

# Bemidji State University

## PHED 1430: Skills for Life: Archery

### A. COURSE DESCRIPTION

Credits: 1

Lecture Hours/Week: \*.\*

Lab Hours/Week: \*.\*

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. Liberal Education Goal Area 11.

**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. examine the importance of, i.e. how they value, regular physical activity in their lifestyle.
2. analyze their own physical activity behavior and compare it to a national standards.
3. demonstrate the ability to analyze their own archery skills, make appropriate changes to achieve a specific outcome, i.e. hitting a designated target.
4. demonstrate the ability to speak to a group about sport or physical activity.
5. develop their archery skills to improve their ability to lead an active lifestyle.

### E. Minnesota Transfer Curriculum Goal Area(s) and Competencies

None

### F. LEARNER OUTCOMES ASSESSMENT

As noted on course syllabus

### G. SPECIAL INFORMATION

None noted