

Cal Archery Decal ~ Course Information

ME 98

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**Additional Facilitators from the Cal Archery Team and Club*

Sponsoring Professor: Dennis Lieu, Professor of Mechanical Engineering

Website: <http://archery.berkeley.edu/> *See DeCal Tab

Course Overview: Through lectures and field practices, students will gain an understanding of proper form and technique, competition formats, history, biomechanics, and other aspects of archery. By the end of the course, students will be expected to know archery safety and basic technique as well as the biomechanics and how it optimizes shooting performance. Students will aim to demonstrate good form, but more importantly should have a good understanding of the concepts.

Prerequisites: None (no prior experience needed either)

Instruction: Lecture and Field Practice

Locations: Classroom and Golden Bear Softball Field

Grading:

Hw –	50 %
Midterm –	15 %
Final Exam –	25 %
Performance –	10 %

**Passing is 70% and over. However, your ability to demonstrate proper Archery Form and your personal improvement will also be taken into account so be sure to come to practice!*

Homework: Consists of readings and summaries of both articles and video observations. All assignments are to be double spaced, size 14 font Times New Roman, 1” margins (length varies for each assignment).

Midterm/Final Exam: Combination of multiple choice and short answer questions

Performance: At the end of the course, we will have a fun class tournament. Your ability to shoot over a given score will determine this part of your grade. **The course and amount of practice available will be sufficient to prepare you for the shoot**

Week 1: Welcome

(Field)

- ✦ Review course info and syllabus
- ✦ Assign Hw 1: “Robin Hood, Legolas, You? O.o” ~ 1/2 page paper on...
 - Archery stereotypes...what’s your image of archery?
 - Is archery a sport? What defines a sport?
- ✦ “Archery in the Media ~ On the Big (& little) Screen”
- ✦ Archery Trivia Game

Week 2: Getting Started ~ Learning Archery Form

(Field)

- ✦ Collect Hw 1
- ✦ “Equipment Assembly ~ The Olympic Recurve Bow”
- ✦ Archery Safety
- ✦ “The 9 Steps to Shooting ~ Introduction to Basic Shooting Form”
- ✦ Assign Hw 2: Memorize Safety and 9 Shooting Steps for Quiz next week

Week 3: Let’s Give it a Shot!

(Field)

- ✦ Quiz
- ✦ “Review ~ Bow Assembly, Safety, 9 Steps”
- ✦ Start Shooting! Get comfortable using a bow and see what it feels like.
- ✦ Assign Hw 3: “Understanding Body Alignment and Biomechanics” ~ read and watch several articles and videos (both will be e-mailed out). Then write a ¾ page paper describing each of the 9 shooting

steps based on the resources given. Example questions you can answer for each step: What is the recommended method? What am I looking for in good form? What are some common mistakes?

Week 4: Shooting with Rhythm
(Field)

- ✦ Collect Hw 3
- ✦ Review of 9 steps
- ✦ Emphasis on shot timing and body setup
- ✦ Assign Hw 4: Have fun playing this archery game (will send out link)!! Write a ¼ page on your experience with it, paying particular attention to your timing. Was it difficult to get all of the arrows shot within the time limit? Was it better to get them shot more quickly rather than aim for a longer time? What was your highest score?

Week 5: Huh? Delving into the Finer (and more difficult) Points of Archery
(Field)

- ✦ Collect Hw 4
- ✦ Practice with emphasis on back tension and proper expansion through the shot
- ✦ Assign Hw 5: Answer the question, “How do I aim?” Several resources will be sent out by e-mail. The paper should be about ½ page (or however long it takes to give a complete answer).

Week 6: How DO I aim? O.o
(Field)

- ✦ Collect Hw 5
- ✦ Practice using a sight
- ✦ Assign Hw 6: Write a a ¾ page paper on different types of bows, both modern and ancient.

Week 7: Shooting with Style
(Field)

- ✦ Collect Hw 6
- ✦ “A Brief Look at Other Archery Disciplines ~ Traditional and Compound”
- ✦ Special Demo of Compound
- ✦ Practice, now tying everything together
- ✦ Study for Midterm

Week 8: Time to Go for Gold ~ Jumping into Competitions
(Classroom)

- ✦ Midterm
- ✦ “The Games ~ A Look into Competitions on the International and Olympic Levels”
- ✦ “Shot Analysis ~ “Why’d my arrow go there???” O.o”
- ✦ “Sports Psychology ~ The Mental Game”
- ✦ “History of Archery ~ From Hunting to Olympics”

Week 9: The Indoor Round
(Field)

- ✦ Full Indoor Scoring Round
- ✦ Assign Hw 7: Research some older competition formats (ie. The York Round). Give a ½ page summary of these along with commentary on why the formats have changed over the years.

Week 10: The FITA Round
(Field)

- ✦ Collect Hw 7
- ✦ Practice at 30m
- ✦ Assign Hw 8: What’s a good score? At the college level? Olympic Level? Answer these questions for the Full FITA, Individual, and Team Olympic Rounds. Use as much space as needed to give a complete answer. Concrete examples would nice =)

Week 11: Individual Olympic Round

(Field)

- ✦ Collect Hw 8
- ✦ Practice will consist of several Individual OR Matches
- ✦ Assign Hw 9: Find archery videos of matches (team or individual). Who are the top shooters out there? Do their styles look the same? What improvements could they make in their form? This should take up a $\frac{3}{4}$ page. Include concrete examples.

Week 12: Olympic Team Round

(Field)

- ✦ Collect Hw 9
- ✦ Go over the Team Round Format
- ✦ Olympic Team Round vs. Cal Archery Team & ASCENT Team
- ✦ Study for Final Exam

Week 13: All Done!!!

(Classroom)

- ✦ Final Exam
- ✦ “Videos ~ 2004 Athens Olympics & 2006 World Cup”