

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

RECR 139 001 Archery: Introduction  
(1) Spring 2019  
Wednesday 1/23/19-4/10/19 1:00-3:30 pm-IWLA Indoor Archery Range

### **Faculty**

Name: William Dan Roberts

Office Hours: By appointment

Office Location: AFC-IWLA Indoor Archery Range, 14708 Mount Olive Road, Centreville, VA 20120

Office Phone: 703-835-1101

Email: WRober@gmu.edu

### **Prerequisites**

None

### **Fees**

*This course requires a (lab/course) fee of \$125.00 and covers the use of instructor provided equipment (Arm guard, Finger Tab, Quiver, and Stretch Bank) and rental of the necessary bow, arrows, and accessories. Only recurve equipment will be provided; however, students may use their own equipment, recurve or compound, if approved by the instructor. **Fee must be made payable to "Mid-Atlantic Sports, LLC" and given to the Mid-Atlantic***

### **University Catalog Course Description**

Introduces students to competitive archery. Provides instruction for shooting safety, proper form and technique, equipment maintenance, and rules for competing in Olympic style FITA tournaments.

### **Course Overview**

Students have the option of earning their USA Archery Level 1 and 2 Archery Certification at the end of the course.

### **Course Delivery Method**

This course is an activity-based course.

### **Learner Objectives**

This course is designed to enable students to do the following:

1. Identify equipment to include bow and arrow identification
2. Demonstrate safety with equipment and on the range
3. Demonstrate care and maintenance of archery equipment
4. Demonstrate competitive target archery shooting fundamental techniques and competitive techniques

5. Identify physical, mental and environmental factors in the competitive target archery sport

### Professional Standards

This course is conducted in accordance with information and standards set forth by USA Archery. Additional information can be found at [www.usarchery.org](http://www.usarchery.org)

### Required Text

Level 1 and 2 Certification, the official certification course of the USA Archery provided by the Instructor within the first two weeks of class.

### 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/or Examinations

- Attendance/ Participation 40% = 40 Points
  - Attendance/Participation: 40 points possible depending on the calendar. 4 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 4 points for that day. Unexcused absences, late arrivals, and lackadaisical performance could significantly affect the grade. Absences are excused with a health care providers note presented to the instructor immediately. The IWLA range mandates that all students must attend the first two classes. Students who do not attend the first two classes cannot continue with the course. There are no exceptions to this policy.
- Demonstrated knowledge of safety techniques and range rules 15% = 15 Points
- Written and practical demonstration during class.
- Demonstrated knowledge of FITA Tournament competitions 5% = 5 Points
- Written and practical demonstration during class.
- Mid-Term Practical Exam 20% = 20 Points
- Final Exam and Level 1 Certification 20% = 20 Points
  - Total = 100 Points

#### • Other Requirements

Practical demonstrations

- Overall skill competencies will be evaluated during each class session. **ALL students will be required to:**
  - Participate in presentations, exercises, drills, demonstrations and live shooting exercises/tournaments.

Safety information

- 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
- Keep hair tied back and jewelry out of the way of the bow
- The following safety equipment is REQUIRED and provided in the class

Archery arm guard  
 Archery tab for recurve or release for compound  
 Stretch band  
 Finger sling or long shoe lace

### Fees

*This course requires a (lab/course) fee of \$125.00 and covers the use of instructor provided equipment (Arm guard, Finger Tab, Quiver, and Stretch Bank) and rental of the necessary bow, arrows, and accessories. Only recurve equipment will be provided; however, students may use their own equipment, recurve or compound, if approved by the instructor. **Fee must be made payable to “Mid-Atlantic Sports, LLC” and given to the Mid-Atlantic Sports representative at the first class. Fees are NOT collected by the university.***

### 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/>

### Class Schedule

WEEK	TOPIC	READINGS AND ASSIGNMENTS/ EXPECTED PROFICIENCY
<i>Week 1 1/23/19  Meet at Indoor Archery Range at IWLA</i>	Review Q&A/ DEADLINES/ REQUIREMENTS Pass out safety equipment The first class includes not only the basics of shooting form, but also equipment handling and archery range rules and procedures. The following drills and skills are introduced during the first class: (1-2-3 = Introduce, explain, demonstrate) <ul style="list-style-type: none"> <li>• Safety Rules and Procedures</li> <li>• Parts of the bow</li> <li>• Warm up drills</li> <li>• 1-2-3 Alignment Drill</li> </ul>	Log on to USArchery.org and review the information. Go to <a href="http://www.teamusa.org/usa-archery/resources/forms-and-policies">http://www.teamusa.org/usa-archery/resources/forms-and-policies</a> and review USA Archery Dress Code Go to <a href="https://worldarchery.org/Rules">https://worldarchery.org/Rules</a>

WEEK	TOPIC	READINGS AND ASSIGNMENTS/ EXPECTED PROFICIENCY
	<ul style="list-style-type: none"> <li>• Nocking the Arrow</li> <li>• Using the stretch band</li> <li>• 1-2-3 Release Drill with stretch band and bow</li> <li>• Arrow Pulling Skill</li> </ul> <p>Stance, Nocking an Arrow, Setting the hook, and bow hand will be introduced along with the use of the stretch band. Basic warm-up and strength building exercises will be covered. The Elbow Rotation Drill will be covered for the archer to practice at home</p>	<p>and review Book 3 – Target Archery</p> <p>Read Chapter 5 Drills and Skills in the Level 1 Certification book</p>
<p><i>Week #2</i> <i>1/30/19</i></p> <p><i>Meet at Indoor Archery Range at IWLA</i></p>	<p>Review of Skills Archery Range rules and procedures are reinforced, using verbal as well s whistle commands. Review and practice of preciously taught drills. Review of Alignment Drill and Release Drill.</p> <p>Warm up Practice the Alignment and Release Drills Focus on bow hand and string hand. Introduce posture, alignment, and proper anchor point. Release drill with blank bale target at 10 meters</p>	<p>Assignment – Read Chapters 1-4 in the Level 1 Certification book.</p> <p>Practice elbow down drill at home.</p> <p>Practice stance, posture, release drills at home</p>
<p><i>Week 3</i> <i>2/6/19</i></p>	<p>Warm up exercises Focus on set (posture and alignment), set-up, and anchor. Introduction of the back muscle and follow through exercises. Introduction to using the sight</p>	<p>Assignment – practice back muscle exercises</p>
<p><i>Week 4</i> <i>2/13/19</i></p>	<p>The FITA target face will be introduced during the end of this class. Concentration is now on form Warm up exercises Practice previous drills Focus on Draw to Load, Anchor, and Expansion/Aim. Introduce bow hand position and finger sling Practice drills at 10 meters</p>	<p>Assignment – Read Chapter 7 Equipment in the Level 1 Certification Book.</p> <p>Practice back muscle exercises</p>
<p><i>Week 5</i> <i>2/20/19</i></p>	<p><i>Introduction to scoring and tournament etiquette and procedures. Concentration of proper form. Review of alignment, release, and previous drills.</i></p> <p><i>Warm up exercise drills Focus on expansion and back muscle tension with proper release</i></p>	<p>Read in <a href="https://worldarchery.org/Rules">https://worldarchery.org/Rules</a></p> <p>#11. 4x4 40cm Target Face for Indoor</p>

WEEK	TOPIC	READINGS AND ASSIGNMENTS/ EXPECTED PROFICIENCY
	<p><i>Introduce the proper bow hand position.</i> <i>Shoot practice of previous drills</i></p> <p><i>Quiz on scoring</i></p>	Practice back muscle exercises
<p><i>Week 6</i> <i>2/27/19</i></p>	<p>Warm up exercise drills Review of scoring Shooting practice with concentration on form, alignment, posture, release, bow hand</p> <p>Introduction of visualization and positive reinforcement</p> <p>Review of Level 1 topics, steps of shooting, safety, range setup, tournament procedures and preparation for Level 1 Archery Certification Exam</p>	<p>Assignment – visualization practice</p> <p>Practice back muscle exercises</p> <p>Review Level 1 Text</p>
<p><i>Week 7</i> <i>3/6/19</i></p>	<p><b>Level 1 Archery Certification Exam – Mid Term Exam</b></p> <p>Warm up exercise drills Review of scoring Shooting practice with concentration on form, alignment, posture, release, bow hand</p> <p>Drill using vertical ribbon and horizontal ribbon</p>	<p><b>Mid-Term EXAM</b></p> <p>Assignment – visualization practice, bow arm drill, stance and posture.</p> <p>Continue back muscle strength exercises</p>
<p><i>Week 8</i> <i>3/13/19</i></p>	<p>Warm up exercise drills Review of scoring Shooting practice with concentration on form, alignment, posture, release, bow hand</p> <p>Aiming without a bow sight</p> <p>Introduction of the Team Round</p>	<p>Assignment – visualization practice, bow arm drill, stance and posture.</p> <p>Continue back muscle strength exercises</p>
<p><i>Week 9</i> <i>3/20/19</i></p>	<p>Warm up exercise drills Review of scoring Shooting practice with concentration on form, alignment, posture, release, bow hand</p> <p>Introduction of finger release drill</p>	<p>Assignment – visualization practice, bow arm drill, stance and posture.</p> <p>Continue back muscle strength exercises</p> <p>Practice finger release drill at home</p>

<b>WEEK</b>	<b>TOPIC</b>	<b>READINGS AND ASSIGNMENTS/ EXPECTED PROFICIENCY</b>
<i>Week 10</i> 3/27/19	Warm up exercise drills Review of scoring Shooting practice with concentration on form, alignment, posture, release, bow hand  Review of tournament rules and procedures Review for final exam component Review for practical/safety exam component	Assignment – visualization practice, bow arm drill, stance and posture.  Continue back muscle strength exercises
<i>Week 11</i> 4/3/19	Review of material for final exam. Review of practical shooting process for final exam. 60 arrow tournament for archer evaluations.	Complete the tournament
<i>Week 12</i> 4/10/19	Final: Level 2 Archery Certification exam Practical shooting and safety exam 30 arrow tournament process review and scoring	<b>FINAL EXAM</b>  Complete the Final exam Complete one-on-one practical exam on the steps of shooting

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](mailto: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**

#### **SPEED LIMIT ON THE PROPERTY IS 10 MPH!**

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 1<sup>st</sup> left onto Centrowood Drive ( which quickly becomes Old Centreville Rd).
5. Travel ½ mile, make first right onto Old Mill Road
6. Take 1<sup>st</sup> left onto Mt. Olive
7. Travel ½ mile, make 1<sup>st</sup> 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 703-835-1101
9. **Drive slowly down the entrance road.** (Limit is 10mph) you will encounter the Indoor Archery Range at the end of the drive on the left.