

Department of Physical Education

Location: PED 210

Instructor: Terri Ashley-MacQuarrie (USA Archery L4-NTS Coach)

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Office Hour Days and Times: Available upon request

Course Developed by Daniel Kwasniewski (USA Archery L4-NTS Coach)

Archery: PHED 148

Course Description

This is an introductory course to help teach each student the fundamental skills of archery. It is assumed that students who enroll in this course have little to no experience in the sport of archery. Classes will focus on developing a basic understanding of the following skills: basic technique, types of archery, scoring, rules, practice drills, exercise, and equipment,

Course Objectives

1. To demonstrate knowledge of the basic history, terminology, and safety guidelines for archery.
2. To demonstrate basic knowledge and understanding of the anatomy of a recurve bow, universal compound bow and arrows. As well as the skills to use them safely.
3. To demonstrate the skills of the introductory shot sequences, which includes stance, nocking an arrow, hooking, drawing, anchor point, and release.
4. Demonstrate and learn the principles of how to set up an indoor target archery range. As well as demonstrate and learn whistle commands and range rules.
5. Demonstrate a basic understanding of the National Training System Shot Sequence developed by USA Archery.
6. Understand and demonstrate the importance of mental performance and its importance in sports.
7. Acquire knowledge regarding proper nutrition and its implications for sport performance, physical fitness, and wellness.
8. Develop the kinesthetic sense in the process of acquiring movement skills and demonstrate the biomechanics of fundamental movements and skills.
9. Demonstrate knowledge of keeping a thorough workout performance journal.
10. Develop and understanding of scoring and tournament rules for basic competition.

Physical Education Program Objectives

Students will understand the importance of sound health and fitness principles as they relate to better health and will be able to:

- Recognize the physical and mental benefits of increased activity.
- Understand anatomy, basic biomechanical principles and terminology.
- Determine factors involved with development, fitness levels and training strategies.

Students will be exposed to a variety of activities providing them the opportunity to:

- Apply learned fundamental skills.
- Utilize physical activity as a tool to manage stress.
- Participate in a motivating and nurturing environment resulting in a greater sense of well-being and self-esteem.
- Participate in active learning to stimulate continued inquiry about physical education, health and fitness.

Students will demonstrate proficiency through knowledge and acquired skills enabling them to:

- Develop an appreciation of physical activity as a lifetime pursuit and a means to better health.

Course Materials (Recommended Reading)

USA Archery. Archery. Human Kinetics. 232 pages. ISBN-10: 1450420206. Dec. 2012

Haywood, Kathleen and Lewis, Catherine. Archery 4th. Edition: Steps to Success. Human Kinetics, 4th ed. 280 pages. ISBN-10: 1450444687. Nov. 2013

Bassham, Lanny. With Winning in Mind, 3rd Ed. Mental Management Systems. 3rd Ed. 182 pages. ISBN-10: 1934324264. Sept. 2013.

Class will always meet in the South PED Gym, Room 210. Before entering the gymnasium, please dress appropriately to exercise (gym clothes and athletic shoes).

To improve your physical fitness requires regular participation in class activities. Arriving late and leaving class early will affect class participation portion of the grade. Archery is like any other sport that requires continuous practice. Outside of class participation is strongly encouraged.

Classroom Protocol

1. Students must attend class in a timely manner. Late arrival will be disruptive to other students who are also there to learn. Please, enter the gym quietly if you arrive late.
2. Closed toed shoes are required at all times, while the range is active.
3. All students must wear appropriate clothing for working out and to properly use the equipment. Students with long hair are asked to tie their hair back for safety purposes.

4. Although Archery is one of the safest sports, this is only due to following range protocols. Students must use all equipment seriously and safely.
5. Please place your cellphone on vibrate, if you bring it to class.

Evaluation Criteria

Midterm-15%

Final- 25%

Participation and Attendance- 20%

Skill test - 20%

Homework/Performance Journal– 20%

Midterm (Practical), Skill Test, and Final Exams will test the students' knowledge of the rules of archery, scoring, national training system technique and form, equipment, range setup and safety, and analyzing/evaluating one's own shooting technique as well as that of other archers.

Students will be required to keep and maintain a Performance Journal throughout the course of the semester. This can be kept in any notebook or Word/Google Document that is used only to record your progress in archery. This is to help students keep their mental focus on specific small goals from week to week. This is used to remind students how far they have come throughout the course and have grown not only as archers, but as athletes in the sport.

Homework will be given out throughout the course of the semester in the form of physical exercises, mental challenges, video and performance analysis. All homework given will pertain to current topics covered during class.

Statement on Academic Conduct and Support Systems

Academic Conduct

Plagiarism- presenting someone else's ideas as your own, either verbatim or recast in your own words- is a serious academic offense with serious consequences. Please familiarize with the discussion of plagiarism in the Campus in Section 11, [Behavior Violating University Standards](#) . Other forms of academic dishonesty are equally unacceptable. See additional information in Campus and [university policies on scientific misconduct](#).

Discrimination, sexual assault, and harassment are not tolerated by the university. You are encouraged to report any incidents to the [Office of Equity and Diversity](#), or the [Department of Public Safety](#), .

This is important for the safety of the whole USC community. Another member of the university community- such as a friend, classmate, advisor, or faculty member- can help initiate the report on behalf of another person. [The Center for Women and Men](#), provides 24/7 confidential

support and the sexual assault resource center webpage describes reporting options and other resources.

Support System

A number of USC's schools provide support for students who need help with scholarly writing. Check with your advisor or program staff to find out more. Students whose primary language is not English should check with the [American Language Institute](#), which sponsors courses and workshops specifically for international graduate students. The [Office of Disability Services and Programs](#), provides certification for students with disabilities and helps arrange the relevant accommodation. If an officially declared emergency makes travel to campus infeasible, [USC Emergency Information](#), will provide safety and other updates, including ways in which instruction will be continued by means of blackboard, teleconferencing, and other technology.

The USC Department of Physical Education is NOT responsible for any lost, stolen, or damaged property. If you choose to bring any valuables to class, it is strongly recommended that they are locked up during class. Lockers rooms are available at the PED building and Lyons Center.

Course Content and Schedule

WEEK	TOPIC
1	Course Introduction and Syllabus Review
2	Safety Introduction, Equipment, First Arrow Shot, Range Etiquette, Whistle Commands, Range Rules
3	National Training System (NTS) Shot Cycle Introduction Emphasis on "Barrel of the Gun" What is Holding? Establishing Proper Back Tension and Expansion Stance, Posture
4	Continuing Emphasis on "Barrel of the Gun" Hook and Grip (Finger Slings)
5	Set to Set-up & Strong Bow Arm,

	Introduction to Mindset
6	Linear Draw vs. Angular Draw (Load, Anchor, Transfer to Hold) Expansion and Aiming; Instruction and Drills.
7	Introduction to Competitive Formats Scoring (300 Round) Midterm Review
8	No Class Fall Recess
9	Midterm (Practical)
10	Introduction to Apertures and Different Styles of Shooting How to Keep a Performance Journal
11	Mental Management (Archery is 10% Physical, 90% Mental) Being in the Proper MINDSET
12	Putting the Whole NTS Puzzle Together Understanding the Biomechanics Behind the NTS Shot Process
13	Final Review Skill Test
14	No Class Thanksgiving Holiday
15	Where to Go Now with the Sport of Archery?

Important Dates

- 3rd week Last day to change grading option (Letter Grade, P/NP, Audit)
9th Week Last day to drop without "W" and to switch a pass/no pass to a letter grade
8th Week **Midterm (Practical)**
13th Week Last day to drop a Class with "W" on permanent record
15th Week **Final Exam- on last day of class**

Grading Scale

94% - 100%	A
90% - 93%	A-
87% - 89%	B+
84% - 86%	B
80% - 83%	B-
77% - 79%	C+
74% - 76%	C
70% - 73%	C-
67% - 69%	D+
64% - 66%	D
60% - 63%	D-
<60%	F

This course outline is tentative and subject to change at the discretion of the instructor. Any changes will be announced and explained in class. It is the student's responsibility to be aware of any changes announced in class.