Outline of Instruction

Division: Health Sciences
Area: Health-Physical Education
Course Number: HPE 260
Course Name: Intermediate Archery
Prerequisite: HPE 160
Corequisite:

Hours Required:  
Class: 2  
Lab: 30  
Credits: 1

Course Description/Purpose
The purpose of this class is to improve performance of the intermediate-level archer in target archery and related archery sports. Content will include: terminology, selection and care of tackle and specialized equipment, review of fundamental skills and safety issues, and supervised practice to improve shooting form and the mental concentration required for successful performance in any type of archery sport. Students will observe archery events and be exposed to the many aspects of the sport. Archery is an individual sport and recreation activity that one can enjoy for many years.

Major Units

- Evaluation of Modern, Target and Hunting Archery
- Archery Tackle and Selection of Specialized Equipment
- Review of all Fundamental Skills of Archery
- Physical Conditioning for the Archer
- Target Archery Competitions, Activities, and Related Sports such as Field Archery and Bow Hunting (field trip, if possible, to see a tournament)
- Supervised Practice to Improve Skills, Especially Shooting Form and Mental Concentration
- Methods to Support the Growth of the Sport of Archery
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 to user and needs;
- specific terms and definitions related to archery in common forms;
- rules of safety related to target archery and other forms of archery;
- the value and benefit of target archery;
- key events in the historical evolution of target and hunting 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 various types of archery;
- methods to improve mental preparation for archery;
- the proven shooting form techniques;
- methods in which an individual can support the sport of 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 various archery skills, especially shooting form and focused mental concentration;
- effort to establish and achieve challenging but reachable goals by semester’s end.

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

- that mental discipline is required for archery;
- that the mental discipline required for archery will assist in all aspects of life.