

Course Outline

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

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

SHORT TITLE: ARCHERY - INTERMEDIATE

LONG TITLE: Archery - Intermediate

<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 intermediate skill level. Includes instruction and practice in target archery which will allow the student to analyze their performance and develop a consistent shooting rhythm. 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. Apply the physical and mental skills of target archery to attain intermediate level techniques.

Measure: demonstration, discussion

PLO: 4,7

ILO: 7,2,1

GE-LO: E1

Year assessed or anticipated year of assessment: 2016-17

2. Develop and maintain consistent shooting sequence and rhythm.

Measure: demonstration

PLO: 4

ILO: 7,2

GE-LO: E1

Year assessed or anticipated year of assessment: 2016-17

3. Maintain accurate individual and tournament scorekeeping records.

Measure: score cards

PLO: 4

ILO: 7,6

GE-LO: E1

Year assessed or anticipated year of assessment: 2016-17

PROGRAM LEARNING OUTCOMES:

Is this course part of a program (degree or certificate)? If yes, copy and paste the appropriate Program Learning Outcomes and number them. Enter the PLOs by number in the Student Learning Outcomes below.

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. Review of the equipment, correct arrow retrieval method and safety rules to be used. Brief review of terminology. Fit equipment. Review and refinement of archery shooting techniques. Discussion on the advantages and disadvantages of various stances - square, open, and closed. Practice shooting at targets 10 and 20 yards away.

SPO: Utilize safety rules at all times. Explain and demonstrate the advantages and disadvantages of various stances.

4.5 - 9 Hours

Continue building on the techniques presented in earlier classes. Discuss form and how to analyze and adjust one's form to improve performance, including a review of the importance of proper body alignment. Discussion on the advantages and disadvantages of one's bow hand wrist position - low, high, and straight. Shoot at various distances: 10, 20 and 30 yards.

SPO: Discuss how to analyze and adjust form for improved shooting performance. Explain and demonstrate the advantages and disadvantages of various bow hand wrist positions.

4.5 - 9 Hours

Continue working on analyzing and adjusting one's form to improve performance. Presentation on aiming and sighting including anchoring at the side-of-the-face or under-chin position. Review arrow "grouping" and "point of aim" technique and discuss analyzing arrow patterns. Shoot and score different rounds at a variety of distances: 20, 30 and 40 yards. Provide the class with an opportunity and challenge of shooting at 50 yards.

SPO: Discuss adjustments that they have made to improve their performance. Explain the benefits of the anchor point they have chosen. Describe how you can use "grouping" of your arrows to correct your shooting technique. Maintain a score sheet.

4.5 - 9 Hours

Continue working on consistency and maintaining a shooting rhythm. Incorporate various tournaments to provide opportunities to practice one's target archery shooting skills. 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: Participate in a variety of rounds at various distances. Explain the benefits of being consistent and maintaining a shooting rhythm. Discuss the adjustments they have made to their technique which has allowed them to be more successful.

7.5 - 15 Hours

Continue working on analyzing one's performance in order to improve archery shooting technique. Presentation on the mental skills related to archery, such as staying relaxed, concentration and focusing. Conduct various types of shooting tournaments. A possible field trip to a shooting range could be arranged. Skill testing.

SPO: Participate in class activities. Discuss the mental aspects of archery. Complete skill test.

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: 31B

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