Bemidji State University

PHED 1430: Skills for Life: Archery

A. COURSE DESCRIPTION
   Credits: 1
   Lecture Hours/Week: 0
   Lab Hours/Week: 0
   OJT Hours/Week: *
   Prerequisites: None
   Corequisites: None
   MnTC Goals: None
   An activity course that examines and applies the fundamentals and skills of archery. Selection and care of
equipment, instruction and practice of shooting skills and scoring in target archery will be included. [BSU
Focus: Performance and Participation]

B. COURSE EFFECTIVE DATES: 08/22/1997 - Present

C. OUTLINE OF MAJOR CONTENT AREAS
   1. Archery Tournaments
   2. Introduction of equipment
   3. Safety issues of archery
   4. Scoring and basic rules
   5. Shooting form/stance

D. LEARNING OUTCOMES (General)
   1. analyze their own physical activity behavior and compare it to a national standards.
   2. provide the opportunity for gaining knowledge, skills, and enjoyment of archery.
   3. allow future leisure and recreational participation in archery.
   4. learn basic fundamental skills in archery.
   5. follow all necessary safety precautions for safe enjoyment of archery.
   6. learn rules, terminology, scoring and strategy associated with archery.
   7. develop adequate skills to enjoy the activity of archery.
   8. demonstrate safe behavior in the skill target setting and the elements of effective skill execution.
   9. demonstrate knowledge and experience the benefits of course’s Skill for Life as a lifetime
      skill/physical activity.
   10. use their newly acquired knowledge to work collaboratively with an assigned class partner and/or to
give quality of performance feedback.

E. Minnesota Transfer Curriculum Goal Area(s) and Competencies
   None

F. LEARNER OUTCOMES ASSESSMENT
   As noted on course syllabus

G. SPECIAL INFORMATION
   None noted