

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

RECR 137 (001) – Introduction to Trap & Skeet Shooting
2 Credits, Fall 2024
T 9:30-12:15pm /Izaak Walton Park - Centreville, VA

Faculty

Name: Benn Crandall
Office hours: As needed
Office location: Arlington-Fairfax Isaac Walton
Office phone: 703-631-4497 (Trap & Skeet Field House)
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Prerequisites/ Core requisites None

Course Description

Designed to educate the student on firearm and shooting 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 includes ammunition, targets, ear protection, eye protection and shotgun rental**
2. Eye protection is required to participate. Students can wear sunglasses or there are glasses that can be borrowed from the club for free.
3. Forms – each student will be required to sign a liability release for our host, the instructor and the University. 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.

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	\$360.0

Course Delivery Method

This course is an activity-based course.

Learning 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 participate in the games of Skeet and Trap shooting

Professional Standards: N/A

Required / suggested Texts/ 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 attend and participate in all classes and submit all assignments on time in the manner outlined by the instructor (e.g., Canvas, hard copy).

- **Assignments and Examinations**

Quizzes will be conducted verbally during the initial portion of the class. Questions are based on the previous weeks' work.

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 attitude could significantly affect your 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 (log book) 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	

Use of Generative AI

Use of Generative AI tools should be used following the fundamental principles of Mason’s Academic Standards. This includes being honest about the use of these tools for submitted work and including citations when using the work of others, whether individual people or Generative AI tools.

Professional Dispositions (CEHD Student Guide)

Throughout study in the College of Education and Human Development, students are expected to demonstrate behaviors that reflect the positive dispositions of a professional. See <https://cehd.gmu.edu/current-students/cehd-student-guide>.

Course Schedule

TOPIC			Exercise
August	27	Introduction and firearm safety	Basic Firearm instruction/ Safety lecture/ Facility Orientation/ Patterning a Shotgun /
September	3	Safety review/ Shotgun fitting/ Pattern shotgun	10 targets
September	10	Trap Practice	30 targets
September	17	Fall Break	No class
October	1	Trap Practice	30 targets
October	8	Trap Practice	30 targets
October	15	Trap Practice	Host Activity
October	22	Intro to Skeet	
October	29	Skeet Practice	30 targets
November	5	NO CLASS election day	
November	12	Skeet Practice	30 targets
November	19	Skeet Practice	30 targets
November	26	Final Exam	

TOPIC			Exercise

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

CEHD Commitments

The College of Education and Human Development is committed to fostering collaboration and community, promoting justice and equity, and advancing research-informed practice. Students are expected to adhere to, and contribute to, these commitments, the CEHD Mission, and Core Values of George Mason University. More information can be found here: <https://cehd.gmu.edu/about/culture/>

GMU Policies and Resources for Students

Policies

- Students must adhere to Mason’s Academic Standards (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 VIA should be directed to viahelp@gmu.edu or <https://cehd.gmu.edu/aero/assessments>.
- Questions or concerns regarding use of your LMS should be directed to:
 - Blackboard Learn: <https://its.gmu.edu/knowledge-base/blackboard-instructional-technology-support-for-students/>
 - Canvas: <https://its.gmu.edu/service/canvas/>
- For information on student support resources on campus, see: <https://ctfe.gmu.edu/teaching/student-support-resources-on-campus>

- TimelyCare: <https://caps.gmu.edu/timelycare-services/>
- Writing Center: <https://writingcenter.gmu.edu/>
- For additional information on the College of Education and Human Development’s Student Success Resources, please visit: <https://cehd.gmu.edu/students/>.

Notice of mandatory reporting of sexual assault, sexual harassment, interpersonal violence, and stalking:

As a faculty member, I am designated as a “Non-Confidential Employee,” and must report all disclosures of sexual assault, sexual harassment, 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 or support measures from Mason’s Title IX Coordinator by calling 703-993-8730, or emailing titleix@gmu.edu.

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 1st left onto Centrowood Drive (which quickly becomes Old Centreville Rd).
4. Travel ½ mile to first stop sign.
5. Turn right onto Old Mill Road
6. Take 1st left onto Mt. Olive Drive
7. Travel ½ mile, make 1st 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. (Speed Limit is 10mph)

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