**GROUND ZERO ARCHERY – F.I.A. FITNESS IN ARCHERY**

**The BASE for All Your Adventures!**

**Information about the Instructor**

**Instructor Name:** Ground Zero Coaches - Coach Dawson

**Instructor Email:** [myarcherybaseis@groundzeroarchery.com](mailto:myarcherybaseis@groundzeroarchery.com)

**Website:** [www.groundzeroarchery.com](http://www.groundzeroarchery.com)

**Instructor Phone # to be published:** (269) 240-4764 Coach Dawson

**Instructor Bio:** I have a passion for archery! Even more, I love seeing kids learn, explore and excel in their passions. My first encounter with archery, like so many, was at summer camp when I was 8 years old. I can still feel the thrill and accomplishment I felt sighting down the arrow, releasing the string, and hitting the target. Through the years my love for archery has grown, along with my passion for teaching children. I have continued my training and currently hold the following certifications: USA Archery Level Coach, NFAA Level 3 and Safe Sport certificates.

**Information about the Course**

**Semesters offered:** Fall & Spring

**Day:** Monday (September 11, 18, 25 - October 2, 9, 16, 23, 30 - November 6, 13, 20)

**Time:** 1:30 - 3:00 pm

**Location:**  Ground Zero Training Center - 1922 E. Main Street, Niles, MI 49120

**Day:** Thursday (September 7, 14, 21, 28 - October 5, 12, 19, 26, - November 2, 9, 16)

**Time:** 2 - 3:30 pm **OR** 3:30 – 5:00 pm

**Location:**  Ground Zero Training Center - 1922 E. Main Street, Niles, MI 49120

**Description:** **F.I.A.** is a course to give students a BASE for learning about overall health and fitness benefits in Archery Tag®.

Cardiovascular fitness in Archery, Archery and Nutrition, Flexibility In Archery, Archery and Mental Health along with First Aid in Archery are few topics this course will cover, while developing/improving healthy archery habits!   
  
This course offered by the partnership will focus on fitness in archery and does not include actual bow handling by the students or the purchase of archery equipment for the students. The ($5) bow handling component and archery equipment may be purchased separately by contacting Ground Zero Archery/Coach Dawson directly.

**Ages/Grades:** Anyone in the Homeschool Partnership

**Class Min # of Students:** 6

**Class Max # of Students:** 24

**Criteria for passing class:** Students will need to attend at least 80% of classes offered and complete the pre and post tests for progress evaluation.

**Materials Needed for Class:** None

Online training material will be used during class to aid students in developing a comprehensive understanding of fitness in archery. THE ONLINE MATERIAL USED IN CLASS WILL SATISFY YOUR STUDENT’S WEEKLY VIRTUAL REQUIREMENT AND WILL BE REPORTED TO YOUR PARTNERSHIP LIAISON.

**Weekly breakdown:**

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| **Week 1: Introduction**  Explain class rules and schedule.  Importance of overall health and how archery can keep you reach your fitness goals. | **Week 10: First Aid in Archery**  Knowing first-aid in archery.  Definition – Importance – How to - |
| **Week 2: Regular Physical Exercise**  Regular physical exercise through archery.  Definition – Importance – How to - | **Week 11: Now What?**  Fitness everywhere you go.  Definition – Importance – How to - |
| **Week 3: Cardiovascular Archery**  Cardiovascular fitness in archery.  Definition – Importance – How to - |  |
| **Week 4: Health Conditions and Diseases**  Combat health conditions and diseases through archery fitness.  Definition – Importance – How to - |  |
| **Week 5: Archery and Mental Health**  Use archery for better mental health.  Definition – Importance – How to - |  |
| **Week 6: Flexibility In Archery**  Flexibility is a part of your overall fitness in archery.  Definition – Importance – How to - |  |
| **Week 7: Body Composition**  Body size and composition is one of the main fitnesscomponents, for fitness in archery.  Definition – Importance – How to - |  |
| **Week 8: Archery and Nutrition**  Archery combined with good nutrition improves endurance, builds immunities and increases cognitive functions.  Definition – Importance – How to - |  |
| **Week 9: Archery and Nutrition –Continued**  Archery combined with good nutrition improves endurance, builds immunities and increases cognitive functions.  Definition – Importance – How to - |  |

Pre Test

1. Have you ever heard of using archery tag as a workout? Y/N
2. Do know that archery provides a mental workout? Y/N
3. Is archery tag a way of developing and maintaining healthy levels of cardiorespiratory endurance? Y/N
4. Is archery tag a way of developing and maintaining healthy levels of muscular strength and endurance? Y/N
5. Is archery tag a way of developing and maintaining healthy levels of flexibility of selected joints of the body? Y/N
6. Is archery tag a way of developing and maintaining healthy levels of body composition? Y/N
7. Do you know 3 health benefits of archery tag? Y/N
8. Is archery tag a way of developing and maintaining healthy levels of balance? Y/N
9. Is archery tag a way of developing and maintaining healthy levels of coordination? Y/N
10. Is archery tag a way of developing and maintaining a healthy self-confidence? Y/N

Post Test

1. Have you ever heard of using archery tag as a workout? Y/N
2. Do you know how to use archery tag as a workout? Y/N
3. Do know that archery provides a mental workout? Y/N
4. Have you learned how to use archery for a mental workout? Y/N
5. Is archery tag a way of developing and maintaining healthy levels of cardiorespiratory endurance? Y/N
6. Have you learned how to use archery tag as a way of developing and maintaining healthy levels of cardiorespiratory endurance? Y/N
7. Is archery tag a way of developing and maintaining healthy levels of muscular strength and endurance? Y/N
8. Have you learned how to use archery tag as a way of developing and maintaining healthy levels of muscular strength and endurance? Y/N
9. Is archery tag a way of developing and maintaining healthy levels of flexibility of selected joints of the body? Y/N
10. Have you learned how to use archery tag as a way of developing and maintaining healthy levels of flexibility of selected joints of the body? Y/N
11. Is archery tag a way of developing and maintaining healthy levels of body composition? Y/N
12. Have you learned how to use archery tag as a way of developing and maintaining healthy levels of body composition? Y/N
13. Do you know 3 health benefits of archery tag? Y/N
14. Do you know 6 health benefits of archery tag? Y/N
15. Is archery tag a way of developing and maintaining healthy levels of balance? Y/N
16. Have you learned how to use archery tag as a way of developing and maintaining healthy levels of balance? Y/N
17. Is archery tag a way of developing and maintaining healthy levels of coordination? Y/N
18. Have you learned how to use archery tag as a way of developing and maintaining healthy levels of coordination? Y/N
19. Is archery tag a way of developing and maintaining a healthy self-confidence? Y/N
20. Have you learned how to use archery tag as a way of developing and maintaining a healthy self-confidence? Y/N