

NOVA COLLEGE-WIDE COURSE CONTENT SUMMARY PED 126 – ARCHERY (1 CR.)

Course Description

Teaches skills and techniques of target archery. Focuses on use and maintenance of equipment, terminology, and safety. Lecture 1 hour.

General Course Purpose

This skill-related physical activity course is designed to develop coordination, reaction time, and speed through participation in a singles or doubles sport.

Course Prerequisites/Corequisites

All students must have a basic ability to read, write and speak English. The course requires the ability to participate in physical activities including walking, running, stretching, and lifting pushing or pulling weights. Modifications will be made for students who have a Memorandum of Accommodation (MOA) from Disabilities Services if the MOA indicates that an adapted physical program is required. The student can present the MOA at any time during the semester; but the adapted services are not effective until the MOA is provided to the instructor. For more information and eligibility, contact Disability Services at <http://www.nvcc.edu/current-students/disability-services/index.html>.

Course Objectives

Upon completing the course, the student will be able to:

- a) Identify the different parts of the bow and arrow
- b) Demonstrate correct archery techniques from shooting stance through releasing and following through
- c) Explain the different shooting faults and how to correct them
- d) Define archery terminology
- e) Describe safety factors
- f) Explain scoring
- g) Describe the relationship between the musculoskeletal system and the movements of archery

Major Topics to be Included

- a) Parts of the bow and arrow
- b) Bracing and unbracing the bow
- c) Nocking an arrow
- d) Stances in addressing the target
- e) Drawing a bow and correct shooting form
- f) Methods of aiming
- g) Terminology and safety
- h) Scoring