COURSE OUTLINE SHOOTING WITH AIR RIFLE

1. GENERAL

SCHOOL	PHYSICAL EDUCATION, SPORT SCIENCE AND OCCUPATIONAL THERAPY		
DEPARTMENT	PHYSICAL EDUCATION AND SPORT SCIENCE		
LEVEL OF STUDIES	ISCED level 6 – Bachelor's or equivalent level		
COURSE CODE	C029	**SEMESTER**	3RD or 4TH
COURSE TITLE	SHOOTING WITH AIR RIFLE		

TEACHING ACTIVITIES *If the ECTS Credits are distributed in distinct parts of the course e.g. lectures, labs etc. If the ECTS Credits are awarded to the whole course, then please indicate the teaching hours per week and the corresponding ECTS Credits.*	**TEACHING HOURS PER WEEK**	**ECTS CREDITS**
	2	3
Please, add lines if necessary. Teaching methods and organization of the course are described in section 4.		

COURSE TYPE *Background, General Knowledge, Scientific Area, Skill Development*	SKILLS DEVELOPMENT
PREREQUISITES:	NO
TEACHING & EXAMINATION LANGUAGE:	GREEK
COURSE OFFERED TO ERASMUS STUDENTS:	NO
COURSE URL:	https://eclass.duth.gr/courses/1021376/

2. LEARNING OUTCOMES

Learning Outcomes

Please describe the learning outcomes of the course: Knowledge, skills and abilities acquired after the successful completion of the course.

Upon successful completion of the course, students will be able to:

- *know the sport of air rifle shooting techniques. and the rules of the competition.*
- *know the rules of the competition.*
- *the organization of an air rifle competition.*

General Skills

Name the desirable general skills upon successful completion of the module

Search, analysis and synthesis of data and information,
ICT Use
Adaptation to new situations
Decision making
Autonomous work
Teamwork
Working in an international environment
Working in an interdisciplinary environment
Production of new research ideas
Project design and management
Equity and Inclusion
Respect for the natural environment
Sustainability
Demonstration of social, professional and moral responsibility and sensitivity to gender issues
Critical thinking
Promoting free, creative and inductive reasoning

- *Concentration*
- *Tranquility*
- *Self-management*
- *Control of his/her psycho-mental state*
- *Achieving the goal*

3. COURSE CONTENT

1. *History and evolution of the air rifle. Full description of the weapon. Comparison with rifle gun events.*
2. *Description of all supplementary shooting equipment, rifle, shooter, competition. Safety rules at the shooting range and general principles of safety with weapons. Basic regulations for conducting an air rifle competition.*
3. *Basic technical analysis of beginners 11-12 years old, from a seated position of an air rifle. Dry Shoot.*
4. *Aiming technique and eye-ccleioscope relationship - sight - target. Shooting exercises for beginners and combination with a sitting position. Shooting shots.*
5. *Combination of aiming - breathing - trigger pressing, with technical instruction and simple exercises. Half a race, always from a sitting position.*
6. *Technical analysis of standing position (posture - leg position - hand position - shoulder - support - grip - aiming - breathing - trigger - lowering a weapon). Dry shot and few shots.*
7. *Completion and improvement of the precision upright firing position technique. Emphasis on key points. Shooting shots.*
8. *Balance - stability exercises combined with the technique of standing position. Organization of an internal match by applying regulations (time - test shots - regular shots - standings - draws).*
9. *Special physical condition and shooting (endurance - strength - flexibility - isometry).*
10. *Basic mistakes - causes - corrections in the air rifle competition. Series of simple and complex exercises.*
11. *Attempt at practical teaching application in pairs of sitting and standing analysis technique. Conduct of half a match.*

4. LEARNING & TEACHING METHODS - EVALUATION

TEACHING METHOD *Face to face, Distance learning, etc.*	Theoretical teaching and practical application
USE OF INFORMATION & COMMUNICATIONS TECHNOLOGY (ICT) *Use of ICT in Teaching, in Laboratory Education, in Communication with students*	Use of ICT in Teaching and Communication with students • digital slide
TEACHING ORGANIZATION *The ways and methods of teaching are described in detail.* *Lectures, Seminars, Laboratory Exercise, Field Exercise, Bibliographic research & analysis, Tutoring, Internship (Placement), Clinical Exercise, Art Workshop, Interactive learning, Study visits, Study / creation, project, creation, project. Etc.* *The supervised and unsupervised workload per activity is indicated here, so that total workload per semester complies to ECTS standards.*	

Activity	***Workload/semester***
Lecturers	26
Study and analysis of literature	46
Examination	3
Total Course	**75**

STUDENT EVALUATION *Description of the evaluation process* *Assessment Language, Assessment Methods, Formative or Concluding, Multiple Choice Test, Short Answer Questions, Essay Development Questions, Problem Solving, Written Assignment, Essay / Report, Oral Exam,* *Presentation in audience, Laboratory Report,* *Clinical examination of a patient, Artistic interpretation, Other/Others* *Please indicate all relevant information about the course assessment and how students are informed*	• PRACTICAL EXAMINATION 50% • THEORETICAL EXAMS 40% • ATTENDANCE AT THE COURSE 10%

5. SUGGESTED BIBLIOGRAPHY

1. *SHOOTING 1, Hristouilias Ioannis, Publications: TELETHRIO*

ANNEX OF THE COURSE OUTLINE

Alternative ways of examining a course in emergency situations

Teacher (full name):	GEORGE PAFIS
Contact details:	gpafis@phyed.duth.gr
Supervisors:	YES
Evaluation methods:	Written remote exam (100%)
Implementation Instructions:	The examination in the course will take place in subgroups of users in e-class, depending on the number of participants in the course, on the examination day of the course according to the examination schedule announced by the Secretariat. The exam will take place through Teams. The link will be sent to students via e-class exclusively to the institutional accounts of those who have registered for the course and have become aware of the terms of distance learning. Students must log in to the examination room through their institutional account, otherwise they will not be able to participate. They will also participate in the exam with a camera that they will have open during the exam. Before the beginning of the exam, students will show their ID on camera in order to be identified. Each student will have to answer multiple choice questions. Each of the questions is scored from 0.5 to 2.0 points depending on the question category.