reports at 9:30am BETA reports at 10:45am</p> <p>LIVE FIRE 2 TIMED FIRE targets (20 rds std target) LIVE FIRE 2 RAPID FIRE targets (20 rds std target)</p>	<ul style="list-style-type: none"> • Divided Class <p>Review Practice Logs/ suggest changes to improve performance</p>

<p><i>Week 9</i> <i>October 22</i></p> <p><i>30 rounds</i></p>	<p><i>BETA reports at 9:30am/ ALPHA reports at 10:45am</i> <i>Introduction of the 300 Point MATCH</i> 1 slow fire target (1 target) 1 timed fire target (1 target) 1 rapid fire target (1 target)</p>	<ul style="list-style-type: none"> • Divided Class
<p><i>Week 10</i> <i>October 29</i></p> <p><i>50 rounds</i></p>	<p><i>ALPHA reports at 9:30am/ BETA reports at 10:45am</i></p> <p><u>500 Pt. Match 50 Rounds</u></p> <p>LIVE FIRE 1 slow fire targets (1 target) LIVE FIRE 2 TIMED fire targets (1 target) LIVE FIRE 2 Rapid fire targets (1 target)</p>	<ul style="list-style-type: none"> • Divided Class
<p><i>Week 11</i> <i>Nov. 5</i></p> <p><i>50 rounds</i></p>	<p><i>BETA reports at 9:30am/ ALPHA reports at 10:45am</i></p> <p><u>500 Pt. Match 50 Rounds</u></p> <p>LIVE FIRE 1 slow fire targets (1 target) LIVE FIRE 2 TIMED fire targets (1 target) LIVE FIRE 2 Rapid fire targets (1 target)</p>	<ul style="list-style-type: none"> • Divided Class
<p><i>Week 12</i> <i>Nov. 12</i></p> <p><i>60 rounds</i></p>	<p><u>ALL report at 9:30am</u></p> <p>CLEANING DEMONSTRATION</p> <p><u>FINAL MATCH 60 rounds</u> LIVE FIRE 2 slow fire targets (2 targets) LIVE FIRE 2 TIMED fire targets (1 target) LIVE FIRE 2 Rapid fire targets (1 target)</p>	<ul style="list-style-type: none"> • <u>ALL report at 9:30am</u>

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 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/> .

DIRECTIONS TO ISAAC WALTON CLUB

1. Directions to the Club: from the Fairfax Campus
2. Take Braddock Road (620) west approximately 8 miles
3. Cross Intersection of Rt 28 (intersection with Movie theatre)
4. Make 1st left onto Centrewood Drive (which quickly becomes Old Centreville Rd).
5. Travel ½ mile, make first right onto Old Mill Road
6. Take 1st left onto Mt. Olive
7. Travel ½ mile, make 1st right after yellow painted line ends, into club.
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 field house as the first parking lot on your left.