

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

RECR 137 (001) – Introduction to Trap & Skeet Shooting 2 Credits  
T 9:30-12:15pm /Izaak Walton Park - Centreville, VA

**Faculty**

Name: Benn Crandall  
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**Prerequisites/ Core requisites** 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.
7. The first two class session are mandatory. Students must attend these classes to continue with the course.

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          | <b>\$360.0</b> |

**Course Delivery Method**

This course is an activity-based 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 20% of the targets upon command when launched from varying angels

**Professional Standards:** N/A

**Required Texts:** None

**Required viewing:** Please review the following before the first class

<https://www.youtube.com/watch?v=aDWCFIJ0XZs&list=PLB6870DF00AEF0454>

### 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, competition rules, and general questions about Trap and/or Skeet shooting (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.

- **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/policies-procedures/>

### Course Schedule

Template Revision Date: January 2023

| TOPIC    |    |   | Exercise  |
|----------|----|---|---|
| February | 14 | Introduction and firearm safety                 | Basic Firearm instruction/ Safety lecture/ Facility Orientation/ Patterning a Shotgun / |
| February | 21 | Safety review/ Shotgun fitting/ Pattern shotgun | 10 targets  |
| February | 28 | Trap Practice                                   | 30 targets  |
| March    | 7  | Trap Practice                                   | 30 targets  |
| March    | 14 | <b>Spring Break</b>                             | <b>No Class</b>   |
| March    | 21 | Trap Practice                                   | 30 targets  |
| March    | 28 | Intro to Skeet                                  | 25 targets Skeet  |
| April    | 4  | Skeet Practice                                  | 25 targets Skeet  |
| April    | 11 | Skeet Practice                                  | 30 targets  |
| April    | 18 | Skeet Practice                                  | 30 targets  |
| April    | 25 | Skeet Practice                                  | 30 targets  |
| May      | 2  | Trap Practice                                   | 30 targets  |
| May      | 9  | Final Exam                                      | 30 targets  |
| May      | 16 | OPTION  | If we are rained out in previous weeks  |

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 <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 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 1<sup>st</sup> left onto Centewood Drive (which quickly becomes Old Centreville Rd).
4. Travel ½ mile to first stop sign.
5. Turn right onto Old Mill Road
6. Take 1<sup>st</sup> left onto Mt. Olive Drive
7. Travel ½ mile, make 1<sup>st</sup> 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

**Drive slowly down the entrance road.** (Limit is 10mph)

**Shotgun Range is the first road on the right. Please park in the lot nearest the fields.**