

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

**RECR 136-003 Pistol Marksmanship (1)
Fall 2019 Thursdays 1:00 – 3:00 PM
Location: NRA Shooting Range (NRA HQ)**

Faculty

Name: Matthew Sharpe

-NRA Instructor # 15184715

-DCJS ID # 99-427481

Office Hours: By Appointment

Office Location: NRA Range, Fairfax, VA

Email: msharpe3@gmu.edu

Phone: 703-907-9852

Prerequisites None

Participants must be 18 years of age before the class begins.

Fees

This course requires a (lab/course) fee of (\$180.00).

Course Description

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

Course Overview

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

1. Pistol identification, firearm safety, fundamental care of a handgun;
2. Precision handgun shooting fundamental techniques and competitive techniques;
3. Physical, mental and environmental factors in the competitive pistol shooting sports.

During the first 2 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 pistol.

Utilizing the written material and instructor demonstrations as a base of knowledge, the student will learn the discipline required to experience true competitive target pistol shooting. The instructor will coach the student through presentations, demonstrations and “live” fire exercises (on an approved pistol 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 pistol shooting.

Course Deliver Method This course is an activity class.

Learner Objectives

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

1. common sense firearms safety
2. the ability to handle any handgun safely in various environments
3. appropriate techniques for range safety
4. the ability to identify and describe handgun parts and mechanical functions.
5. fundamentals of target shooting:
 - a. mental attitude
 - b. proper stance
 - c. sight alignment
 - d. trigger control
6. fundamentals of Bullseye (Bulls-eye) handgun marksmanship the fundamentals in all 3 disciplines (Slow, Timed & Rapid Fire)
7. the ability to self-diagnose and correct problems/barriers to becoming a proficient basic pistol shooter.

Required Text and Supplies

NRA Basic Pistol Students Packet (included in lab fees)

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

1. Attendance/ Participation	60% = 60 Points
2. Demonstrated knowledge of safety techniques and range rules	20% = 20 Points
3. Demonstrated knowledge of International competitions	5% = 5 Points
4. Demonstrated knowledge of Bullseye competitions	5% = 5 Points
5. Final Exam	<u>10% = 10 Points</u>
	TTL = 100 Points

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.

Other 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, (does not limit motions yet comfortable)
- Wear appropriate footwear (No open toed shoes of any kind)
- Wear the appropriate safety gear as defined by the instructor at all times

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/>

Course Schedule

WEEK	TOPIC	READINGS AND ASSIGNMENTS/ EXPECTED PROFICIENCY
<i>Week 1</i> <i>Aug 29</i>	Take NRA Range Safety Test and fill out waivers Review pistol nomenclature & basic types of pistols	Determine the level of comfort each student has handling a firearm and/or handgun.

WEEK	TOPIC	READINGS AND ASSIGNMENTS/ EXPECTED PROFICIENCY
<i>Meet at Main NRA HQ Shooting Range</i>	Demonstrate components and identification of the different types of pistols Introduction to firearm safety, range rules and common sense with a firearm.	Identify the major components of all 3 types of pistols. Identify the 3 NRA rules for safety of ANY firearm in ANY situation.
<i>Week 2 Sept 5 30 rounds</i>	Review the NRA Range Policies and Procedures Review firearm safety and common sense rules Review Range Commands Continue RECR 136 classroom lecture	Assignment – Review NRA Range rules
<i>Week 3 Sept 12 30 rounds</i>	Continue classroom Lecture FIREARMS HANDLING PRACTICAL LIVE FIRE Benchrest – 10 rounds Standing – 10 rounds Freestyle shooting – best 3 targets	Review textbooks. Scoring targets
<i>Week 4 Sept 19 30 rounds</i>	<i>Classroom Briefing / Course of Fire</i> “Dot” Drill live fire	Score “Dot” targets
<i>Week 5 Sept 26 30 rounds</i>	Classroom briefing / course of fire: SLOW FIRE Slow fire mock tournament Best 3 targets – string of 10 shots 15 feet	Score smallbore bullseye targets
<i>Week 6 Oct 3 30 rounds</i>	Classroom Briefing / Course of Fire : TIMED FIRE Timed Fire Mock Tournament CoF: Best 3 targets – string of 10 shots	Review Practice Logs/ suggest changes to improve performance

WEEK	TOPIC	READINGS AND ASSIGNMENTS/ EXPECTED PROFICIENCY
<i>Week 11</i> <i>Nov 7</i> <i>60 rds /</i> <i>team</i>	CLEANING DEMONSTRATION <u>FINAL MATCH TEAM TOURNAMENT</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)	<ul style="list-style-type: none"> Scored Targets
<i>Week 12</i> <i>Nov 14</i>	<u>FINAL MATCH : INDIVIDUAL TOURNAMENT</u> Slow Fire Timed Fire Rapid Fire Dot Drill Centerfire Multiplier	<ul style="list-style-type: none"> Scored Targets

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://coursesupport.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/> .

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

RECR 136: Pistol Marksmanship Field Courses

The following agreement is designed to familiarize and inform participants in the course of the possible hazards and risks involved and in exchange for valuable consideration, obtain an informed release from each participant.

Assumption of risk and general release:

I, _____ understand that my participation in this course is entirely voluntary and that it, like any non-traditional classroom coursework, involves some element of risk. Taking a course involving firearm safety training and firearm training is not inherently dangerous, however, there are some dangers that I may encounter which include, but are not limited to, murder, death, serious bodily injury, blinding, disfigurement, loss of limb or appendage, maiming, permanent or temporary loss of motor, cognitive skills and/or normal bodily functions, assault, and/or battery. In partial conveyance of, and as partial payment for the right to participate in this course, I HEREBY ASSUME ALL RISKS SET FORTH ABOVE. In addition, I forever release, waive all claims against, indemnify and hold harmless the Commonwealth of Virginia, The Rector and Visitors of George Mason University, its officers, board members, employees, and agents, in both their individual and official capacities, from liability of any damages for any injury, death, or loss to person or property sustained by me while participating in or arising out of my participation in this course.

I HAVE READ AND UNDERSTAND THE ABOVE PROVISIONS AND AGREE TO BE BOUND BY THEM AS INDICATED BY MY SIGNATURE BELOW.

Name (printed): _____ G number: _____

Signature: _____ Date: _____
