

CATALOG INFORMATION

Dept and Nbr: PHYED 76.1 Title: ARCHERY - BEG.
Full Title: Beginning Archery
Last Reviewed: 12/5/2005

Units		Course Hours per Week		Nbr of Weeks	Course Hours Total	
Maximum	1.00	Lecture Scheduled	0	17.5	Lecture Scheduled	0
Minimum	1.00	Lab Scheduled	2.00	6	Lab Scheduled	35.00
		Contact DHR	0		Contact DHR	0
		Contact Total	2.00		Contact Total	35.00
		Non-contact DHR	0		Non-contact DHR	0

Total Out of Class Hours: 0.00

Total Student Learning Hours: 35.00

Title 5 Category: AA Degree Applicable
Grading: Grade or P/NP
Repeatability: 22 - 4 Times in any Comb of Levels
Also Listed As:
Formerly: PE 33.1

Catalog Description:
Introduction to the sport of archery with emphasis on fundamental skills and form.

Prerequisites/Corequisites:

Recommended Preparation:

Limits on Enrollment:

Schedule of Classes Information:
Description: Introduction to the sport of archery with emphasis on fundamental skills and form.
(Grade or P/NP)
Prerequisites/Corequisites:
Recommended:
Limits on Enrollment:
Transfer Credit: CSU;UC.
Repeatability: 4 Times in any Comb of Levels

ARTICULATION, MAJOR, and CERTIFICATION INFORMATION:

AS Degree: **Area**
CSU GE: **Transfer Area**

Effective: Inactive:
Effective: Inactive:

IGETC: **Transfer Area**

Effective: Inactive:

CSU Transfer: Transferable Effective: Fall 1981 Inactive: Fall 2010

UC Transfer: Transferable Effective: Fall 1981 Inactive: Fall 2010

CID:

Certificate/Major Applicable:
Not Certificate/Major Applicable

COURSE CONTENT

Outcomes and Objectives:

Upon completion of this course the student will be able to:

1. Identify and explain the components of the standard recurve bow.
2. Identify and explain the parts of the arrow.
3. Demonstrate proper stance and draw form.
4. Perform aiming and shooting techniques.
5. Demonstrate proper release and follow-through.
6. Explain and demonstrate the principles of aiming from various distances.
7. Explain and demonstrate proper shooting commands and sequencing.
8. Demonstrate proper care of archery equipment.
9. Explain and utilize the procedures for scoring.
10. Explain and demonstrate proper arrow retrieval from the target.
11. Explain and follow archery safety measures.

Topics and Scope:

- I. Equipment nomenclature
 - A. Arrow
 1. shaft
 2. nock
 3. fletching
 4. crest
 5. tip/point
 - B. Bow configurations
 1. long
 2. recurve
 3. compound
 - D. Bow
 1. riser
 2. string
 3. notch
 4. nock point

- 5. limb
- 6. grip
- 7. arrow rest/shelf
- II. Bow preparation
 - A. bracing
 - B. waxing
- III. The target
 - A. face
 - B. skirt
 - C. scoring
- IV. History of Archery
 - A. Historical figures such as Robin Hood
 - B. Hunting
 - C. Defense
 - E. Development as an Olympic sport
- V. Conditioning for archery
 - A. Cardio
 - B. Stretches
 - C. Weight training
- VI. Archery skills
 - A. stance
 - B. aiming
 - C. draw strength
 - D. breathing
 - E. mental composure
 - F. shooting form
 - G. shooting techniques
 - H. increasing accuracy
- VII. Archery Safety
 - A. On the shooting line
 - B. Equipment maintenance
 - C. Shooting stance
 - D. Shooting commands

Assignment:

Representative Assignments:

In class:

1. One written test
2. Skills practice
3. Performance exams (class competitions)

Outside of class:

1. Reading class hand-outs (approximately 5 pages over the course of the semester)
2. Mental practice and visualization
3. Physical conditioning including light cardio; stretching of the back, neck and shoulders; light weight training for strength.

Methods of Evaluation/Basis of Grade:

Writing: Assessment tools that demonstrate writing skills and/or require students to select, organize and explain ideas in writing.

None, This is a degree applicable course but assessment tools based on writing are not included because skill demonstrations are more appropriate for this course.

Writing
0 - 0%

Problem Solving: Assessment tools, other than exams, that demonstrate competence in computational or non-computational problem solving skills.

None

Problem solving
0 - 0%

Skill Demonstrations: All skill-based and physical demonstrations used for assessment purposes including skill performance exams.

Class performances, Performance exams

Skill Demonstrations
20 - 40%

Exams: All forms of formal testing, other than skill performance exams.

Multiple choice, True/false

Exams
20 - 40%

Other: Includes any assessment tools that do not logically fit into the above categories.

Attendance and participation

Other Category
40 - 60%

Representative Textbooks and Materials:

Instructor prepared materials