

**DEMOCRITUS UNIVERSITY OF THRACE**  
**DEPARTMENT OF PHYSICAL EDUCATION & SPORT SCIENCE**

*UNDERGRADUATE PROGRAM OF STUDY*

**COURSE TITLE:**

Shooting with air pistol
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**COURSE CODE:**

N090
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**ECTS CREDITS**

2
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**RESPONSIBLE FOR THE COURSE:**

NAME	Chatzinikolaou Athanasios	
POSITION	Lecturer	
SECTOR	Sports Training Theory and Application	
OFFICE	B3-6	
TEL. / E-MAIL	+302531039632	<a href="mailto:achatzin@phyed.duth.gr">achatzin@phyed.duth.gr</a>
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
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**DIRECTION**

*(only for 3<sup>rd</sup> & 4<sup>th</sup> year courses)*

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**SPECIALIZATION (only for 3<sup>rd</sup> & 4<sup>th</sup> year courses)**

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**LANGUAGE OF TEACHING:**

GREEK

ENGLISH

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

The objective of this course is to teach the students the basic air pistol 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 pistol.
2. Safety rules to use the air pistol and shooting. Description of shooting equipment, weapon, sniper and sniper contest.
3. Learning basic technique of air pistol on sitting and standing position. Tutoring assistance from the experienced students who have been trained.
4. Integration and improving the technical analysis of two position simple drills. Half competition. 30 shots for men and 20 for women.
5. Basic analysis of technique for novice athletes 11-12 years old from sitting position. Dry Shoot.
6. Teaching and training in line shooting. Shooting drills for novice athletes, throw shots.
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. Organized internal match with implementing regulations (time-trial shots-official shots- score- draws). 60 shots for men and 40 for women..
10. Special condition for air pistol (endurance- strength, isometric strength, balance, stability and flexibility).
11. Basic faults – causes and corrections in the air pistol. Series of simple and advanced drills.
12. Trying to practice in pairs, teaching applications of technical analysis of seated and standing position. Conduct a half race.
13. Participation in the entire air pistol match.

**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 Olympic sport of	Theoretical approach with lectures,	Oral questionnaires	20

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 lifting, aiming, breathing and trigger pressure.	demonstration and practical applications from the students.	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 practical examinations.	20
		<b>TOTAL</b>	<b>60</b>

**OBLIGATORY & SUGGESTED BIBLIOGRAPHY:**

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