

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

RECR 137 (001) – Introduction to Trap & Skeet Shooting (2 Credits)
T 9:30-12:15pm /Izaak Walton Park - Centreville, VA

Faculty

Name: Benn Crandall
Office hours: As needed
Office location: Arlington-Fairfax Isaac Walton
Office phone: 703-631-4497 (Trap & Skeet Field House)
Email address: Bcrandal@gmu.edu

Prerequisites/ Core requisites None

RECR 137 FALL 2023 Covid -19 special considerations.

- 1) Masks are optional for INDOOR sessions
- 2) Hand washing stations will be available for your use at all times.

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/ skeet machine at varying angles.

Course Overview

- 1. Course fee includes ammunition, targets, ear protection and shotgun 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 our host, the club, the instructor and the University. 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	\$360.0

Course Delivery Method

This course is an activity-based course.

Learning 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 20% of the targets upon command when launched from varying angles.

Professional Standards: N/A

Required / suggested Texts/ viewing

Please review the following before the first class

<https://www.youtube.com/watch?v=aDWCFIJ0XZs&list=PLB6870DF00AEF0454>

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, competition rules and general questions about Trap and/or Skeet shooting (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	22	Introduction and firearm safety	Basic Firearm instruction/ Safety lecture/ Facility Orientation/ Patterning a Shotgun /
August	29	Safety review/ Shotgun fitting/ Pattern shotgun	10 targets
September	5	Trap Practice	30 targets
September	12	Trap Practice	30 targets
September	19	Trap Practice	30 targets
September	26	Trap Practice	30 targets
October	3	Intro to Skeet	12 targets Skeet
October	10	Fall Break	No Class
October	17	Skeet Practice	30 targets
October	24	Skeet Practice	30 targets
November	31	Skeet Practice	30 targets
November	7	Skeet Practice	30 targets
November	14	Final Exam	30 targets
November	21	OPTION	If we are rained out in previous weeks

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

1. GMU Policies and Resources for students
 1. 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/>.

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 1st left onto Centewood Drive (which quickly becomes Old Centreville Rd).
4. Travel ½ mile to first stop sign.
5. Turn right onto Old Mill Road
6. Take 1st left onto Mt. Olive Drive
7. Travel ½ mile, make 1st 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

Drive slowly down the entrance road. (Limit is 10mph)

Shotgun Range is the first road on the right. Please park in the lot nearest the fields.

Mason students now have FREE access to TimelyCare – a virtual mental health and well-being platform crafted specifically for college students!

With TimelyCare, Mason students will have access to a multitude of virtual mental health and well-being resources that are free and available 24/7. Find out more about the resources available online at Timelycare.com/gmu or Download the app.