

BARNARD COLLEGE

PHYSICAL EDUCATION

**ARCHERY
PHED BC 1350**

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COURSE DESCRIPTION: Instruction in the techniques of shooting indoor target archery. The Nine Steps of Shooting with a recurve bow are taught in a progressive manner utilizing mimetics, partner skill analysis charts, videotape recording and playback; individualized instruction for all levels.

COURSE OBJECTIVES:

The student will:

- perform appropriate warm-up exercises prior to shooting a bow.
- successfully execute the Nine Steps of Shooting a recurve bow.
- utilize the correct safety techniques and procedures associated with shooting a bow and arrow.
- be able to successfully brace and unbrace a bow.
- be able to list the individual pieces of archery tackle and their parts.
- be able to score a round of archery.
- appreciate archery as a lifetime leisure activity for relaxation and stress management.

COURSE REQUIREMENTS:

The student must:

- adhere to the attendance and lateness policies of the Barnard Physical Education Department. (See Attendance Policy Handout).
- wear appropriate attire to class including a short sleeved fitted shirt and sneakers.
- prepare personal archery equipment for use at each class session.
- assist with the setup and take-down of the class equipment.

TENTATIVE COURSE OUTLINE:

- Orientation, tour of facilities, scope of archery
- Equipment, eye dominance test, warm up techniques, shooting demonstration, mimetics without equipment (first 3 Steps)
- Mimetics without equipment (introduction of Steps 4-9)
- Measure for arrows, distribute equipment, mimetics with equipment, safety
- Bow bracing, release an arrow with supervision, safety
- Introduce Archery Rating Form; work with partner; begin individual videotaping and playback
- Introduce 48 inch targets, site adjustment, all shoot
- All shoot; increase distance; individualized instruction
- Introduce scoring
- All shoot; score ends
- Novelty shoot
- View Archery videos
- Introduce 40cm target faces; shoot at 10 meters
- All shoot, 40cm targets; 14 meters
- All shoot, 40cm targets; 18 meters
- Novelty Shoot

archeryhandout/my documents/wd