

DEMOCRITUS UNIVERSITY OF THRACE
DEPARTMENT OF PHYSICAL EDUCATION & SPORT SCIENCE

UNDERGRADUATE PROGRAM OF STUDY

COURSE TITLE:

Introduction to shooting sport

COURSE CODE:

N090

ECTS CREDITS

2

RESPONSIBLE FOR THE COURSE:

NAME	Chatzinikolaou Athanasios		
POSITION	Lecturer		
SECTOR	Athletic training		
OFFICE	B3-6		
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CO-INSTRUCTORS	Christouilias I.		

SEMESTER:

1ST 2ND 3RD 4TH
5TH 6TH 7TH 8TH

COURSE TYPE:

OBLIGATORY
DIRECTION
SPECIALIZATION
PREREQUIZITE FOR SPECIALIZATION
ELECTIVE (*OPEN*)

HOURS (per week):

2

DIRECTION

(only for 3rd & 4th year courses)

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SPECIALIZATION *(only for 3rd & 4th year courses)*

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LANGUAGE OF TEACHING:

GREEK

ENGLISH

AIM OF THE COURSE (*content and acquired skills*)

The aim of this course is firstly to introduce to the students shooting sports, secondly to learn about the proper and safe handling of air weapons and finally to understand the basic regulations of shooting.

COURSE CONTENTS (*outline – titles of lectures*)

1. Meet the Olympic sport of shooting. Chronology. Safety rules.
2. Instruments and equipment (shooting organization, clothing, weapons, bullets, slings).
3. Reference to the various shooting sports. Meet and difference of pneumatic and firearms weapons.
4. Basic rules of pneumatic weapons sports (time, number of targets, number of bullets, pattern of events, how scoring draws).
5. Shooting instruments. Shooting line.
6. Basic technical analysis of air rifle.
7. Complete technical analysis in air rifle. Throw shots.
8. Effort to participation and completion on a regular race. 60 shots for men and 40 for women.
9. Basic technical analysis of air gun pistol. Shots with a limit number of targets and fireballs.
10. Complete technical analysis on air gun pistol. Throw shots.
11. Effort to participation and completion on a regular race. 60 shots for men and 40 for women.
12. Basic faults- causes- corrections to the sports of air guns (rifle and pistol). Series of simple exercises.
13. Participation in regular event with the official regulations and graduation cards. Learning shoot-off in case of a draw.

TEACHING METHOD (*lectures – labs – practice etc*)

Theoretical instruction and practical application

ASSESSMENT METHOD(-S)

- Written theory exams 50%
- Practical examinations 50%

LEARNING OUTCOMES

Upon the completion of this course the student will be able to:
aware of all the Olympic shooting events and the fundamentals of them.

LEARNING OUTCOMES - CONTINUED

<i>Learning Outcomes</i>	<i>Educational Activities</i>	<i>Assessment</i>	<i>Students Work Load (hours)</i>
1) Students have to know all shooting events (rifle and pistol) include it in the Olympic program	Lectures and demonstration.	Intermediate examinations (written test)	20
2) To understand the basic	Lectures and practical	Run racing	20

techniques of air guns (rifle and pistol)	applications to learn the technical skills	shots.	
3) To understand, inside of one lecture and few practicing, the technique of firearms (rifle and pistol), however, with simulation with airguns.	Lectures and practical applications	Finally examinations	20
		TOTAL	60

OBLIGATORY & SUGGESTED BIBLIOGRAPHY:

1. Christouilias I. (2007). *Shooting*. Telethrio, Athens.