

PHED 1112 (1:0:3)

ARCHERY

KINESIOLOGY

DIVISION OF ARTS AND SCIENCES
SOUTH PLAINS COLLEGE

SPRING 2020

JON MARC MOORE

COURSE SYLLABUS

Aug 2019

Archery KINE 1112

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Office hours posted on my office door

Purpose: To have each student complete the objectives on the activity of archery through current literature, instructor demonstration and class participation of the activity itself and to promote archery as a lifetime activity.

General rules:

- No foul language
- No inappropriate clothing
- No food or drink within the gym
- No cell phones or communications devices to be used
- No disruptive behavior

Violation of these rules will result in a warning for the first offense and expulsion from the class on the second offense.

If expelled from the class the student will have to meet with the teacher before being allowed back in the classroom.

Equipment and/or text needed for this class: There is no textbook required. The instructor will provide written information for the class. The college will provide all archery equipment. You can use your own equipment (recurve bows only).

Injuries/medical: If they occur during class, report the injury to the instructor immediately. If you incur an injury outside of class or have an illness or medical condition that will affect your daily activity inform the instructor to make alternative assignments.

Course Learning Objectives:

Each student will demonstrate knowledge of the basic history, terminology and safety of archery.

Each student will demonstrate knowledge and understanding of the archery equipment and the skills to use it properly.

Each student will demonstrate the skills of shooting including stance, knocking the arrow, sight adjustments, drawing, aiming, anchor point, release and improvements on skills post tests.

Each student will demonstrate knowledge of scoring and tournament rules for competitions.

Each student will understand the relationship between muscles, skeletal system and the movements of the activity of archery and how it all works together

Evaluation:

Final Exam/Daily assignments

Final Exam/Daily assignments

Skills testing

Final Exam/Instructor observation

Skills testing

Grading procedure/policy:(I do not use Blackboard Gradebook)

<u>Component</u>	<u>Instrument</u>	<u>Value</u>
Daily participation grade	Attendance records and instructor observation	70%
Daily skill grade	Observation and documentation of correct form and execution of daily skills, objectives, exercises & improvements on post tests (posted as the weekly grade(15) in the Gradebook-attend both days per week 100, miss one day per week 50, miss both days per week 0)	
Quizzes and assignments (these will be announced)	Quiz, papers over assigned information, improvements on skills post tests	20%
One major exam (Final)	Written exam over information covered during class	10% 100%

A=90-100 B=80-89.9 C=70-79.9 D=60-69.9 F=00-59.9

Grade progress reports will be at mid-term and/or at the students request

DROPS: The student will be dropped on his or her 6th absence. Disciplinary drops will be taken care of by the instructor.

Tardies and non-participations (NP): Three Tardies equal one absence. NPs occur when a student is in attendance but cannot participate due to illness, injury or they do not have workout clothes. Every three NPs constitute one absence. If the student comes in late to class it is the student's responsibility to inform the teacher that they are in attendance for said class. Please do so after class. **You, the student, are responsible for material missed during your absence.**

Attendance Policy: SPC school sponsored activities, funerals and jury duty are excused but you must have documentation. . **You, the student, are responsible for material missed during your absence.**

Calendar (tentative schedule):

- Wk1-Syllabus, roll check, introductions, becoming familiar with the indoor range and issuing equipment history, safety and determine eye dominance (assignment 1 due)
 - Wk2- Practice on correct grip, stance, draw, anchor, release and sighting in on the target
 - Wk3-Practice on all of the above and begin pre tests at 2nd red line, half court, 3rd red line and back free-throw line
 - Wk4- Wk6-Practice on all skills and arm strength, earlier semester video of students form and watch the video with each student and evaluate skills (assignment 2 due)
 - Wk7- Wk8-Continue to practice on skills from all pre tests distances and begin singles tournament (round robin) quiz 1
 - Wk9-3 person team tournament competition (round robin) and score prediction tournament
 - Wk10-Wk11-Repetition practice at all distances and continue singles tournament
 - Wk12-Low score prediction tournament and teacher vs. student competition
 - Wk13- Practice for upcoming post tests
 - Wk14-Take scores from post tests on all distances(assignment 3)
 - Wk15-Paper animal target shoot
 - Wk16-Written final
- (we will have outdoor archery when schedule and weather permits)**

I _____ have read and understand all the information on this syllabus for KINE 1112.

Print name _____

Date _____

Phone # _____

E-mail _____

Are there any health issues we should be concerned about before you start this program? (circle one)

No

If yes, please explain:

***Sign and complete this form and turn it in to the instructor.**

