Course Syllabus

Department: Physical Education and Integrated Health Care

Date: July 2012

I. Course Prefix and Number: PE 271

Course Name: Recreational Shooting II

Credit Hours and Contact Hours: 3 credit hours, 3 contact hours

Catalog Description including pre- and co-requisites: This course is an advanced shooting course and is designed to complement Recreational Shooting I. There is emphasis on anatomy (upper body dynamics), psychology, physiology, advanced shooting skills performance, coaching principles, and scientific instrumentation. There is increased hands-on performance related skills particularly as it relates to specific sport skills and how they are developed through progressive steps (mini/maxi goal setting). No prerequisites. An additional fee is required.

II. Course Outcomes and Objectives

Student Learning Outcomes:

The student will:

1. Develop an extended vocabulary associated with shooting sports.
2. Describe the fundamental and functional anatomy, physiology, sport psychology associated with the shooting sports and review the basic care of shooting sports injuries.
3. Recognize the instrumentation types used to train shooting athletes such as the chronograph, specifics of ammunition, loading tools, and application of fundamental coaching skills.
4. Identify the elementary and advanced elements of diet in sport.
5. Distinguish ballistics, ammunition identification for elite athletic programs (international shooting sports) and personal teaching of safety concepts.
6. Implement gun safety skills and demonstrate skills to family members/friends who wish to use firearms as a sporting activity.

Relationship to Academic Programs and Curriculum:

This course can be used to fulfill one credit of the physical education requirement for all majors.

College Learning Outcomes Addressed by the Course:

- [ ] writing
- [ ] oral communications
- [x] reading
- [ ] mathematics
- [x] critical thinking
- [ ] computer literacy
- [ ] ethics/values
- [ ] citizenship
- [ ] global concerns
- [ ] information resources
III. Instructional Materials and Methods

Types of Course Materials:

- Handouts with references
- Video Materials
- DVD presentations
- Library References

Methods of Instruction (e.g. Lecture, Lab, Seminar …):

- Lecture
- Video Viewing
- Hands-on Laboratory type Training
- Discussions(s)
- Demonstration(s)

IV. Assessment Measures (Summarize how the college and student learning outcomes will be assessed):

The Physical Education and Integrated Health Care Department believes each instructor should determine the grading system and evaluation methods that will be used in their section of the course. The methods of assessment must be communicated through the Course Outline that is given to the students the first week of the semester. Possible assessment methods include: quizzes, tests, collected assignments, group activities, demonstration of skills and performance. Such assessments and related assignments will develop critical thinking techniques and reading, along with developing ethics and values regarding an appreciation of lifetime recreational activity.

V. General Outline of Topics Covered:

A. Specific emphasis on safety
B. Dedication of specialized vocabulary
C. History of firearms and guns as a sport
D. The physical relationship to the sport via anatomy, physiology, and sport psychology
E. The development of record keeping strategies
F. Foundation of basic coaching techniques
G. Range operations
H. An overview of sport comparisons and Olympic activities preparation for elite performance
I. An overview of violence in our society
J. Uses of chronographs in the development of handloading information
K. Functional body positions related to this activity