

Course Content and Outcome Guide for PE 120

Course Number: PE 120

Course Title: Archery

Credit Hours: 1

Lecture Hours: 0

Lecture/Lab Hours: 0

Lab Hours: 33

Special Fee: \$50

Course Description

This archery course teaches the fundamental techniques of archery shooting. Students will learn safety, rules, and proper techniques to help establish a foundation for improvement while shooting at both a variety of targets and distances. In person classes will promote psycho-motor development and physical fitness improvements. An emphasis will be placed on gaining knowledge of the history, science, and physical awareness components while learning to appreciate the connections with wildlife and the outdoors. There are numerous opportunities for individual and team scoring tournaments so students will gain a thorough understanding of the sport of archery.

Audit available.

Addendum to Course Description

All in person classes will take place at the Oregon National Guard Armory. Each student will be charged an additional \$50.00. on top of the class tuition to cover the cost of the range rental and equipment repairs. No textbook is required. Students will need to provide an archery hip quiver; all other equipment will be provided.

Intended Outcomes for Course

Upon completion of the course students should be able to:

1. Develop an understanding of history, ethics, culture, and science of archery.
2. Acquire knowledge in archery safety, rules, and terminology.
3. Exhibits responsible personal and social etiquette that respects self and others in physical activity settings.
4. Gain knowledge and skill in the proper use and care of equipment.
5. Demonstrate and verbally describe necessary psycho-motor skills.
6. Expand on techniques for continued skill level improvement.

Course Activities and Design

1. Exit quizzes (Celebrations of Learning) after shooting
2. Learn archery rules and safety with hands on practice
3. Playing games to improve shooting accuracy
4. Skill building, technical lessons, and equipment games
5. Tournament scoring events
6. Oral presentations
7. Online slides

Outcome Assessment Strategies

- Pre-test to gain an understanding of current knowledge
- Active participation with an exit quiz at end of in person activities to evaluate skills, level of learning, and goals
- Exhibit knowledge in safety, terms, equipment, shooting skills through practical demonstrations
- Evaluations of psycho-motor improvements regularly (coordination, dexterity, physical strength, muscle awareness, mental focus)
- Oral/slide presentations
- Written assignments and/or exams

Course Content (Themes, Concepts, Issues and Skills)

Themes

- Safe handling of equipment while learning technical archery skills
- History of archery and how it has changed
- How to apply science to archery skills
- How archery applies to the outdoors
- Archery for a healthy living and physical activity

Concepts

- Understanding range development
- Proper shooting techniques
- Adapt learned skills to make improvements
- Solve for trajectory challenges
- Demonstrate active listening and verbal communication skills
- Collaborate on team skill building and tournament shoots
- Respect divergent opinions

Issues

- Importance of safety
- Ethics, morals, and etiquette concerning archery and how they apply to life

Skills

- Learn the fundamentals of archery safety, rules, and technical skills
- Maintenance of archery equipment
- Develop an understanding of archery terminology
- Shoot for consistency through improved technical skills
- Communicate the elements of archery through verbal instruction and demonstration

Topics to be covered include:

- Safety
- Equipment
- Terminology
- History of Archery
- Ethics, Morals, Culture
- Applied Technical Skills
- Anatomy of an Archer
- Science of Archery
- Outdoor Education
- Archery as it relates to math skills
- Communication Skills

Course Week by Week Outline

Week 1: Intro to Archery (safety/rules/proper shooting technique/terms) and History

Week 2: Equipment Styles, Parts of Bows and Arrows, Advanced Equipment

Week 3: Shooting Arrow Groups and Adjustments/Sighting/Peeps/Understanding Scoring

Week 4: Ethics, Culture, and Archery in Mythology

Week 5: Midterm – Tournament Scoring (with slide presentations? Multiple Choice/Matching Test?)

Week 6: Applied Science of Archery/ Physical demands on Human Body

Week 7: Archery and the Outdoors

Week 8: 3D Animal/Field Target Shooting/Scoring

Week 9: Archery for Life

Week 10: Psycho-motor Evaluations and Presentations

Finals Week: Tournament Scoring/Multiple Choice/Matching Test

Week	Content	Assessment
Week 1	Intro to Archery (safety/rules/proper shooting technique/terms) and History	Outcomes 1,2,3
Week 2	Equipment Styles, Parts of Bows and Arrows, Advanced Equipment	Outcomes 2,4
Week 3	Shooting Arrow Groups and Adjustments/Sighting/Peeps/Understanding Scoring	Outcomes 2,3,4,6,
Week 4	Ethics, Culture, and Archery in Mythology	Outcomes 1,3,8
Week 5	Midterm – Tournament Scoring (with slide presentations? Multiple Choice/Matching Test?)	Outcomes 1,2,3,4,5,6,
Week 6	Applied Science of Archery/ Physical Demands on Human Body	Outcomes 1,2,3,4,6
Week 7	Archery and the Outdoors	Outcomes 3,4,5,6,
Week 8	3D Animal/Field Target Shooting/Scoring	Outcomes 1,2,3,4,5,6,
Week 9	Archery for Life	Outcomes 1,3,5,
Week 10	Psycho-motor Evaluations and Presentations	Outcomes 2,3,4,5,6
Finals	Tournament Scoring/Multiple Choice/Matching Test	Outcomes 1,2,3,4,5,6,

Revised: Oct 2022