

### Course Outline

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

**TERM EFFECTIVE:** Spring 2016                      **CURRICULUM APPROVAL DATE:** 10/26/2015

**SHORT TITLE:** ARCHERY - BEGINNING

**LONG TITLE:** Archery - Beginning

<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 the beginning skill level. Safety, fundamentals, terminology and scoring are included. This course is designed to instruct students in the fundamental skills of archery as a target shooting sport. This course has the option of a letter grade or pass/no pass. Courses should be taken in sequential order.

**PREREQUISITES:**

**COREQUISITES:**

**CREDIT STATUS:** D - Credit - Degree Applicable

#### **GRADING MODES**

L - Standard Letter Grade

P - Pass/No Pass

**REPEATABILITY:** N - Course may not be repeated

#### **SCHEDULE TYPES:**

04 - Laboratory/Studio/Activity

#### **STUDENT LEARNING OUTCOMES:**

1. Demonstrate basic archery shooting skills, including stance, nocking the arrow, set-up, draw and load, anchor, aim, release and follow-through.

Measure: demonstration

PLO: 4

ILO: 7,2

GE-LO: E1

Year assessed or anticipated year of assessment: 2016-17

2. Explain and apply correct archery terminology.

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

PLO: 7

ILO: 2,7,1,4

GE-LO: E1,A1,A2,A7

Year assessed or anticipated year of assessment: 2016-17

3. Explain and utilize correct scoring methods.

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

PLO: 7

ILO: 7,2,4,1

GE-LO: E1,A1,A2,A7

Year assessed or anticipated year of assessment: 2016-17

4. List and practice the safety rules specific to target archery.

Measure: demonstration, written exam

PLO: 7

ILO: 7,2,1

GE-LO: A1,A2,A7

Year assessed or anticipated year of assessment: 2016-17

#### PROGRAM LEARNING OUTCOMES:

After completing the Kinesiology major a student will be able to:

1. List and describe five career options available in the field of kinesiology.
2. Describe and critically analyze the role of physical activity and its impact on health, society and quality of life.
3. Discuss the history and broad content within the discipline of kinesiology and develop skills to enable the synthesis of concepts across disciplines.
4. Identify critical elements of motor skill performance, combine motor skills into appropriate sequences for the purpose of improving skill learning, and demonstrate competent motor skill performance in a variety of physical activities.
5. Identify the skeletal and muscular structures of the human body.
6. Utilize measurement concepts (qualitative and quantitative) to assess student/client performance and program effectiveness.
7. Describe and demonstrate effective verbal and nonverbal communication skills.

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

Curriculum Approval Date: 10/26/2015

4.5 - 9 Hours

Orientation. Explain class procedures and grading. Presentation on the equipment to be used and its care. Discuss the safety rules involving 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, set-up, draw and load, anchor, aim, 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: List the safety rules and discuss their importance. 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. Describe and execute the correct method for retrieving arrows from the target.

4.5 - 9 Hours

Review the safety rules, including the importance of the shooting line. Review the correct form and technique, including emphasis on proper body alignment during the set-up and draw and load. Teach point of aim technique. Shoot at various distances: 10, 20 and 30 yards.

SPO: Describe and demonstrate the correct form and techniques to be used for target archery. Discuss the importance of proper body alignment during the set-up and draw and load. Demonstrate the point of aim technique. Utilize safety rules.

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. Explain adjustments to "point of aim" as your distance from the target increases. Shoot and score different rounds at a variety of distances: 10, 20 and 30 yards. Provide the class with an opportunity and challenge of shooting at 40 yards.

SPO: Explain and demonstrate how to use a score sheet. Discuss "grouping" of arrows. Explain and demonstrate the "point of aim" adjustments necessary to shoot at various distances. Practice all safety rules.

4.5 - 9 Hours

Continue working on improving archery shooting techniques, including developing a consistent anchor point. Introduce various types of tournament "rounds". Shoot and score different rounds at a variety of distances: 20, 30 and 40 yards.

SPO: Discuss the importance of maintaining a consistent anchor point. Describe a "round". Participate in a variety of tournament "rounds". Utilize correct shooting technique and practice all safety rules.

7.5 - 15 Hours

Continue working on improving archery shooting skills. Activities such as shooting at targets containing balloons and/or prizes could be incorporated into the class. Skill testing. Scoring test.

SPO: Participate in class activities. Demonstrate improved shooting techniques. Complete the skill and scoring tests. Utilize the safety rules.

2 Hours

Final.

### **METHODS OF INSTRUCTION:**

demonstration, guided practice, discussion

### **METHODS OF EVALUATION:**

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%

**REPRESENTATIVE TEXTBOOKS:**

Required:

Haywood, Kathleen and Lewis, Catherine. Archery: Steps to Success (4th Edition), Champaign, IL, Human Kinetics, 2014.

Or other appropriate college level text.

Reading level of text, Grade: 12th      Verified by: MS Word

**ARTICULATION and CERTIFICATE INFORMATION**

Associate Degree:

CSU GE:

IGETC:

CSU TRANSFER:

Transferable CSU, effective 201630

UC TRANSFER:

Not Transferable

**SUPPLEMENTAL DATA:**

Basic Skills: N

Classification: Y

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: 31A

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:

Sports/Physical Education Course: Y

Taxonomy of Program: 127000