

EMOCRITUS UNIVERSITY OF THRACE
DEPARTMENT OF PHYSICAL EDUCATION & SPORT SCIENCE

UNDERGRADUATE PROGRAM OF STUDY

COURSE TITLE:

| |
|-------------------------|
| Shooting with air rifle |
|-------------------------|

COURSE CODE:

| |
|------|
| N092 |
|------|

ECTS CREDITS

| |
|---|
| 2 |
|---|

RESPONSIBLE FOR THE COURSE:

| | | |
|----------------|---------------------------|--|
| NAME | Chatzinikolaou Athanasios | |
| POSITION | Lecturer | |
| SECTOR | Athletic training | |
| OFFICE | B3-6 | |
| TEL. / E-MAIL | +302531039632 | achatzin@phyed.duth.gr |
| CO-INSTRUCTORS | - | |

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)

| | |
|--|--|
| | |
|--|--|

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

| |
|--|
| |
|--|

LANGUAGE OF TEACHING:

GREEK

ENGLISH

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

The objective of this course is to learn the students the basic air rifle techniques and furthermore the basic rules of conduct competitions.

COURSE CONTENTS (*outline – titles of lectures*)

1. Meet the Olympic event shooting. Chronology and evolution of the air rifle.
2. Description of shooting equipment, weapon, sniper and sniper contest.
3. Safety rules to use the air rifle and shooting. Basic regulations of shooting events.
4. Basic analysis of technique for novice athletes 11-12 years old from sitting position. Dry Shoot.
5. Learning basic technique of air rifle on sitting and standing position. Tutoring assistance from the experienced who have been trained.
6. Comination of shooter- breathing-pressing the trigger with technical instruction and simple drills. Half competition from sitting position, 30 shots for men and 20 for women.
7. Technical analysis of standing position. Dry shots and some shots.
8. Integrating and improving of standing position. Emphasizes on key points. Simple and complex shooting drills.
9. Exercise to improve the balance and stability in combination with the standing position technique.
10. Organized internal match with implementing regulations (time-trial shots- official shots- score- draws). 60 shots for men and 40 for women..
11. Special condition for air pistol (endurance- strength, isometric strength, balance, stability and flexibility).
12. Basic faults – causes and corrections in the air pistol. Series of simple and advanced drills.
13. Trying to practice in pairs, teaching applications of technical analysis of seated and standing position. Conduct a half race.

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:
recognize and do the basic techniques of shooting events which include it in Olympic Games

LEARNING OUTCOMES - CONTINUED

| <i>Learning Outcomes</i> | <i>Educational Activities</i> | <i>Assessment</i> | <i>Students Work Load (hours)</i> |
|--------------------------|-------------------------------|-------------------|------------------------------------|
| 1) Do students know the | Theoretical approach | Oral | 20 |

| | | | |
|---|--|--|-----------|
| Olympic sport of shooting and particularly the sport of air pistol. To adhere the safety standards and can handle the pistol in the individual technical standard position such as lifting, aiming, breathing and trigger pressure. | with lectures, demonstration and practical applications from the students. | questionnaires and training shots. | |
| 2) Can perform racing throws securely, under the official regulations. | Practical drills. Perfection and support in their respective lectures. | Run racing shots with score. | 20 |
| 3) be able to implement sufficiently training programs for novice pistol snipers | Self of knowledge acquired by practice in pairs. | Final theoretical and practice examinations. | 20 |
| | | TOTAL | 60 |

OBLIGATORY & SUGGESTED BIBLIOGRAPHY:

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