

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

**RECR 140-005 Rifle Marksmanship (1)
Spring 2020**

Thursdays 2:30– 4:30 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/>

WEEK	Topic	Readings and Assignments / Expected Proficiency
------	-------	--

WEEK	Topic	Readings and Assignments / Expected Proficiency
<p><i>Week 1</i> <i>Jan 23</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 ADMINISTRATION OF WRITTEN NRA RANGE SAFETY TEST AND VERBAL RANGE SAFETY 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>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 30</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 6</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 13</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</p> <p>USA PMTG</p> <p>NRA Basic Rifle handbook</p> <p>Review Practice Logs/ suggest changes to improve performance</p>
<p><i>Week 5</i> <i>Feb 20</i> <i>30 rounds</i></p>	<p>Discussion of Timed Fire Techniques</p> <p>10 x , Timed Fire , 15 Yards</p> <p>Standing – 1 Target</p>	<p>Review Practice Logs/ suggest changes to improve performance</p>

WEEK	Topic	Readings and Assignments / Expected Proficiency
	<p style="text-align: center;">Kneeling – 1 target Prone – 1 Target</p>	
<p><i>Week 6</i> <i>Feb 27</i></p> <p><i>30 rounds</i></p>	<p style="text-align: center;">Discussion of Rapid Fire Techniques</p> <p style="text-align: center;">10 x , Rapid Fire , 15 Yards</p> <p style="text-align: center;">Standing – 1 Target Kneeling – 1 target Prone – 1 Target</p>	<p style="text-align: center;">Divided Class Review Practice Logs / suggest changes to improve performance</p> <p style="text-align: center;">REVIEW USA PMTG Chapters 7 - 10 for Wk #9</p>
<p><i>Week 7</i> <i>Mar 5</i></p> <p><i>60 rounds</i></p>	<p style="text-align: center;"><i>Mid Term Evaluation – “Mock” Competition</i> <i>Tournament</i></p> <p style="text-align: center;"><u>600 Pt. Match 60 Rounds</u></p> <p style="text-align: center;">LIVE FIRE 2 slow fire targets (2 targets) LIVE FIRE 2 TIMED fire targets (2 targets) LIVE FIRE 2 RAPID fire targets (2 targets)</p>	<p style="text-align: center;">Live Fire on the Range</p>
<p><i>Week 8</i> <i>Mar 19</i></p> <p><i>60 rounds</i></p>	<p style="text-align: center;">CLEANING DEMONSTRATION</p> <p style="text-align: center;"><u>MATCH 60 rounds</u></p> <p style="text-align: center;">LIVE FIRE 2 slow fire targets (2 targets) LIVE FIRE 2 TIMED fire targets (1 target) LIVE FIRE 2 Rapid fire targets (1 target)</p>	<p style="text-align: center;"><u>Live Fire on the Range 3:15</u></p>
<p><i>Week 9</i> <i>Mar 26</i></p> <p><i>60 rds /</i> <i>Team</i></p>	<p style="text-align: center;">Precision Rifle Match Benchrest 50 yards Precision Targets Rapid Fire Lever Action</p>	<p style="text-align: center;"><u>LIVE FIRE 3:15</u></p>

WEEK	Topic	Readings and Assignments / Expected Proficiency
Week 10 Apr 2 60 rds / team	Precision Rifle Match 3 Position 50 yard LD Scopes / Optics Practical	<u>LIVE FIRE 3:15</u>
Week 11 Apr 9 60 rds / team	Precision Rifle Match 4 Position 50 Yard LD Centerfire??	<u>LIVE FIRE 3:15</u>
Week 12 Apr 16	Team Precision Rifle Match 4 Position 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

1. GMU Policies and Resources for students
Policies

- a. Students must adhere to the guidelines of the Mason Honor Code (see <https://catalog.gmu.edu/policies/honor-code-system/>).
- b. Students must follow the university policy for Responsible Use of Computing (see <https://universitypolicy.gmu.edu/policies/responsible-use-of-computing/>).
- c. 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.
- d. 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 <https://ds.gmu.edu>).
- e. Students must silence all sound emitting devices during class unless otherwise authorized by the instructor.

Campus Resources

1. 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 <https://its.gmu.edu/knowledge-base/blackboard-instructional-technology-support-for-students/>.
2. **Notice of mandatory reporting of sexual assault, interpersonal violence, and stalking:** As a faculty member, I am designated as a “Responsible Employee,” and must report all disclosures of sexual assault, interpersonal violence, and stalking to Mason’s Title IX Coordinator per University Policy 1202. If you wish to speak with someone confidentially, please contact one of Mason’s confidential resources, such as Student Support and Advocacy Center (SSAC) at [703-380-1434](tel:703-380-1434) or Counseling and Psychological Services (CAPS) at [703-993-2380](tel:703-993-2380). You may also seek assistance from Mason’s Title IX Coordinator by calling [703-993-8730](tel:703-993-8730), or emailing titleix@gmu.edu.
3. For information on student support resources on campus, see <https://ctfe.gmu.edu/teaching/student-support-resources-on-campus>
4. For additional information on the College of Education and Human Development, please visit our website <http://cehd.gmu.edu/>.

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 140: Rifle 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:
