

George Mason University
College of Education and Human Development
Physical Activity for Lifetime Wellness

RECR 1XX (001) – Introduction to Rifle Marksmanship
1 Credit, Spring 2018

3-5PM, 1/22-5/3, Thursdays at The NRA Range, 11250 Waples Mill Road, Fairfax, Virginia 22030

Faculty

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Prerequisites / Corequisites

No Prerequisites, Students must be 18 years or older

Fees

This course requires a (lab/course) fee of (\$180.00). Fees cover the cost of: Books, Ammunition, Range Fees, Rifle rental, Safety Equipment rental, Targets, and any other items needed for class.

University Catalog Course Description

Introduces students to marksmanship skills in Olympic style smallbore competition target shooting. Increases students' knowledge of firearm safety, international target shooting styles, equipment care and maintenance, and shooting sports competition methods and techniques for rifle target shooting.

Course Overview

Students will be exposed to all aspects of precision rifle target shooting. Each course participant will, upon successful completion of the course, demonstrate knowledge and marksmanship competencies in:

1. Rifle identification, firearm safety, fundamental care of a rifle;
2. Precision rifle shooting fundamental techniques and competitive techniques;
3. Physical, mental and environmental factors in the competitive RIFLE shooting sports.
- 4. All students must attend the first two classes. This is a requirement. If the student does not attend these classes, an automatic drop will be initiated. These are the safety classes mandated by the range. **There are no exceptions.****

During the first two weeks of instruction, the instructor will conduct an individualized diagnostic session for each student to determine their level of comfort, knowledge and ability with a rifle.

Utilizing the written material and instructor demonstrations as a base of knowledge, the student will learn the discipline required to experience true competitive target rifle shooting. The instructor will coach the student through presentations, demonstrations and “live” fire exercises (on an approved rifle range) that will teach the student the appropriate techniques involved in competitive bullseye shooting. Each student will have the opportunity to participate in live practice sessions and eventually participate in an end of semester “match “in the bullseye discipline of competitive rifle shooting.

Course Delivery Method

This course will be delivered using a Lecture/Lab

Learner Outcomes or Objectives

At the conclusion of the course each student should be able to:

1. Demonstrate common sense firearms safety and firearm safety in various environments.
2. Apply appropriate techniques and rules for range safety.
3. Identify and describe rifle parts and mechanical functions.
4. Demonstrate and explain the fundamentals of target shooting to include mental attitude, proper stance, sight alignment and trigger control.
5. Demonstrate the fundamental positions of Bullseye marksmanship ; Standing, Kneeling, Prone and Benchrest.
6. Identify the five fundamental skills needed in Olympic Rifle Shooting: shooting position, aiming, trigger press, hold control and breath control.
7. Evaluate, self-diagnose, and correct problems/barriers to become a proficient basic rifle shooter.

Required Text and Supplies

U.S. Army Marksmanship Unit Rifle Marksmanship Training Guide
(Free as a PDF Download on the internet)

Target Rifle Practice Log (included in lab fee)

Course Performance Evaluation

Students are expected to submit all assignments on time in the manner outlined by the instructor (e.g., Blackboard, Tk20, hard copy).

- **Assignments and/or Examinations**

- The first class requires the completion and 100% passing score of the written NRA Range Safety Test and verbal range safety briefing. This is required by both the establishment and the instructor, and your score on this test will be factored into your final grade.
- Your course evaluation is based on attendance and your fieldwork experience. Because this is a performance – based assessment, participation, attendance, and the proper attitude will be the determining factors in the final grading. There will be no written assignments or, although the opportunity for work outside of class will be available for extra credit. Your midterm examination will be your participation in a “mock” Olympic style bullseye target shooting competition, and the final exam will be the students’ participation in a team-based tournament in the same style.

- **Other Requirements**

- **Attendance/Participation:** 60 points possible depending on the calendar. 5 points will be given each day with a deduction of 1 point for each five minutes that a student is late. Students must attend the entire class period and participate in the daily activities to receive full credit for the class. If you attend each class session, are on time and participate as scheduled, you’ll receive the full 5 points for that day. Unexcused absences, late arrivals, and lackadaisical performance could significantly affect the grade. Absences are only excused with a doctor’s note or prior

approval by the instructor. Doctor's notes must be presented immediately upon return to class or scanned and emailed to the instructor.

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- **LAB REQUIREMENTS:**
 - Overall skill competencies will be evaluated during each lab session. **ALL students will be required to:**
 - Participate in presentations, demonstrations and live fire exercises.
 - Provide their own transportation to off-campus sites (lists for ride share will be available).
 - Wear appropriate clothing that does not limit motions yet is comfortable.
 - Wear appropriate footwear, but no open toed shoes of any kind may be worn.
 - Wear the appropriate safety gear as defined by the instructor at all times

Participation in this course is mandatory. Students are expected to attend class and engage in total participant involvement of the course material. Classroom lectures will be discussion based and students are expected to provide relevant questions/comments during presentations. The proper attitude is insisted upon and a lackadaisical approach to the course material will not be tolerated. Above all, students will be excused from the course if a careless regard for safety practices are observed. Refunds will not be given for students who are excused from the course.

- **Grading**

- Attendance/ Participation 60% = 60 Points
 - Demonstrated knowledge of safety techniques and range rules 20% = 20 Points
 - Demonstrated knowledge of International competitions 5% = 5 Points
 - Demonstrated knowledge of Bullseye competitions 5% = 5 Points
 - Final Exam 10% = 10 Points
- TTL = 100 Points

GRADING SCALE

A = 94 – 100	B+ = 88 – 89	C+ = 78 – 79	D = 60 – 69
A- = 90 – 93	B = 84 – 87	C = 74 – 77	F = 0 – 59
	B- = 80 – 83	C- = 70 – 73	

Professional Dispositions See <https://cehd.gmu.edu/students/polices-procedures/>
Class Schedule

WEEK	TOPIC	READINGS AND ASSIGNMENTS / EXPECTED PROFICIENCY
<p><i>Week 1</i> <i>Jan 24</i></p> <p><i>Meet at</i> <i>Main NRA</i> <i>HQ</i> <i>Shooting</i> <i>Range</i></p>	<p>Review Q&A / DEADLINES / REQUIREMENTS</p> <p>ADMINISTRATION OF WRITTEN NRA RANGE SAFETY TEST AND VERBAL RANGE SAEFTY BRIEF. 100% PASSING SCORE REQUIRED</p> <p>Basic rifle knowledge quiz to determine the comfort level and confidence the student has in handling and identifying the different types of rifles.</p> <p>Review rifle nomenclature & basic types of rifles</p> <p>Demonstrate components and identification of the different types of rifles</p> <p>Video : <i>Ginny Thrasher wins Olympic Gold at Rio De Janerio in the Women’s 100 Meter Rifle event.</i></p> <p>Introduction to firearm safety, range rules and common sense with a firearm.</p>	<p>NO reading assignments for 1st class.</p> <p>Determine the level of comfort each student has handling a firearm and/or rifle.</p> <p>Identify the major components of all 3 types of rifles.</p> <p>Identify the 3 MAJOR rules for safety of ANY firearm in ANY situation.</p>
<p><i>Week 2</i> <i>Jan 31</i> <i>30 rounds</i></p>	<p>Review firearm safety and common sense rules</p> <p>Review how to properly score bullseye competition targets.</p> <p>Review Range Commands (introduce the automated target carrier systems)</p> <p>LIVE FIRE 3 slow fire targets (30 rds. 3 target)</p>	<p>Review consolidated checklist into the students Log Book</p> <p>Read ch’s. 4 & 5 from USA PMTG for WK #5</p>
<p><i>Week 3</i> <i>Feb 7</i> <i>30 rounds</i></p>	<p>Review Practice Logs</p> <p>Review firearm safety and common sense rules</p> <p>Review Range Commands</p> <p>Review the standing position</p> <p>LIVE FIRE 3 Long distance [25 yards] slow fire targets (30 rds. 3 targets)</p>	<p>Review Practice Logs/ suggest changes to improve performance.</p> <p>Read Ch’s. 6 & 7 for week #6</p>
<p><i>Week 4</i> <i>Feb 14</i> <i>30 rounds</i></p>	<p>Discussion of Rifle Position Techniques – Standing Kneeling Prone, Benchrest</p> <p>LIVE FIRE Slow fire – [kneeling] targets (30 rds , 3 targets)</p>	<p>NRA Range Policies and Procedures USA PMTG NRA Basic Rifle handbook</p> <p>Review Practice Logs/ suggest changes to improve performance</p>
<p><i>Week 5</i> <i>Feb 21</i></p>	<p>Discussion of Timed Fire Techniques</p>	<p>Review Practice Logs/ suggest</p>

WEEK	TOPIC	READINGS AND ASSIGNMENTS / EXPECTED PROFICIENCY
30 rounds	10 x , Timed Fire , 15 Yards Standing – 1 Target Kneeling – 1 target Prone – 1 Target	changes to improve performance
<i>Week 6</i> <i>Feb 28</i> 30 rounds	Discussion of Rapid Fire Techniques 10 x , Rapid Fire , 15 Yards Standing – 1 Target Kneeling – 1 target Prone – 1 Target	Divided Class Review Practice Logs / suggest changes to improve performance REVIEW USA PMTG Chapters 7 -10 for Wk #9
<i>Week 7</i> <i>Mar 7</i> 60 rounds	<i>Mid Term Evaluation – “Mock” Competition Tournament</i> <u>600 Pt. Match 60 Rounds</u> LIVE FIRE 2 slow fire targets (2 targets) LIVE FIRE 2 TIMED fire targets (2 targets) LIVE FIRE 2 RAPID fire targets (2 targets)	Live Fire on the Range
<i>Mar 14</i> 0 rounds	<u>NO CLASS, SPRING RECESS!!!</u>	
<i>Week 8</i> <i>Mar 21</i> 60 rounds	CLEANING DEMONSTRATION <u>MATCH 60 rounds</u> LIVE FIRE 2 slow fire targets (2 targets) LIVE FIRE 2 TIMED fire targets (1 target) LIVE FIRE 2 Rapid fire targets (1 target)	<u><i>Live Fire on the Range</i></u> <u><i>3:15</i></u>

WEEK	TOPIC	READINGS AND ASSIGNMENTS / EXPECTED PROFICIENCY
<i>Week 9 Mar 28</i> <i>60 rds / Team</i>	Team Precision Rifle Match Benchrest 50 yards	<u>LIVE FIRE 3:15</u>
<i>Week 10 April 4</i> <i>60 rds / team</i>	Team Precision Rifle Match Standing 50 yards	<u>LIVE FIRE 3:15</u>
<i>Week 11 Apr 11</i> <i>60 rds / team</i>	Team Precision Rifle Match Kneeling 50 yards	<u>LIVE FIRE 3:15</u>
<i>Week 12 Apr 18</i>	Team Precision Rifle Match Prone 50 yards Course Completion Certificates / Course Evaluation Due	<u>LIVE FIRE 3:15</u>

Note: Faculty reserves the right to alter the schedule as necessary, with notification to students

Core Values Commitment

The College of Education and Human Development is committed to collaboration, ethical leadership, innovation, research-based practice, and social justice. Students are expected to adhere to these principles: <http://cehd.gmu.edu/values/>.

GMU Policies and Resources for Students

Policies

- Students must adhere to the guidelines of the Mason Honor Code (see <https://catalog.gmu.edu/policies/honor-code-system/>)
- Students must follow the university policy for Responsible Use of Computing (see <http://universitypolicy.gmu.edu/policies/responsible-use-of-computing/>).
- Students are responsible for the content of university communications sent to their Mason email account and are required to activate their account and check it regularly. All communication from the university, college, school, and program will be sent to students **solely** through their Mason email account.
- Students with disabilities who seek accommodations in a course must be registered with George Mason University Disability Services. Approved accommodations will begin at the time the written letter from Disability Services is received by the instructor (see <http://ods.gmu.edu/>).
- Students must follow the university policy stating that all sound emitting devices shall be silenced during class unless otherwise authorized by the instructor.

Campus Resources

- Support for submission of assignments to Tk20 should be directed to tk20help@gmu.edu or <https://cehd.gmu.edu/aero/tk20>. Questions or concerns regarding use of Blackboard should be directed to <http://coursessupport.gmu.edu/>.
- For information on student support resources on campus, see <https://ctfe.gmu.edu/teaching/student-support-resources-on-campus>

For additional information on the College of Education and Human Development, please visit our website <https://cehd.gmu.edu/students/> .

DIRECTIONS TO THE NRA RANGE FROM George Mason University

- From 4400 University Dr., head west on University Dr toward Occoquan River Ln
- Take the 1st right onto VA-123 N/Ox Rd
- After 0.6 miles, turn Left onto Judicial Dr.
- After 0.4 miles, turn right to stay on Judicial Dr.
- After 0.3 miles, turn left onto Main Street.
- After 1.2 miles, continue onto US-50/Lee Jackson Memorial Hwy
- After 0.1 miles, turn right onto VA-665/Waples Mill Rd.
- After 0.4 miles, the NRA Headquarters will be on the right.
- Stay left of the left NRA Headquarters tower and proceed down the hill to the lower parking area.
- Your destination will be in the lower parking garage area.

