

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

RECR 137 (001) – Introduction to Trap & Skeet Shooting 2 Credits

Spring 2019

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

Faculty

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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	\$360.0

Course Delivery Method

This course is an activity course.

Learner Outcomes or Objectives

This course is designed to enable students the opportunity 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 50% 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, 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 a health care provider's note. The note must be presented to the instructor immediately upon returning to class.

• Participation and Attendance-

- Attendance during the first two class sessions are mandatory, This class requires the completion and 100% passing score on the written safety test and verbal range safety briefing. Both the establishment and the instructor require this test. The score on this test will be factored into your final grade.
- Attendance and participation in this course is mandatory. Students are expected to attend class, be on time, and engage in all course material. Classroom lectures will be discussion based and students are expected to provide relevant questions/ comments during presentations. Proper attitude is crucial as it relates to safety. If a student is warned more than once regarding gun safety, that student will be excused from the class on that day and it will be counted the same as an unexcused absence. Two unexcused absences will result in lowering the grade one letter grade. Absences are excused with a note from a health care provider. Emails to the instructor are not considered exercise. Health care provider's notes

are due to the instructor immediately upon returning to class. Unexcused absences, late arrivals, and poor participation could significantly affect the grade.

- **All students must attend the first two classes. This is a requirement. If the student does not attend these classes, an automatic drop will be initiated.** These are the safety classes mandated by the range. There are not exceptions. Refunds are not available for students who are dropped for missing these two very important classes.
- During the first two weeks of instruction, the instructor will conduct an individualized diagnostic session for each student to determine his or her level of comfort.
- Utilizing the written material and instructor demonstrations as a base of knowledge, the student will learn the discipline required to experience competitive marksmanship. The instructor will coach the student through presentations, demonstrations, and exercises that will teach the student the appropriate techniques involved in competitive marksmanship competitions

● **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

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

Course Schedule

TOPIC			Exercise
February	12	Introduction and firearm safety	Basic Firearm instruction/ Safety lecture/ Facility Orientation/ Patterning a Shotgun /
February	19	Safety review/ Trap Exercises	25 Targets
February	26	Trap Practice	50 Targets
March	5	Trap Practice	50 Targets
March	12	SPRING BREAK	NO CLASS

TOPIC			Exercise
March	19	Trap Final	50 Targets
March	26	Skeet Intro	Introduction of Skeet rules and techniques 25 targets
April	2	Skeet Practice	50 targets
April	9	Skeet Practice	50 targets
April	16	Skeet Practice	50 targets
April	23	Skeet Final	50 Targets
April	30	Final Class	Final Exam

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://coursesupport.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 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 Centrewood 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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