

Berrien Springs Partnership Syllabus and Instructor Qualifications

CLASS TITLE: Fitness In Archery

CATEGORY: Physical Education

GRADE OR AGE LEVELS: 10yrs+

START DATE: week of 1/9/2023

END DATE: week of 4/17/2023

CLASS LOCATION/ADDRESS/DATES/TIMES:

St. Joe - 4032 M-139, St Joseph, MI 49085

St. Joe Location – Friday

Fri. – Jan 13,27 Feb 3,10,17 March 3,10,17,24 April 14,21,28, May 5

12:30 – 2pm

St. Joe:

Class Min # of Students: 4

Class Max # of Students: 30

WEEKS TOTAL: 12

WEEKS OFF: 0

DAY/TIME REQUIRED: See class schedule **ADD'L DAYS/WK AVAILABLE:**

HOURS (REQUIRED): 16

HOURS (POSSIBLE): 18

TOTAL SEMESTER HOURS POSSIBLE: 18

Information about the Instructor:

Instructor Name: Coach Dawson

Instructor Email: groundzeroarchery@gmail.com

Website: www.groundzeroarchery.com

Instructor Phone # to be published: (269) 240-4764 Coach Dawson

Instructor Bio: I have a passion for archery! Even more, I love seeing kids learn, explore and excel in their passions. My first encounter with archery, like so many, was at summer camp when I was 8 years old. I can still feel the thrill and accomplishment I felt sighting down the arrow, releasing the string, and hitting the target. Through the years my love for archery has grown, along with my passion for teaching children. I have continued my training and currently hold the following certifications: USA Archery Level 4NTS Coach, NFAA Level 4, USA Archery Level 2 NTS Trainer and Safe Sport certified.

Information about the Course:

Class Pre-requisites: None

Criteria for passing class: Students will need to attend at least 80% of classes offered and complete the pre and post-tests for progress evaluation.

Materials Needed for Class: None - Ground Zero Archery will provide equipment.

Additional Class Cost: One-time \$10.00 bow handling component fee per student, if your student will be shooting a bow.

(All archery courses offered by the partnership do not include actual bow handling or purchasing of archery equipment for the students.

A (\$10.00) bow handling component may be purchased separately.

Contact Ground Zero Archery/Coach Dawson directly).

Description: F.I.A. is a course to give students a BASE for learning about overall health and fitness benefits through Archery.

Cardiovascular fitness in Archery, Archery and Nutrition, Flexibility In Archery, Archery and Mental Health with First Aid in Archery is a few topics this course will cover while developing/improving healthy archery habits! Cardio = Archery Tag each week

Semesters offered: Fall & Spring

Weekly breakdown:

Week 1: Introduction Learn: Class rules, goals and schedule. Project: Pre-Test & 1 st day group photo.	Week 7: Body Composition Learn: The definition of body composition, why we need to know what it is and how archery can help us maintain a healthy composition. Project: Complete the body composition worksheet.
Week 2: Flexibility Flexibility is a part of your overall fitness in archery. Learn: Stretches for warming up, during and after physical activities. Project: Demonstrate stretching before, during and after class.	Week 8: Nutrition Learn: How archery combined with good nutrition improves endurance, builds immunities and increases cognitive functions. Project: Complete nutrition worksheet.
Week 3: Cardiovascular Cardiovascular fitness in archery. Learn: Definition of Cardiovascular. What it does and why it is important in life and how archery can help strengthen your cardiovascular system. Project: Track heart rate before, during and after class.	Week 9: Nutrition Continued Learn: How archery combined with good nutrition improves endurance, builds immunities and increases cognitive functions. Project: Complete nutrition worksheet.
Week 4: Health Conditions and Diseases Learn: How to combat health conditions and diseases through archery fitness. Project: Tell me 2 health conditions or diseases learned today.	Week 10: First Aid in Archery Learn: Why everyone should know first-aid and some common uses in archery. Project: Demonstrate the properly way to clean a minor cut and bandage.
Week 5: Mental Health Learn: How to use archery for better mental health. Project: Complete emotion worksheet	Week 11: First Aid Continued Learn: Why everyone should know first-aid and some common uses in archery. Project: Complete first aid worksheet.
Week 6: Regular Physical Exercise Learn: How to create a weekly physical exercise plan that includes archery. Project: Create a weekly physical exercise plan that includes archery.	Week 12, 13 & 14: Review Learn: Answer questions and cover challenge topics again. Project: Post – Test & Semester End Photo

Name: _____

Date: _____

Pre Test

1. Have you ever heard of using archery tag as a workout? Y/N
2. Do you know that archery provides a mental workout? Y/N
3. Is archery tag a way of developing and maintaining healthy levels of cardiorespiratory endurance? Y/N
4. Is archery tag a way of developing and maintaining healthy levels of muscular strength and endurance? Y/N
5. Is archery tag a way of developing and maintaining healthy levels of flexibility of selected joints of the body?
Y/N
6. Is archery tag a way of developing and maintaining healthy levels of body composition? Y/N
7. Do you know 3 health benefits of archery tag? Y/N
8. Is archery tag a way of developing and maintaining healthy levels of balance? Y/N
9. Is archery tag a way of developing and maintaining healthy levels of coordination? Y/N
10. Is archery tag a way of developing and maintaining a healthy self-confidence? Y/N

Date: _____

Post Test

1. Have you ever heard of using archery tag as a workout? Y/N
2. Do you know how to use archery tag as a workout? Y/N
3. Do you know that archery provides a mental workout? Y/N
4. Have you learned how to use archery for a mental workout? Y/N
5. Is archery tag a way of developing and maintaining healthy levels of cardiorespiratory endurance? Y/N
6. Have you learned how to use archery tag as a way of developing and maintaining healthy levels of cardiorespiratory endurance? Y/N
7. Is archery tag a way of developing and maintaining healthy levels of muscular strength and endurance? Y/N
8. Have you learned how to use archery tag as a way of developing and maintaining healthy levels of muscular strength and endurance? Y/N
9. Is archery tag a way of developing and maintaining healthy levels of flexibility of selected joints of the body?
Y/N
10. Have you learned how to use archery tag as a way of developing and maintaining healthy levels of flexibility of selected joints of the body? Y/N
11. Is archery tag a way of developing and maintaining healthy levels of body composition? Y/N
12. Have you learned how to use archery tag as a way of developing and maintaining healthy levels of body composition? Y/N
13. Do you know 3 health benefits of archery tag? Y/N
14. Do you know 6 health benefits of archery tag? Y/N
15. Is archery tag a way of developing and maintaining healthy levels of balance? Y/N
16. Have you learned how to use archery tag as a way of developing and maintaining healthy levels of balance?
Y/N
17. Is archery tag a way of developing and maintaining healthy levels of coordination? Y/N
18. Have you learned how to use archery tag as a way of developing and maintaining healthy levels of coordination? Y/N
19. Is archery tag a way of developing and maintaining a healthy self-confidence? Y/N
20. Have you learned how to use archery tag as a way of developing and maintaining a healthy self-confidence?
Y/N