

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

**RECR 136-005 Pistol Marksmanship  
1 Credit, Spring 2022  
Thursdays 12:00– 2:00PM  
Location: NRA Shooting Range (NRA HQ)**

**Faculty**

Name: Matthew Sharpe

-NRA Instructor # 15184715

-DCJS ID # 99-427481

Office Hours: By Appointment

Office Location: NRA Range, Fairfax, VA

Email: [msharpe3@gmu.edu](mailto:msharpe3@gmu.edu)

**Prerequisites** None

Participants must be 18 years of age before the class begins.

**Fees**

*This course requires a (lab/course) fee of (\$180.00) paid at registration*

*NRA Range Fee is required, payable to the NRA range on the first day of class*

**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 precision Handgun shooting. Each course participant will, upon successful completion of the course, demonstrate knowledge and marksmanship competencies in:

1. Pistol identification, firearm safety, fundamental care of a handgun;
2. Precision handgun shooting fundamental techniques and competitive techniques;
3. Physical, mental and environmental factors in the competitive pistol shooting sports.

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 pistol. Students are required to attend the first two weeks of instructor which include range and gun safety protocols. Students who do not attend the first two days of class will not be allowed to continue with the course.

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 Deliver Method** This course is an activity class.

### **Learner 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. fundamentals of Bullseye (Bulls-eye) handgun marksmanship the fundamentals 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.

### **Required Text and Supplies**

NRA Basic Pistol Students Packet ( included in lab fees)

### **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/or Examinations**

- |  |                 |
|--|-----------------|
| 1. Attendance/ Participation                                   | 60% = 60 Points |
| 2. Demonstrated knowledge of safety techniques and range rules | 20% = 20 Points |
| 3. Demonstrated knowledge of International competitions        | 5% = 5 Points   |
| 4. Demonstrated knowledge of Bullseye competitions             | 5% = 5 Points   |

## 5. Final Exam

10% = 10 Points

TTL = 100 Points

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.

### Other 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

### 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/>

### Course Schedule

WEEK	TOPIC	READINGS AND ASSIGNMENTS/ EXPECTED PROFICIENCY

<b>WEEK</b>	<b>TOPIC</b>	<b>READINGS AND ASSIGNMENTS/ EXPECTED PROFICIENCY</b>
<p><i>Week 1</i> <i>Jan 27</i></p> <p><i>Meet at Main NRA HQ Shooting Range</i></p>	<p>Take NRA Range Safety Test and fill out waivers</p> <p>Review pistol nomenclature &amp; basic types of pistols</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>Determine the level of comfort each student has handling a firearm and/or handgun.</p> <p>Identify the major components of all 3 types of pistols.</p> <p>Identify the 3 NRA rules for safety of ANY firearm in ANY situation.</p>
<p><i>Week 2</i> <i>Feb 3</i></p>	<p>Review the NRA Range Policies and Procedures</p> <p>Review firearm safety and common sense rules</p> <p>Review Range Commands</p> <p><b>Continue RECR 136 classroom lecture</b></p>	<p><b>Assignment – Review NRA Range rules</b></p>
<p><i>Week 3</i> <i>Feb10</i> <i>30 rounds</i></p>	<p>Continue classroom Lecture</p> <p><b>FIREARMS HANDLING PRACTICAL</b></p> <p><b>LIVE FIRE Benchrest – 10 rounds</b></p> <p><b>Standing – 10 rounds</b></p> <p><b>Freestyle shooting – best 3 targets</b></p>	<p><b>Review textbooks.</b></p> <p><b>Scoring targets</b></p>
<p><i>Week 4</i> <i>Feb 17</i></p> <p><i>30 rounds</i></p>	<p><i>Classroom Briefing / Course of Fire</i></p> <p><b>“Dot” Drill live fire</b></p>	<p><b>Score “Dot” targets</b></p>
<p><i>Week 5</i> <i>Feb 24</i></p> <p><i>30 rounds</i></p>	<p><b>Classroom briefing / course of fire: SLOW FIRE</b></p> <p><b>Slow fire mock tournament</b></p> <p><b>Best 3 targets – string of 10 shots</b></p> <p><b>15 feet</b></p>	<p>Score smallbore bullseye targets</p>
<p><i>Week 6</i> <i>Mar 3</i></p>	<p>Classroom Briefing / Course of Fire : <b>TIMED FIRE</b></p> <p>Timed Fire Mock Tournament CoF:</p>	<p>Review Practice Logs/ suggest</p>

<b>WEEK</b>	<b>TOPIC</b>	<b>READINGS AND ASSIGNMENTS/ EXPECTED PROFICIENCY</b>
<i>30 rounds</i>	Best 3 targets – string of 10 shots	changes to improve performance
<i>Week 7 Mar 10  60 rounds</i>	<b>LIVE FIRE 2 TIMED FIRE targets (20 rds std target) LIVE FIRE 2 RAPID FIRE targets (20 rds std target)</b>	Review Practice Logs/ suggest changes to improve performance  <b>REVIEW USA PMTG</b>
<i>Week 8 Mar 17 60 rounds</i>	<i><b>National Match Course</b></i>  Time per 10 Range Type Fire Shot String Strings Target 50 yds Slow 10 minutes 1 B-6 Time per 5 Range Type Fire Shot String Strings Target 25 yds Timed 20 seconds 2 B-8 25 yds Rapid 10 seconds 2 B-8  <u><b>Camp Perry Course</b></u> Time per 10 Range Type Fire Shot String Strings Target 25 yds Slow 5 minutes 1 B-8 Time per 5 Range Type Fire Shot String Strings Target 25 yds Timed 20 seconds 2 B-8 25 yds Rapid 10 seconds 2 B-8	<ul style="list-style-type: none"> <li>• Scored targets</li> </ul>
<i>Week 9 Mar 24</i>	<b>NO CLASS, SPRING RECESS</b>	Scored targets

WEEK	TOPIC	READINGS AND ASSIGNMENTS/ EXPECTED PROFICIENCY
<p><i>Week 10</i> <i>Mar 31</i></p> <p><i>60 rds /</i> <i>team</i></p>	<p><b><u>Marksman League Course</u></b>  Time per 10 Range Type Fire Shot String Strings  Target 25 yds Slow 10 minutes 1 B-16 Time per 5  Range Type Fire Shot String Strings Target 15 yds  Timed 20 seconds 2 B-8 15 yds Rapid 10 seconds 2  B-8</p>	<p>Scored targets</p>
<p><i>Week 11</i> <i>Apr 7</i></p> <p><i>60 rds /</i> <i>team</i></p>	<p>CLEANING DEMONSTRATION</p> <p><b><u>FINAL MATCH TEAM TOURNAMENT</u></b>  <b>LIVE FIRE 2 slow fire targets (2 targets)</b>  <b>LIVE FIRE 2 TIMED fire targets (1 target)</b>  <b>LIVE FIRE 2 Rapid fire targets (1 target)</b></p>	<ul style="list-style-type: none"> <li>Scored Targets</li> </ul>
<p><i>Week 12</i> <i>Apr 14</i></p>	<p><b><u>FINAL MATCH : INDIVIDUAL TOURNAMENT</u></b>  Slow Fire  Timed Fire  Rapid Fire  Dot Drill  Centerfire Multiplier</p>	<ul style="list-style-type: none"> <li>Scored Targets</li> </ul>

### 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 <https://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 <https://ds.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 <https://its.gmu.edu/knowledge-base/blackboard-instructional-technology-support-for-students/>.
- For information on student support resources on campus, see <https://ctfe.gmu.edu/teaching/student-support-resources-on-campus>

### **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 or Counseling and Psychological Services (CAPS) at 703-993-2380. You may also seek assistance from Mason’s Title IX Coordinator by calling 703-993-8730, or emailing [titleix@gmu.edu](mailto:titleix@gmu.edu).

**For additional information on the College of Education and Human Development, please visit our website <https://cehd.gmu.edu/students/> .**

### **DIRECTIONS TO THE NRA RANGE FROM George Mason University**

- From 4400 University Dr., head west on University Dr toward Occoquan River Ln
- Take the 1<sup>st</sup> right onto VA-123 N/Ox Rd
- After 0.6 miles, turn Left onto Judicial Dr.
- After 0.4 miles, turn right to stay on Judicial Dr.

- After 0.3 miles, turn left onto Main Street.
- After 1.2 miles, continue onto US-50/Lee Jackson Memorial Hwy
- After 0.1 miles, turn right onto VA-665/Waples Mill Rd.
- After 0.4 miles, the NRA Headquarters will be on the right.
- Stay left of the left NRA Headquarters tower and proceed down the hill to the lower parking area.
- Your destination will be in the lower parking garage area.



## RECR 136: Pistol Marksmanship Field Courses

The following agreement is designed to familiarize and inform participants in the course of the possible hazards and risks involved and in exchange for valuable consideration, obtain an informed release from each participant.

Assumption of risk and general release:

I, \_\_\_\_\_ understand that my participation in this course is entirely voluntary and that it, like any non-traditional classroom coursework, involves some element of risk. Taking a course involving firearm safety training and firearm training is not inherently dangerous, however, there are some dangers that I may encounter which include, but are not limited to, murder, death, serious bodily injury, blinding, disfigurement, loss of limb or appendage, maiming, permanent or temporary loss of motor, cognitive skills and/or normal bodily functions, assault, and/or battery. In partial conveyance of, and as partial payment for the right to participate in this course, I HEREBY ASSUME ALL RISKS SET FORTH ABOVE. In addition, I forever release, waive all claims against, indemnify and hold harmless the Commonwealth of Virginia, The Rector and Visitors of George Mason University, its officers, board members, employees, and agents, in both their individual and official capacities, from liability of any damages for any injury, death, or loss to person or property sustained by me while participating in or arising out of my participation in this course.

I HAVE READ AND UNDERSTAND THE ABOVE PROVISIONS AND AGREE TO BE BOUND BY THEM AS INDICATED BY MY SIGNATURE BELOW.

Name (printed): \_\_\_\_\_ G number:  
\_\_\_\_\_

Signature: \_\_\_\_\_ Date:  
\_\_\_\_\_