

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

RECR 137 (001) – Introduction to Trap & Skeet Shooting 2 Credits  
2 Credits, Fall 2019  
T 9:30-12:15pm / Isaac Walton Shooting Range-Centreville, VA  
8/26-11/10

**Faculty**

Name: Benn Crandall  
Office hours: As needed  
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**Prerequisites/ Corequisites**

None

**University Catalog Course Description**

Designed to educate the student on gun and range safety. Includes hands-on learning of the games trap and skeet, where competitors fire at clay targets (approximately 4 ¼ inches in diameter and 1 ½ inches in height) launched from a trap at varying angles.

**Course Overview**

1. **Course fee include ammunition, targets, ear protection and gun rental**
2. Eye protection is required to participate. Students can wear sunglasses or there are few glasses that can be borrowed from the club for free.
3. Forms – each student will be required to sign a liability release for both the club and the instructor. Failure to sign a form will result in the student not being able to participate.
4. Wear clothing that will not interfere with the shotgun.
5. Only closed toed shoes may be worn on the range. No sandals.
6. Make sure your hair is pulled back and not in your face so as not to interfere with your vision.

The course fee breakdown is as follows:

a.	Ammunition	\$193.00
b.	Targets	\$80.00
c.	Ear Protection	FREE
d.	Gun Rental	<u>\$87.00</u>
	Total	<b>\$360.0</b>

**Course Delivery Method**

This course is an activity-based course.

## Learner Outcomes or Objectives

This course is designed to enable students the opportunity to do the following:

1. Explain and demonstrate the stages of loading a shotgun from unloaded to load prior to discharging it at a target
2. State the basic rules of general range safety as it relates to trap and skeet ranges
3. Develop skills to be able to hit at least 50% of the targets upon command when launched from varying angels

**Professional Standards:** N/A

## Required Texts/ viewing

<https://www.nssf.org/safety/rules-firearms-safety/>

<https://www.youtube.com/watch?v=yOcxjSEDPmk>

Suggested: Sapp, R. (2009). The gun digest book of Trap & Skeet shooting (5<sup>th</sup> ed.). Iola, WI: Gun Digest Books.

## Course Performance Evaluation

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

### • Assignments and Examinations

Final exam will cover gun safety, club rules and general questions and will be multiple choice.

### • 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. The first two class session are mandatory. Students must attend these classes to continue with the course.

### • Course Performance Evaluation Weighting

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

### • Grading Policies

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/>  
**Course Schedule**

TOPIC			Exercise
August	27	Introduction and firearm safety	Basic Firearm instruction/ Safety lecture/ Facility Orientation/ Patterning a Shotgun /
September	3	Safety review/ Trap Exercises	25 Targets
September	10	Trap Practice	50 Targets
September	17	Trap Practice	50 Targets
September	24	Trap Practice	50 Targets
October	1	Trap Practice	50 Targets
October	8	Trap Final	50 Targets Trap Introduction of Skeet rules and techniques
<b>October</b>	<b>15</b>	<b>No Class</b>	<b>Fall Break</b>
October	22	Skeet Practice	50 targets
October	29	Skeet Practice	50 targets
November	5	Skeet Practice	50 Targets
November	12	Skeet Practice	50 Targets
November	19	Skeet Practice	50 Targets
November	26	Skeet Practice	50 Targets
December	3	Final	50 Targets 25 Trap, 25 Skeet Final exam

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](mailto: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 ISAAC WALTON FACILITY** Directions to the Club: from the Fairfax

Campus.

1. Take Braddock Road (620) west approximately 8 miles
2. Cross Intersection of Rt 28 (intersection with Movie theatre)
3. Make 1<sup>st</sup> left onto Centrowood Drive (which quickly becomes Old Centreville Rd).
4. Travel ½ mile to first stop sign.
5. Turn right onto Old Mill Road
6. Take 1<sup>st</sup> left onto Mt. Olive Drive
7. Travel ½ mile, make 1<sup>st</sup> right after yellow painted lines ends, into the gated facility.
8. Club has a gated entrance. Entrance will be open for you to enter. IF NOT call 703-606-4979
9. **Drive slowly down the entrance road.** (Limit is 10mph) you will encounter the **Shotgun Range as the first parking lot on your right.**

