Contact Information:

Instructor: Kathy Bruga
Office Location: SPX 170

Telephone: (408)924-3023
Email: kbruga@comcast.net

Office Hours: TTH 11:30-12:00 by appointment

Class Meetings & location: First class meeting YUH 106 @ 12:30

Course Description:

KIN 023A This archery course is designed to introduce the student to the basic skills and concepts, provides the opportunity to learn, practice and analyze correct shooting form and to participate in a variety of novelty shoots.

KIN 023B This course builds upon beginning level skills and knowledge and provides the opportunity to shoot a variety of different archery rounds.

NOTE: FIRST CLASS MEETING: YUH 106
Second class meeting: south campus field #5 (10th street between Alma & Humboldt behind Spartan stadium. Maps available.
Inclement weather: check the door to the equipment room where you pick up your equipment (tackle).

Resources: Handouts will be given out during the semester and study guides will be given out in class for the midterm and final.

Download greensheet:http://www.sjsu.edu/kinesiology/GreenSheet/
Download policy sheet:http://www.sjsu.edu/kinesiology/programs/activityprogram/policies/class
Course Goals and Student Learning Objectives

Following activities and assigned reading, students will be able to demonstrate through class activities, skills, and written exams:

- Knowledge of fundamental skills, and techniques of archery.
- Proficiency in execution of the archery skills covered.
- An understanding of the history, rules, strategies, current research, safety and etiquette associated with archery.
- An understanding of the mental and physical health benefits to be derived from archery.
- An appropriate level of proficiency in personal fitness as it relates to components such as cardiovascular endurance, muscular strength and endurance, flexibility, body composition, balance, coordination, and agility.

Activity Program Learning Outcomes

After completion of the physical activity graduation requirement, students shall be able to:

- Demonstrate proficiency in the execution of the motor/sport skills appropriate to the specific activities completed.
- Identify and/or explain the applicable history, rules, strategies, current research, safety, and etiquette related to the specific activities completed.
- Identify and/or explain the benefits of physical activity as related to physical and mental health.

Course Notes

- Class protocol: Students are expected to arrive on time and participate fully in all activities throughout the class period. Interactions with classmates and the instructor are expected to be respectful at all times.
- If you have pre-existing medical or physical limitations you should consult your physician before participating in this class and alert the instructor to any required limitations.
- Accommodations will be made.
- Report any accidents to the instructor immediately.
- Students may make up two classes and are given one free absence.
- Outings/assignments completed for another class cannot be counted for this course.
- Please do not bring friends or children to participate or watch.
- Arriving late or leaving early will be marked as a negative in participation.
- It is your responsibility to drop the class by the drop date. An F must be issued if you don’t participate in class but appear on the final grade roster.
- Chronic illness or injury requires a doctor’s note.
- Tackle (equipment) will be provided: recurve bow, 6 arrows, arm guards, belt quiver. Tackle must be returned immediately following class. Notify the equipment technician if tackle needs repair. If you think that your tackle needs attention during class see the instructor.
• No textbook is required. Handouts and study material for exams will be distributed in class.

Course Requirements and Grading -
Tests:
• Skills Test: instructor observation

• Written midterm and a written final. Study guides and study material will be distributed in class.

Grading:
Instructor evaluation of shooting form & participation 50%
Score cards 10%
Written Midterm 15%
Written Final 25%
Total 100%
Course Calendar (subject to change with fair notice by announcement in class and/or email)

<table>
<thead>
<tr>
<th>Week</th>
<th>Course Content (Exams)</th>
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<tbody>
<tr>
<td>1</td>
<td>Aug. 25 &amp; 29 Syllabus, map to field, tackle and transportation to south campus</td>
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<tr>
<td>2</td>
<td>Sept. 1 &amp; 6 Safety, field organization, tackle orientation, bow bracing</td>
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<tr>
<td>3</td>
<td>Sept. 8 &amp; 13 Review bracing, terminology, shooting techniques- H0= handout</td>
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<tr>
<td>4</td>
<td>Sept. 15 &amp; 20 Review terminology, shooting techniques, shoot end</td>
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<td>5</td>
<td>Sept. 22 &amp; 27 Practice ends, helpful hints for improving shooting techniques, scoring-H0</td>
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<tr>
<td>6</td>
<td>Sept. 29 &amp; Oct. 4 Novelty shoot #1, H0 bow sight, H0 helpful hints, shoot ends</td>
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<tr>
<td>7</td>
<td>Oct. 6 &amp; 11 Review bow sight, shoot ends, video tape individual form, shoot ends. H0-midterm study guide</td>
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<tr>
<td>8</td>
<td>Oct. 13 &amp; 18 Continue video taping form, shoot ends, H0-midterm study guide</td>
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<td>9</td>
<td>Oct. 20 &amp; 25 <strong>MIDTERM</strong> on the field (if raining-YUH 106) 12:30</td>
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<tr>
<td>10</td>
<td>Oct. 27 &amp; Nov. 1 Practice ends</td>
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<tr>
<td>11</td>
<td>Nov. 3 &amp; 8 Continue video taping form</td>
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<tr>
<td>12</td>
<td>Nov. 10 &amp; 15 Novelty shoot #2, video tape</td>
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<td>13</td>
<td>Nov. 17 &amp; 22 shoot ends, video tape</td>
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<td>14</td>
<td>Nov. 29 &amp; Dec.1 video tape, novelty shoot #3</td>
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<td>15</td>
<td>Dec.6 &amp; 8 <strong>FINAL</strong> on campus. Location TBA 12:30. <strong>Last day of class.</strong></td>
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<td>16</td>
<td>Final week – NO CLASS</td>
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