

**San José State University  
Kinesiology Dept.  
KIN 023A & 023B, Beginning/Intermediate Archery**

**Spring 2015**

**Instructor:** Kathy Bruga M.A.  
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**Office Hours:** By appointment before or after class  
**Class Days/Time:** Tuesday or Thursday 12:30  
**Classroom:** YUH 106 first meeting, there after, field behind Spartan stadium  
**GE/SJSU Studies Category:** GE credit

**Course Description**

Instruction and practice in the fundamental skills of target archery.

**Student Learning Objectives**

Upon successful completion of course requirements, students shall:

1. Be able to demonstrate improved skill performance in target archery.
2. Be able to demonstrate an understanding of (a) the guidelines for developing a fit and healthy body through proper conditioning. (b) proper and safe exercise techniques for archery.

**Course Goals**

- Demonstrate proper care of equipment.
- Follow the safety rules as established for the class.
- Demonstrate the correct technique for bracing the bow.
- Demonstrate the correct shooting technique including use of the bow sight.
- Shoot a variety of archery rounds.

- Accurately score archery rounds.
- Analyze results of shooting and make the appropriate adjustments.
- Demonstrate correct archery etiquette during class.
- Demonstrate an understanding of the skills, history and sport of archery by passing written midterm and final exams.

## **Course Content**

Upon successful completion of this course, students will be able to:

- Discuss the history of archery.
- List the benefits of archery.
- Demonstrate archery as a sport.
- Care for equipment.
- List safety rules.
- Take an exam on archery vocabulary.
- List the principles of etiquette.
- Demonstrate the following skills: bracing the bow, stance, nocking an arrow, drawing technique, bow hand and arm function, anchor point, sighting, release, and follow through.
- Shoot various novelty ends.
- Analyze shooting results.
- Score ends.
- Pass a midterm & final written exam by receiving 35 %out of 100 total semester points.

## **Class Procedure**

FIRST CLASS MEETING : YUH 106

Second class meeting: south campus field #5 (10<sup>th</sup> street between Alma & Humbolt behind Spartan stadium).

SEE MAP GIVEN OUT FIRST CLASS MEETING.

Inclement weather check the door to the equipment room where you pick up your equipment (tackle).

## **Required Texts/Readings**

**Textbook:** none

**Other Readings:** Handouts will be distributed in class and are required reading.

**Other Equipment:** Recurve bows, arrows, finger tabs, arm guards and quivers will be provided. Equipment must be returned immediately after class. Please notify the instructor and the equipment technician if equipment needs repair.

**Charges:** If equipment is not returned, an immediate hold will be placed on grades/records.

## Course Requirements

- Regular active participation is essential to acquiring the course objectives.
- Chronic illness or injury requires a doctors note.
- A calculator may be helpful for scoring. Not required.
- Immediately report the occurrence of any accidents.
- Please do not bring friends, or children to participate or to watch the class.
- Arriving late or leaving early will be marked as a negative in participation.
- Please do not have cell phones or iPods on during class.

## Dropping and Adding

It is your responsibility to drop the class by the drop date. An F grade will be issued if you do not participate in class but appear on the final grade roster.

Students are responsible for understanding the policies and procedures about add/drop, grade forgiveness, etc. Refer to the current semester's [Catalog Policies](http://info.sjsu.edu/static/catalog/policies.html) section at <http://info.sjsu.edu/static/catalog/policies.html>. Add/drop deadlines can be found on the [current academic calendar](#) web page located at [http://www.sjsu.edu/academic\\_programs/calendars/academic\\_calendar/](http://www.sjsu.edu/academic_programs/calendars/academic_calendar/). The [Late Drop Policy](#) is available at <http://www.sjsu.edu/aars/policies/latedrops/policy/>. Students should be aware of the current deadlines and penalties for dropping classes.

Information about the latest changes and news is available at the [Advising Hub](#) at <http://www.sjsu.edu/advising/>.

## Grading Policy

Instructor evaluation of shooting form	10%
Participation in graded ends	30%
Score cards	20%
Midterm exam	15%
Final exam	25%
Total points possible	100

No make ups for graded ends or tournaments.

Final exam is scheduled for the last class meeting in YUH 106. Midterm and final dates will be announced in class. Class does not meet during finals week.

Extra credit is not available.

## **University Policies**

### **Academic integrity:**

Your commitment as a student to learning is evidenced by your enrollment at San Jose State University. The [University's Academic Integrity policy](http://www.sjsu.edu/senate/S07-2.htm), located at <http://www.sjsu.edu/senate/S07-2.htm>, requires you to be honest in all your academic course work. Faculty members are required to report all infractions to the office of Student Conduct and Ethical Development. The [Student Conduct and Ethical Development website](http://www.sa.sjsu.edu/judicial_affairs/index.html) is available at [http://www.sa.sjsu.edu/judicial\\_affairs/index.html](http://www.sa.sjsu.edu/judicial_affairs/index.html).

Instances of academic dishonesty will not be tolerated. Cheating on exams or plagiarism (presenting the work of another as your own, or the use of another person's ideas without giving proper credit) will result in a failing grade and sanctions by the University. For this class, all assignments are to be completed by the individual student unless otherwise specified. If you would like to include your assignment or any material you have submitted, or plan to submit for another class, please note that SJSU's Academic Policy S07-2 requires approval of instructors.

### **Campus Policy in Compliance with the American Disabilities Act:**

If you need course adaptations or accommodations because of a disability, or if you need to make special arrangements in case the building must be evacuated, please make an appointment with me as soon as possible, or see me during office hours. Presidential Directive 97-03 requires that students with disabilities requesting accommodations must register with the [Disability Resource Center](http://www.drc.sjsu.edu/) (DRC) at <http://www.drc.sjsu.edu/> to establish a record of their disability.

## Beginning & Intermediate Archery (Kin 23A & B), Spring 2015

Week	Date	Topics, Readings, Assignments, Deadlines
1	1/22 & 1/27	Meet in YUH 106, green sheet, measure and issue tackle
2	2/3 & 2/5	Meet on archery field, safety, bracing a bow, field organization
3	2/10 & 2/12	Teach T Form, setting up the range, first shoot
4	2/17 & 2/19	Review T Form, assess stance, draw, release and follow through
5	2/24 & 2/26	Increase shooting distance, assess form, teach scoring & sight
6	3/3 & 3/5	Continue to assess form, review scoring and use of sight as needed
7	3/10 & 3/12	Novelty shoot – balloons (increases sight practice)
8	3/17 & 3/19	Video tape form
9	4/2 & 4/7	Increase shooting distance, continue to video tape, MIDTERM
10	4/9 & 4/14	Video tape
11	4/16 & 4/21	Increase shooting distance, video tape
12	4/23 & 4/28	Video tape
13	4/30 & 5/5	Novelty shoot (Tic Tac Toe)
14	5/5 & 5/7	Increase shooting distance, video taping, novelty target shoot
15	5/7 & 5/12	FINAL– location to be announced
		NO CLASS FINALS WEEK