**Outline of Instruction**

<table>
<thead>
<tr>
<th>Division:</th>
<th>Health Sciences</th>
<th>Area:</th>
<th>Health-Physical Education</th>
</tr>
</thead>
<tbody>
<tr>
<td>Course Number:</td>
<td>HPE 160</td>
<td>Course Name:</td>
<td>Archery</td>
</tr>
<tr>
<td>Prerequisite:</td>
<td>None</td>
<td>Corequisite:</td>
<td></td>
</tr>
<tr>
<td>Hours Required:</td>
<td>Class: 2</td>
<td>Lab: 30</td>
<td>Credits: 1</td>
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**Course Description/Purpose**

The purpose of this class is to introduce target archery and related archery sports. Content will include: terminology, selection and care of “tackle” (bows, arrows, quivers, arm guards, and related shooting gear), basic fundamental skills, and safety issues. Archery is an individual sport and recreation activity that one can enjoy for many years.

**Major Units**

- History of Archery
- Archery Tackle and Selection
- Fundamental Skills of Target Archery
- Physical Conditioning for the Archer
- Target Practices
- Overview of Target Archery Competitions, Activities, and Related Sports such as Field Archery and Bow Hunting
Educational/Course Outcomes

Student learning will be assessed by a variety of methods, including, but not limited to, quizzes and tests, journals, essays, papers, projects, laboratory/clinical exercises and examinations, presentations, simulations, portfolios, homework assignments, and instructor observations.

**Cognitive** Each student will be expected to *Identify/Recognize*. . .

- selection and care of archery tackle;
- specific terms and definitions related to archery;
- rules of safety related to target archery and other forms of archery;
- the value and benefit of target archery;
- key points in the historical evolution of archery;
- the high level of archery and other skill needed before pursuing bow hunting;
- physical conditioning guidelines specific for archers;
- at least two organizations for archers in the United States;
- the differences between target archery and clout shooting, flight archery, field archery, and ski archery.

**Performance** Each student will be expected to *Demonstrate/Practice*. . .

- prompt and regular attendance;
- safety rules and handling of equipment at all times;
- timely competence of target archery skills;
- effort to establish and achieve challenging but reachable goals by semester’s end.

**Attitudinal** Each student will be expected to *Believe/Feel/Think*. . .

- mental discipline required for target archery will assist in all aspects of life.