

**FRA 149 – Archery**  
Spring 2013  
Location: MRC 124 Cain Fields  
M,W 12:30pm-1:45pm / 1 semester hour

**Forett Bridges, MS, ATC, LAT**

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**Office Hours:** MW 9:00 – 11:00am & TR 1:00 – 4:00pm; other times by appointment

**Course materials:**

Bring all handouts you are given to class every day, along with a pen or pencil. Using a folder or notebook is highly recommended.

You must wear athletic attire suitable for archery: closed-toed shoes and covered ankles. Bring water to class every day and apply sunscreen and bug spray (unless you like looking like a lobster with bug bites).

**Course Description**

This course is a basic class in target archery, and requires no prior knowledge or experience. All equipment is provided. The emphasis is on target archery shooting technique, safety, and the history of archery. Recurve bows and a variety of targets will be used. Grading is based on shooting skill, proper form, and knowledge of the sport.

**Course Objectives**

Students who successfully complete the course will

- learn about the history of archery as a means of survival, competitive sport, and leisure activity,
- develop an increased awareness of the natural world,
- learn to safely set up archery targets, use shooting equipment, and shoot with accuracy,
- and learn about methods and techniques for shooting, scoring, and competing in archery.

Students will also

- identify how experience in outdoor activities, specifically archery, contributes to overall health and wellness,
- and develop competency in safety considerations for target archery.

**Course Evaluation**

Each assignment will be worth a pre-determined amount of points. Upon the completion of the course, grades will be calculated by adding up the total number of points each student has earned and dividing it by the total amount of points available in the course. This will produce a percentage of points earned (Ex. Student earned 850 points out a possible 1000 in the course:  $850/1000 = 85\%$  “B”). Grades will be assigned based upon the percentages below.

Knowledge: 300 pts

Equipment Quiz: 100 pts

Test: 200 pts

Skills: 700 pts

Take-down/ Stringing: 100 pts

Safety/ Etiquette: 100 pts

Game Creation: 100 pts

Close/ Far Shooting: 300 pts

Technique 100 pts

Grading Scale:

A = 90-100%

B = 80-89%

C = 70-79%

D = 60-69%

F = 0-59%

Students are expected to earn points toward their final grade during the course of the semester with the assignments and tests that are scheduled. Extra Credit Assignments WILL NOT be given at the end of the semester. All students are graded based on the exact same criteria and no exceptions will be made for individual assignments, tests, or final point values.

Students will receive back all graded assignments in a timely manner. Students are encouraged to keep all graded assignments as well as keep up with their grades throughout the semester. Any questions or concerns about assignments/grades should be brought to the instructor's attention immediately (i.e. Do not wait until the end of the semester)

Equipment Quiz 100 pts

You will answer fill-in-the-blank, matching, or short answer questions about equipment used in archery.

Test 200 pts

The written test will be true/false, matching, short answer, and multiple-choice format. There will be fewer than 50 questions.

Bow take-down/restringing 100 pts

You will demonstrate the proper way to remove a bowstring, store it, wax it, and replace it (quickly).

Safety and etiquette 100 pts

You will demonstrate proper safety procedures for target archery shooting and demonstrate correct etiquette for arrow retrieval, working with a partner, etc. You may also be asked to answer verbal questions about safety and etiquette.

Game creation 100 pts

You will work with a partner to create a target shooting game that can be played by 2 or more people. Exact instructions will be provided mid-semester.

Close shooting 150 pts

You will be required to shoot with accuracy from a close distance. The distance will be determined before the test and will be based on the type of target, wind conditions, etc. Clear criteria for points will be provided before shooting begins, and all students will have multiple opportunities to test.

Far shooting 150 pts

You will be required to shoot with accuracy from a "far" distance. The distance will be determined before the test and will be based on the type of target, wind conditions, etc. Clear criteria for points will be provided before shooting begins, and all students will have multiple opportunities to test.

Shooting technique 100 pts

You will demonstrate proper shooting technique during your close and far shooting tests. Specific criteria will be provided prior to the testing.

### **Bonus points will be awarded for the following events:**

If you participate in an archery tournament after the first class day but before the last class day, you will earn 5 extra credit points. Evidence of your participation must be provided, and this must be an official sponsored shoot. A list of websites is below:

<http://www.collincountybowhunters.org/>

<http://www.dentoncountyarchers.com/>

<http://dallasarchery.com/>

<http://texasarcheryacademy.org/>

2 Bonus Points can be earned if you attend a workshop or any intro to Archery Class at the Texas Archery Academy. Proof of attendance required.

### **Attendance**

Class attendance is **required**. Excused absences include university approved absences or those that the instructor receives appropriate notification of (i.e. sudden/serious illness, death to immediate family member, etc.). It is the student's responsibility to notify the instructor ahead of time if they are going to miss class due to an excused absence and make arrangements for all materials and assignments that will be missed on that day. In the case of excused absences due to unavoidable or emergency situations, the student must promptly notify the instructor via **phone call** or **email** (sending a text is not considered professional and is not an acceptable means of notification) explaining the circumstances. Prompt notification is required to have an absence excused; additionally, written documentation may be required to have the absence excused. If a student misses a class, excused or unexcused, the student is responsible for obtaining all information presented and turning in all assignments by the due date. Remember: *Poor planning on your part is not an emergency on my part.* For each unexcused absence, 60 points will be deducted from the final grade. Twenty points will be deducted from the final grade for each tardy up to 10 minutes. After 10 minutes the student will be considered absent. Class assignments will not be accepted after the due date. Excused absences are defined by university policy (see below) and must be documented appropriately by the next class period. (I need a copy of the documentation that I can keep).

Situations of extreme absenteeism will be handled on an individual basis. If you miss a number of days that I determine will not allow you to participate in the class safely and effectively, you may be dropped from the class or not allowed to participate. **DO NOT BE ABSENT!**

### **Missed Work & Late Work**

Exams must be taken on the designated date and time. No make-up exams will be allowed unless prior arrangements have been made with the instructor. Under certain circumstances (situations out of your control), make-ups will be allowed at the instructor's discretion. Student's are required to contact the instructor ASAP if they happen to miss an exam and may be required to provide written documentation for the absence if a make-up is allowed.

Quizzes and in-class activities will not be allowed for make-up unless prior arrangements have been made, the absence/tardy is deemed to be excused by the instructor, and the nature of the activity allows for it to be made up.

All assignments are due as assigned and must be turned in on or before the due date to receive full credit. This includes assignments that are due when you have an absence. Assignments turned in beyond 5pm on the due date will receive zero (0) points. It is the student's responsibility to be

aware of assignment due dates as the dates are included on the course schedule and posted on eCollege. Technical and computer problems associated with email and/or eCollege is not a valid excuse for turning in an assignment late.

### **Academic Dishonesty**

It is the philosophy of Texas A&M - Commerce that academic dishonesty is a completely unacceptable mode of conduct and will not be tolerated in any form. All persons involved in academic dishonesty will be disciplined in accordance with University regulations and procedures. (see Student's Guide Handbook).

### **Classroom/Student Expectations**

***THIS IS NOT AN ONLINE CLASS! Be professional, come to class.*** Students are expected to prepare for, participate in, and attend each scheduled class. Failure to do so may/will lead to a decline in the student's overall grade. Forming study groups to prepare for class will also greatly benefit students throughout the semester.

Students are also expected to behave appropriately in class and avoid being a distraction to their fellow students and the instructor. Appropriate behavior involves paying attention, actively participating, and following instructions. Cell phones (including text messaging), music, inappropriate language/gestures, and any other behavior determined to be a distraction will not be tolerated. Students who are considered to be a disturbance in class will be asked to leave.

All students enrolled at the University shall follow the tenets of common decency and acceptable behavior conducive to a positive learning environment (see Student's Guide Handbook, Policies and Procedure, Conduct).

### **Americans with Disabilities Act (ADA) Statement**

The ADA is a federal anti-discrimination statute that provides comprehensive civil rights protection for persons with disabilities. Among other things, this legislation requires that all students with disabilities be guaranteed a learning environment that provides for reasonable accommodation of their disabilities. Students requesting accommodations for disabilities must go through the Office of Student Disability Resources and Services. For more information, please contact SDRS at Gee Library - Rm. 132; (903)886-5150 or (903)886-5835; [StudentDisabilityServices@tamuccommerce.edu](mailto:StudentDisabilityServices@tamuccommerce.edu)

**Note:** This syllabus is tentative and may be changed as the course dictates.

## HHPK 213 Tentative Course Schedule

<b>HHPK 213</b>		
<b>Class Lecture</b>		
Mon	3/18	Intro to class, intro to safety, terminology, etc
Wed	3/20	Intro to shooting and safety
Mon	3/25	Continue shooting and improving technique
Wed	3/27	Continue shooting and improving technique
Mon	4/1	Continue shooting and improving technique
Wed	4/3	Continue shooting and improving technique
Mon	4/8	Continue shooting and improving technique
Wed	4/10	Play your created games
Mon	4/15	Play your created games
Wed	4/17	Exam 1; Continue shooting and improving technique
Mon	4/22	Continue shooting and improving technique
Wed	4/24	Short Range Test
Mon	4/29	Short and Long Range Test
Wed	5/1	Long Range Test
Mon	5/6	Finals week; Re-shoot for either Test