

PHED 36A: BEGINNING ARCHERY

Foothill College Course Outline of Record

Heading	Value
Units:	1
Hours:	3 laboratory per week (36 total per quarter)
Advisory:	This course is included in the Individual Sports family of activity courses; not open to students with credit in PHED 36.
Degree & Credit Status:	Degree-Applicable Credit Course
Foothill GE:	Area VII: Lifelong Learning
Transferable:	CSU/UC
Grade Type:	Letter Grade (Request for Pass/No Pass)
Repeatability:	Not Repeatable

Student Learning Outcomes

- Perform with increased proficiency the techniques for successful archery. (rubric - physical checklist)
- Demonstrate and explain proper shooting technique and mental preparation. (rubric - cognitive)

Description

Introduction to Olympic archery using the recurve bow. Includes building a good basic foundation for shooting using the recurve bow through the utilization and practice of various skill development techniques.

Course Objectives

The student will be able to:

- identify the parts of the bow, tackle.
- know the rules of archery.
- know the etiquette of archery.
- demonstrate good shooting technique.
- demonstrate basic training/methodology techniques.
- observe and analyze basic shooting technique.
- appreciate and value the sport of archery as a component of lifelong physical activity.

Course Content

- Nomenclature
 - Full recurve bow
 - Upper/lower limb
 - Riser
 - Shelf
 - Arrow rest
 - Sight window
 - Sight
 - String
 - Serving
 - Nock set
 - Arrow
 - Nock

- Vanes
 - Shaft
 - Target point
- Tackle
 - Finger tab
 - Forearm guard
 - Bow sling
 - Chest protector
 - Training/practice
 - Shadow (no equipment)
 - Position progression
 - 1-5 count
 - Stretch bands
 - 1-4 count
 - Training with bow
 - Stance
 - Bow grip
 - Hook positioning (fingers on string)
 - Setup position
 - Drawing
 - Anchor position
 - Aiming
 - Using a target sight
 - Release
 - Follow through
 - Exercises for specific skills
 - Bow grip
 - Hook
 - Drawing
 - Anchoring
 - Back tension
 - Aiming
 - Release
 - Follow through
 - Observation/analysis
 - Five points of observation
 - Points of the compass
 - North
 - South
 - East
 - West
 - Under drawing arm
 - Observe anchoring point on jaw

Lab Content

- Training (without bow)
- Training with bow
- Exercises for specific skills
- Observation/analysis

Special Facilities and/or Equipment

Archery facility, portable targets, arrow back drop net, bows, arrows, tabs, arm guards and bow racks.

Method(s) of Evaluation

- Physical skills and techniques will be assessed by direct instructor observation and peer interaction activities
- Written and/or final examination will test knowledge of:
 - Terminology of archery
 - Techniques of proper shooting

- a. Student demonstration
- b. Explanation
3. Selection of proper equipment

Method(s) of Instruction

Lecture, discussion, interactive learning exercises, demonstration.

Representative Text(s) and Other Materials

Lee, Kisik, and Robert de Bondt. Total Archery. Human Kinetics, 2009.

Resource book (optional)

Although this text is older than the suggested "5 years or newer" standard, it remains a seminal text in this area of study.

Types and/or Examples of Required Reading, Writing, and Outside of Class Assignments

Optional reading/writing assignments as determined by the instructor.

Discipline(s)

Physical Education