

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

**RECR 140-00 Rifle Marksmanship (1)
1 Credit, Spring 2022**

Thursdays 2:30– 4:30 PM

Location: NRA Shooting Range (NRA HQ)

1/24-4/19

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

Prerequisites None

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

Fees

This course requires a (lab/course) fee of (\$180.00) payable to the NRA range on the first day of the semester.

University Catalog Course Description

Introduces marksmanship skills in Olympic style small bore competition [rifle] target shooting. Increases knowledge of firearm safety, international target shooting styles, equipment care and maintenance, and shooting sports competition techniques.

Course Overview

Students are expected to:

1. Provide their own transportation to off-campus sites (lists for ride share will be available).
2. Wear appropriate clothing that does not limit motion yet is comfortable.
3. Wear appropriate footwear, but no open toed shoes of any kind may be worn.
4. Wear the appropriate safety gear as defined by the instructor at all times.
5. Follow all safety guidelines mandated by the NRA range at all times.
6. Students must be present the first two of class for all safety instructions. Students how are not present for the first two weeks of class will not be able to continue.

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 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 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. 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 Bulls-eye 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. Both the establishment and the instructor require this test. The score on this test will be factored into your final grade.
- Your course evaluation is based on attendance and fieldwork experience. Because this is a performance – based assessment, participation, attendance, and the proper attitude will be the determining factors in the final grading.

- The midterm examination will be participation in a “mock” Olympic style bulls-eye target shooting competition
- The final tournament will be the students’ participation in a team-based tournament in the same style. Tournaments/competitions will also assess students’ ability to evaluate, diagnose, and correct problems/barriers to become a proficient basic rifle marksman.
- The final written exam will cover rules of competition shooting, firearm safety, rifle components and mechanical functions, ways to improve performance, and fundamental skills.

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.

Lab Requirements:

Overall skill competencies will be evaluated during each lab session. ALL students will be required to:

1. Participate in presentations, demonstrations and live fire exercises.
 - a. 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. Refunds are not available for students who are dropped for missing these two very important classes.
 - b. During the first two weeks of instruction, the instructor will conduct an individualized diagnostic session for each student to determine his or her level of comfort, knowledge, and ability with a rifle.
 - c. 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 bulls-eye shooting. Each student will have the opportunity to participate in live practice sessions and eventually participate in an end of semester “match “in the bulls-eye discipline of competitive rifle shooting.

- **Grading**

- Demonstrated knowledge of safety techniques and range rules 20 Points
 - Demonstrated knowledge of International competitions 25 Points
 - Demonstrated knowledge of Bulls-eye competitions 25 Points
 - Olympic style competition
 - Final Tournament 10 Points
 - Team competition
 - Final Written Exam 20 Points
- Total =100

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 ^[SEP] See <https://cehd.gmu.edu/students/polices-procedures/>

WEEK	Topic	Readings and Assignments / Expected Proficiency
<p><i>Week 1</i> <i>Jan 27</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 SAEFTY BRIEF. 100% PASSING SCORE REQUIRED Basic rifle knowledge quiz to determine the comfort level and confidence the student has in handling and identifying the different types of rifles. Review rifle nomenclature & basic types of rifles 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. 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>Feb 3</i> <i>30 rounds</i></p>	<p>Review firearm safety and common sense rules 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 10</i> <i>30 rounds</i></p>	<p>Review Practice Logs Review firearm safety and common sense rules Review Range Commands 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 17</i> <i>30 rounds</i></p>	<p>Discussion of Rifle Position Techniques – Standing Kneeling Prone, Benchrest 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 24</i></p>	<p>Discussion of Timed Fire Techniques</p>	<p>Review Practice Logs/ suggest</p>

WEEK	Topic	Readings and Assignments / Expected Proficiency
30 rounds	<p style="text-align: center;">10 x , Timed Fire , 15 Yards</p> <p style="text-align: center;">Standing – 1 Target Kneeling – 1 target Prone – 1 Target</p>	changes to improve performance
<p style="text-align: center;"><i>Week 6</i> <i>Mar 3</i></p> <p>30 rounds</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 style="text-align: center;"><i>Week 7</i> <i>Mar 10</i></p> <p>60 rounds</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>	Live Fire on the Range
<p style="text-align: center;"><i>Week 8</i> <i>17</i></p> <p>60 rounds</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>	<u>Live Fire on the Range 3:15</u>

WEEK	Topic	Readings and Assignments / Expected Proficiency
<p><i>Week 9</i> <i>Mar 24</i></p>	<p>No Class, Spring Recess</p>	<p><u>LIVE FIRE 3:15</u></p>
<p><i>Week 10</i> <i>March 31</i></p> <p><i>60 rds / team</i></p>	<p>Precision Rifle Match 3 Position 50 yard LD Scopes / Optics Practical</p>	<p><u>LIVE FIRE 3:15</u></p>
<p><i>Week 11</i> <i>Apr 7</i></p> <p><i>60 rds / team</i></p>	<p>Precision Rifle Match 4 Position 50 Yard LD Centerfire??</p>	<p><u>LIVE FIRE 3:15</u></p>
<p><i>Week 12</i> <i>Apr 14</i></p>	<p>Team Precision Rifle Match 4 Position 50 yards</p> <p>Course Completion Certificates / Course Evaluation Due</p>	<p><u>LIVE FIRE 3:15</u></p>

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/> .

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 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: _____