

Course Outline

COURSE: KIN 31 **DIVISION:** 40 **ALSO LISTED AS:** PE 31

TERM EFFECTIVE: Fall 2011 **Inactive Course**

SHORT TITLE: ARCHERY

LONG TITLE: Archery

<u>Units</u>	<u>Number of Weeks</u>	<u>Type</u>	<u>Contact Hours/Week</u>	<u>Total Contact Hours</u>
.5 OR 1	18	Lecture:	0	0
		Lab:	1.5 OR 3	27 OR 54
		Other:	0	0
		Total:	1.5 OR 3	27 OR 54

COURSE DESCRIPTION:

Coeducational activity designed for all skill levels, from the beginner to the advanced student. Fundamentals, terminology, scoring, and safety are included. May be repeated three times for credit. This course has the option of a letter grade or pass/no pass. Previously listed as PE 31.

PREREQUISITES:

COREQUISITES:

CREDIT STATUS: D - Credit - Degree Applicable

GRADING MODES

- L - Standard Letter Grade
- P - Pass/No Pass

REPEATABILITY: R - Course may be repeated
 Maximum of 3 times

SCHEDULE TYPES:

- 04 - Laboratory/Studio/Activity

STUDENT LEARNING OUTCOMES:

1. The student will demonstrate their archery shooting skills, including holding the bow, drawing, the anchor point, aiming, and the release and follow-through.

ILO: 7, 2

Measure: performance

2. The student will explain and apply correct archery terminology.

ILO: 2, 7, 1, 4

Measure: oral exam, written exam, class discussion, performance

3. The student will explain and utilize the correct scoring methods.

ILO: 7, 2, 4, 1

Measure: oral exam, demonstration, written exam, class discussion

4. The student will list and practice the safety precautions to be observed.

ILO: 7, 2, 1, 4, 6

Measure: written exam, demonstration

CONTENT, STUDENT PERFORMANCE OBJECTIVES, OUT-OF-CLASS ASSIGNMENTS

Inactive Course: 03/14/2011

4.5 - 9 Hours

Orientation. Explain class procedures and grading. Presentation on the equipment to be used and its care. Discuss the safety rules involved in archery and their importance. Fit equipment and provide instruction and practice in bracing and unbracing the bow. The correct form and technique for the stance, nocking the arrow, holding the bow, drawing, anchor point, aiming, and release and follow-through will be taught. Practice shooting at an unfaced target at 10 yards. The correct method of retrieving arrows from the target will be presented.

SPO: The student will list the safety rules and discuss their importance. They will demonstrate the correct techniques for bracing and unbracing the bow, nocking the arrow, holding and drawing the bow, the anchor point, aiming, and the release and follow-through. They will describe and execute the correct method for retrieving arrows from the target.

4.5 - 9 Hours

Review the safety rules. Continue building on the techniques presented in earlier classes after providing a review. Discuss form and how to adjust one's form to improve performance. Teach point of aim technique and the adjustments necessary to correct this technique. Shoot at various distances: 10, 20, and 30 yards.

SPO: The student will describe the correct form and discuss adjustments that they have made to improve their performance. They will demonstrate the point of aim technique. Safety rules will continue to be utilized.

4.5 - 9 Hours

Continue working on improving skills. Introduce the target face and scoring method. Use score sheets to chart results. Presentation on "grouping" of arrows and how you can use this to correct your shooting technique. Explain adjustments to "point of aim" as your distance from the target increases. Shoot and score rounds. Shoot at various distances: 20, 30, and 40 yards.

SPO: Students will explain and demonstrate how to use a score sheet. They will discuss how you can use "grouping" to correct their shooting technique. The "point of aim" adjustments necessary to shoot at various distances will be explained.

4.5 - 9 Hours

Students will continue to work on improving their technique. Introduce various types of tournament "rounds". Shoot and score different rounds at a variety of distances: 20, 30, and 40 yards. Provide the class with the opportunity and challenge of shooting at 50 and 60 yards.

SPO: Students will participate in a variety of tournament "rounds". They will describe a "round". They will discuss the adjustments they have made to their technique which has allowed them to be more successful.

7.5 - 15 Hours

Continue working on improving skills. Fun activities such as shooting at targets containing balloons and/or prizes could be incorporated into the class. Conduct various types of tournaments. A possible field trip to the Mt. Madonna shooting range could be arranged. Allowing students the challenge to shoot at 100 yards could also be provided. Skill testing. Scoring test.

SPO: The student will discuss the "point of aim" adjustments that will be necessary to hit the target from different distances. They will continue to utilize the safety rules. They will complete the skill and scoring tests.

2 Hours

Final.

This is a skill building class where the students' skills or proficiencies will be enhanced by supervised repetition and practice in class.

METHODS OF INSTRUCTION:

lecture, demonstration, guided practice

METHODS OF EVALUATION:

The types of writing assignments required:

None

The problem-solving assignments required:

None

The types of skill demonstrations required:

Performance exams

The types of objective examinations used in the course:

Multiple choice

True/False

Matching items

Completion

Other category:

Requires student participation

The basis for assigning students grades in the course:

Writing assignments: 0% - 0%

Problem-solving demonstrations: 0% - 0%

Skill demonstrations: 40% - 60%

Objective examinations: 10% - 30%

Other methods of evaluation: 30% - 60%

JUSTIFICATION:

The department is requesting a name change, from the Physical Education and Athletics Department to the Department of Kinesiology and Athletics.

The reasons for this action include:

1) A desire to follow suit with the 4-year colleges and universities.

2) A trend in the field. Community colleges are moving in this direction with Cabrillo College already taking this action. Others such as Sacramento City College, Mission College, and Diablo Valley College are also in the process of changing their name as well. Gavilan College can be a leader in this trend.

3) This more closely describes what our profession is about.

"Kinesiology is the academic discipline concerned with the art and science of human movement."

4) The state academic senate has proposed that Kinesiology and Exercise Science majors be added to the Disciplines List so they have recognized the move in this direction.

5) Over recent years, there have been discussions within the State regarding the need to streamline Physical Education as a discipline. This would help with the negative connotation that is often identified with this discipline. Gavilan College has worked hard to modify our programs to meet State requirements for our major. The name change would be another step in the right direction.

REPRESENTATIVE TEXTBOOKS:

ARTICULATION and CERTIFICATE INFORMATION

Associate Degree:

GAV E1, effective 201170

CSU GE:

CSU E1, effective 201170

IGETC:

CSU TRANSFER:

Transferable CSU, effective 201170

UC TRANSFER:

Transferable UC, effective 201170

SUPPLEMENTAL DATA:

Basic Skills: N

Classification: A

Noncredit Category: Y

Cooperative Education:

Program Status: 1 Program Applicable

Special Class Status: N

CAN:

CAN Sequence:

CSU Crosswalk Course Department: KIN

CSU Crosswalk Course Number: 31

Prior to College Level: Y

Non Credit Enhanced Funding: N

Funding Agency Code: Y

In-Service: N

Occupational Course: E

Maximum Hours: 1

Minimum Hours: .5

Course Control Number: CCC000503333

Sports/Physical Education Course: Y

Taxonomy of Program: 083500