

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

RECR 136 Sections 001 - Pistol Marksmanship (1)

1 Credit, Fall 2019

Mon. 9:30am - 12:00pm / Isaac Walton Shooting Range-Centreville, VA
8/26-11/10

Faculty

Name: Benn Crandall BIS
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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.

Prerequisites/Corequisites

None

Students must be 18 years of age on before the first day of class.

University Catalog 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 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 is an activity-based class.

Learner Outcomes or Objectives

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

- ✓ common sense firearms safety
- ✓ the ability to handle any handgun safely in various environments
- ✓ appropriate techniques for range safety
- ✓ the ability to identify and describe handgun parts and mechanical functions.
- ✓ fundamentals of target shooting:
 - mental attitude
 - proper stance
 - sight alignment
 - trigger control
- ✓ fundamentals of Bullseye (Bulls-eye) handgun marksmanship in all 3 disciplines (Slow, Timed & Rapid Fire)
- ✓ ability to self-diagnose and correct problems/barriers to becoming a proficient basic pistol shooter.
- ✓ a working knowledge of VA state firearms regulations

Professional Standards N/A

Upon completion of this course, students will have met the following professional standards:

The option of taking a comprehensive written exam to obtain a NRA basic pistol safety certificate.

Required Texts (NONE)

Optional reading - 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)

Additional resourcing for reference viewing

<https://youtu.be/gUZDQDMaW5c>

<https://www.usashooting.org/11-resources/shootinginstruction/mentaltraining>

<https://www.ssusa.org/articles/2015/8/5/shooting-is-90-mental/>

http://thecmp.org/wp-content/uploads/Gary_OTMWinter2011.pdf

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**

- *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.*

- **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 sessions are mandatory. Students must attend these classes to continue with the course.

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.

- **Course Performance Evaluation Weighting**

1. Attendance/ Participation	60% = 60 Points
2. Demonstrated knowledge of safety techniques and range rules	20% = 20 Points
3. Demonstrated knowledge of competition rules and standards	10% = 10 Points
4. Demonstrated knowledge of competitive techniques	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

Note: Faculty reserves the right to alter the schedule as necessary, with notification to students.

WEEK	TOPIC	READINGS AND ASSIGNMENTS/
<p><i>Week 1</i> Aug 26</p> <p>ALL <i>Meet at</i> <i>Main</i> <i>House of</i> <i>IWLA</i></p>	<p>REVIEW LAB FEE/ Q&A/ DEADLINE</p> <p>Basic handgun knowledge quiz to determine the comfort level and confidence the student has in handling and identifying the different types of pistols.</p> <p><i>Distribute Basics of Pistol Shooting books</i></p> <p>Review pistol nomenclature & basic types of pistols</p> <p>Review VA Firearms laws, including purchase, transfer and possession of a pistol.</p> <p><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><u>ATTENDANCE REQUIRED</u></p> <p>NO reading assignments for 1st class.</p> <p>Determine the level of comfort each student has handling a firearm and/or handgun.</p> <p>Familiarize the student with the appropriate VA laws</p> <p>Identify the major components of all 3 types of pistols.</p> <p>Identify the 3 MAJOR rules for safety of ANY firearm in ANY situation.</p>
<p>Week #2 Sept. 2</p>	<p>Labor Day No Class</p>	<p><u>No Class</u></p>

<p><i>Week #3</i> <i>Sept. 9</i></p> <p>ALL <i>Meet at</i> <i>Main</i> <i>House</i></p> <p><i>20 rounds</i> <i>Benchrest</i></p>	<p>Review the IWLA Policy and Procedure Review firearm safety and common sense rules Review Range Commands</p> <p>Introduction of the Competitive Shooters Checklist (personalize the steps to no more than 10 steps) Review checklist and review assignment for next class.</p> <p>Divide Class into TWO groups (<i>Alpha/Beta</i>) Distribute and Discuss Practice Logs Introduction of SLOW fire stage of Bullseye shooting Dry Fire Practice of Slow</p> <p>IF TIME PERMITS LIVE FIRE 2 slow fire targets (20 rds. 1 target) Backs</p>	<p><u>ATTENDANCE REQUIRED</u></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>
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WEEK	TOPIC	READINGS AND ASSIGNMENTS/ EXPECTED
<p><i>Week 4</i> <i>Sept. 16</i> <i>30 rounds</i></p>	<p><i>ALPHA at 9:30am BETA at 10:45am</i></p> <p>Review Practice Logs Review firearm safety and common sense rules Review Range Commands Focus on front site Bench rest build confidence</p> <p>LIVE FIRE slow (30 rds. 1 target backs)</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 #6</p>
<p><i>Week 5</i> <i>Sept 23</i> <i>30 rounds</i></p>	<p><i>BETA at 9:30am ALPHA at 10:45am</i></p> <p>Bench rest to start. Move to one hand. Backs only. Stress picture. Review Practice Logs Review firearm safety and common sense rules 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 PMTG for week #6</p>

<p><i>Week 6</i> Sept 30</p> <p><i>40 rounds</i></p>	<p><i>ALPHA at 9:30am BETA at 10:45am</i></p> <p>Discussion of Timed Fire Techniques</p> <p>LIVE FIRE 4 slow fire targets (10 rds. 1 target) backs</p>	<ul style="list-style-type: none"> • Divided Class <p>Review IWLA Range Policies and Procedures USA PMTG Review Mental Attitude</p> <p>Review Practice Logs/ suggest changes to improve performance</p>
<p><i>Week 7</i> Oct 7</p> <p><i>30 rounds</i></p>	<p><i>BETA at 9:30am ALPHA at 10:45am</i></p> <p>LIVE FIRE 4 Slow Fire target large backs to small backs</p>	<ul style="list-style-type: none"> • Divided Class <p>Review Practice Logs/ suggest changes to improve Performance Plan</p>
<p><i>Week 8</i> TUESDAY October 15</p> <p><i>50 rounds</i></p>	<p><i>BETA reports at 9:30am/ ALPHA reports at 10:45am</i></p> <p>Discussion of Rapid Fire Techniques</p> <p>LIVE FIRE 2 slow fire targets (20 rds./ 1 target)</p> <p>LIVE FIRE 3 Timed fire targets (30 rds./1</p>	<ul style="list-style-type: none"> • Divided Class <p>Review Practice Logs/ suggest changes to improve performance plan</p>
<p><i>Week 9</i> Oct. 21</p> <p><i>50 rounds</i></p>	<p><i>ALPHA at 9:30am BETA at 10:45am</i></p> <p><i>LIVE FIRE 1 slow fire target (10 rds. 1 target)</i> <i>LIVE FIRE 4 rapid fire targets (40 rds. 1 target)</i></p>	<ul style="list-style-type: none"> • Divided Class <p>Review Practice Logs/ suggest changes to improve performance</p> <p>REVIEW USA PMTG Chapters 7 -10 for Wk #9</p>
<p><i>Week 10</i> Oct. 28</p> <p><i>60 rounds</i></p>	<p><i>BETA at 9:30am ALPHA at 10:45am</i></p> <p><i>Discussion of Match Performance Techniques</i> <i>Introduction of the 600-point National match</i></p> <p><i>LIVE FIRE 2 slow fire targets (1 target)</i> <i>LIVE FIRE 2 TIMED fire targets (1 target)</i> <i>LIVE FIRE 2 Rapid fire targets (1 target)</i></p>	<ul style="list-style-type: none"> • Divided Class

<p><i>Week 11</i> Nov. 4</p> <p>60 rounds</p>	<p><i>ALPHA at 9:30am/ BETA at 10:45am</i></p> <p><i>600 Pt. Match 60 Rounds</i></p> <p><i>LIVE FIRE 2 slow fire targets (1 target)</i></p> <p><i>LIVE FIRE 2 TIMED fire targets (1 target)</i></p> <p><i>LIVE FIRE 2 Rapid fire targets (1 target)</i></p>	<ul style="list-style-type: none"> • Divided Class
<p><i>Week 12</i> Nov. 11</p>	<p><i>Final</i></p> <p><i>FINAL EXAM</i></p>	<ul style="list-style-type: none"> • ALL TOGETHER

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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 ISAAC WALTON CLUB

1. Directions to the Club: from GMU
 2. Take Braddock Road (620) west approximately 8 miles
 3. Cross Intersection of Rt 28 (intersection with Movie theatre)
 4. Make 1st left onto Centrowood 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 10 mph) you will encounter the **field house as the first parking lot on your left.**
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