

PHED 36B: INTERMEDIATE 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.
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

- Demonstrate and explain proper shooting technique and mental preparation.
- Perform with increased proficiency the techniques for successful archery.

Description

Intermediate skills will be developed through the in depth observation and understanding of the elements that produce consistency and competency in using the recurve bow. Basic maintenance of equipment will be covered.

Course Objectives

The student will be able to:

- develop a consistent shot.
- analyze and critique a shot.
- understand principles of using a sight.
- to tune a bow.
- to maintain their equipment.
- develop a training program for improvement.

Course Content

- Stance
- Bow grip
- Hooking (string)
- Set-up
- Drawing the bow
- Anchor position
- Aiming
- Release
- Follow through
- Maintenance/tuning

Lab Content

- Stance
- Bow grip
- Hooking (string)

- Set up
- Drawing the bow
- Anchor position
- Aiming
- Release
- Follow through
- Maintenance/tuning

Special Facilities and/or Equipment

Indoor 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
- Written and/or final examination will test knowledge of:
 - Terminology of archery
 - Techniques of proper shooting
 - Student demonstration
 - Explanation
 - Selection and proper use of 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