

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

RECR 130 Sections 001 - Introduction to Marksmanship

Wednesday 9:30 to 12:00 / Isaac Walton Park-Centreville, VA

Faculty

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Prerequisites/Core requisites

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 introduced to Competitive Bullseye shooting. Each course participant will, upon successful completion of the course, demonstrate knowledge and marksmanship competencies in:

1. Firearm identification, basic firearm safety, fundamental handling and care of equipment
2. Fundamental Marksmanship competitive techniques;
3. Physical and mental environmental factors in the competitive 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 marksmanship. The instructor will coach the student through presentations, demonstrations and “live” fire exercises on a state of the art range.

Each student will have the opportunity to participate in live practice sessions and eventually participate in an end of semester “match “ against their fellow students.

Course Delivery Method

This course is an activity-based course.

Learner Outcomes or Objectives

This course is designed to enable students understand the following:

- ✓ common sense firearms safety
- ✓ the ability to handle any firearm safely in various environments
- ✓ appropriate techniques for safety
- ✓ the ability to identify and describe parts and mechanical functions of the equipment
- ✓ fundamentals of marksmanship:
 - mental attitude
 - proper stance
 - sight alignment
 - trigger control
- ✓ ability to self-diagnose and correct problems/barriers to becoming a proficient basic pistol shooter.

Professional Standards N/A

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)

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

Assignments will be completed in class on the range. Safety techniques, fundamentals, rules, and self-diagnostics will be evaluated during class assignments, performance, and during competitions.

• 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.

Absences are only excused with a doctor's note submitted immediately upon return to class or scanned and emailed to the instructor.

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)
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- 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

NOTES:

LAB FEES MUST BE PAID by the end of WEEK TWO.

• **Course Performance Evaluation Weighting**

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| 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

WEEK	TOPIC	READINGS AND ASSIGNMENTS/
<p><i>Week 1</i> Feb 12</p> <p>ALL <i>Meet at Main House of IWLA</i></p>	<p>REVIEW LAB FEE/ Q&A/ DEADLINE</p> <p>Discuss basic knowledge & skills to determine the comfort level and confidence of each student.</p> <p>Demonstrate basic equipment to be used through the semester</p> <p>Introduction to firearm safety, range rules and common sense with any 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.</p> <p>Identify the 3 MAJOR rules for safety of ANY firearm in ANY situation.</p>
<p><i>Week #2</i> Feb 19</p> <p>ALL <i>Meet at Main House</i></p> <p><i>20 rounds</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 (begin the process to personalize the steps to no more than 10 steps) Review checklist and review assignment for next class.</p> <p>Bench Rest Air Rifle (20rds)</p>	<p><u>ATTENDANCE REQUIRED</u></p> <p>Assignment – review Competitive Practice Log.</p>

WEEK	TOPIC	READINGS AND ASSIGNMENTS/ EXPECTED
<p><i>Week 3</i> Feb 26 <i>40 rounds</i></p>	<p>Review Practice Logs Review sighting techniques and equipment Review firearm safety and common sense rules Review Range Commands</p> <p>Bench rest Air Rifle (20 rds. paper targets) Prone Air Rifle (20 rds paper targets)</p>	<p>Review consolidated checklist into the students Log Book</p>
<p><i>Week 4</i> Mar 4 <i>30 rounds</i></p>	<p>Rifle - Bench rest to start. Experience “peep” sights Review Practice Logs Review firearm safety and common sense rules</p> <p>Prone Air Rifle 30 rds. (Paper targets)</p>	<p>Review Practice Logs/ suggest changes to improve performance.</p>
<p>Week 5 March 11</p>	<p>SPRING BREAK</p>	<p>NO CLASS</p>
<p><i>Week 6</i> March 18 <i>30 rounds</i></p>	<p>Introduction of Kneeling Position for Air Rifle Air Rifle targets 30 rds (Paper/ Electronic Targets)</p>	<p>Review Practice Logs/ suggest changes to improve performance</p>
<p><i>Week 7</i> Mar 25 <i>30 rounds</i></p>	<p>Introduction of Offhand Position for Air Rifle Air Rifle targets 30 rds (Paper/ Electronic Targets)</p>	<p>Review Practice Logs/ suggest changes to improve performance</p>

<p><i>Week 8</i> April 1 <i>30 rounds</i></p>	<p>Air Rifle Offhand targets 30 rds (Electronic Targets)</p>	<p>Review Practice Logs/ suggest changes to improve performance</p>
<p><i>Week 9</i> April 8 <i>30 rounds</i></p>	<p><i>Facility Unavailable HOST USE</i></p>	<p>No CLASS</p>
<p><i>Week 10</i> April 15 <i>30 rounds</i></p>	<p><i>Air Pistol Introduction to Air Pistol (Paper Targets)</i></p>	<p>Review Practice Logs/ suggest changes to improve performance Start Pistol Log</p>
<p><i>Week 11</i> April 22 <i>30 rounds</i></p>	<p><i>Air Pistol 30 rounds (Paper Targets)</i></p>	<p>Review Practice Logs/ suggest changes to improve performance</p>
<p><i>Week 12</i> April 29 <i>30 rounds</i></p>	<p><i>FINAL EXAM</i> <i>Air Rifle Offhand 30 rds</i> <i>Air Pistol 30 rds</i></p>	

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

1. GMU Policies and Resources for students

Policies

- a. Students must adhere to the guidelines of the Mason Honor Code (see <https://catalog.gmu.edu/policies/honor-code-system/>).
- b. Students must follow the university policy for Responsible Use of Computing (see <https://universitypolicy.gmu.edu/policies/responsible-use-of-computing/>).
- c. 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.
- d. 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 <https://ds.gmu.edu>).
- e. Students must silence all sound emitting devices during class unless otherwise authorized by the instructor.

Campus Resources

1. 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 <https://its.gmu.edu/knowledge-base/blackboard-instructional-technology-support-for-students/>.
 2. **Notice of mandatory reporting of sexual assault, interpersonal violence, and stalking:** As a faculty member, I am designated as a “Responsible Employee,” and must report all disclosures of sexual assault, interpersonal violence, and stalking to Mason’s Title IX Coordinator per University Policy 1202. If you wish to speak with someone confidentially, please contact one of Mason’s confidential resources, such as Student Support and Advocacy Center (SSAC) at [703-380-1434](tel:703-380-1434) or Counseling and Psychological Services (CAPS) at [703-993-2380](tel:703-993-2380). You may also seek assistance from Mason’s Title IX Coordinator by calling [703-993-8730](tel:703-993-8730), or emailing titleix@gmu.edu.
 3. For information on student support resources on campus, see <https://ctfe.gmu.edu/teaching/student-support-resources-on-campus>
 4. For additional information on the College of Education and Human Development, please visit our website <http://cehd.gmu.edu/>.
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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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