

PHED 36C: ADVANCED 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 Only
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

Advanced archery concepts in shot foundation development. Scapulae positioning, breathing, imagery, focusing, relaxation and various physical training methodologies are presented. Aligning and tuning methods will be presented.

Course Objectives

The student will be able to:

- understand the biomechanics of body posture, scapulae positioning, eye focus, etc.
- have an understanding of various mental concepts and their relationship to high performance.
- explore the use of relaxation and breathe control techniques for improved performance.
- align and tune a bow.
- develop a physical/mental training regime.
- coach at a basic/intermediate level.

Course Content

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

Lab Content

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

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
- Peer group interaction will be assessed by instructor and students
- Evaluation will consist of proficiency in:
 - Shooting
 - Tuning and alignment
 - Understanding of physical/mental aspects of archery
 - Understanding of coaching principles/methodologies

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