

National Shooting Sport Federation of Sri Lanka

Curriculum for Basic Awareness Program for Rifle/Pistol Coaches

GENERAL

1. The National Shooting Sport Federation of Sri Lanka is the Controlling Body for the sport of Target Shooting with Rifle, Pistol or Shotgun in the events conducted and governed by the International Shooting Sport Federation and the Commonwealth Shooting Federation.

It is evident that the majority of athletes representing about 19 member clubs in local competitions sanctioned by NSSF are Juniors & Youths.

There are nearly fifty coaches currently performing at various levels. But, very few coaches have produced noticeable results during recent past and the average scores in all past competitions are yet to reach the competitive standards at the international level.

Thus, it is the responsibility of local coaches to discover the hidden talents of youngsters through proper identification and selection process and subsequently uplift their skills through proper guidance whilst creating and increasing the enthusiasm.

In order to achieve the desired optimum results from athletes, the coaches should enhance their basic knowledge about Organizational Aspects, Rules and usage of modern Equipment while upgrading the instructional ability and knowledge. Having above objective in mind, two training programs has been planned to impart the information/knowledge amongst the coaches.

AIM

2. To acclimatize the individuals who are currently performing as coaches on basic Organizational expectations.

GENERAL

3. All the candidates shall fulfil following requirements:

- a. Owning a copy of latest edition of Official Statutes Rules and Regulations of ISSF and having basic knowledge of the same as the course is conducted as a book reference course in a form of discussions.
- b. A basic knowledge of English.

MEDIUM

4. The Course will be conducted in Sinhala medium. But most of the literature used during the course will be in English.

DURATION

5. Duration of the training programme will be three days.

- | | | | |
|----|---------------------------|---|----|
| a. | Total number of days | - | 03 |
| b. | Number of periods per day | - | 08 |
| c. | Total number of periods | - | 24 |

NUMBER OF STUDENTS

6. Maximum number of students - 50

DISTRIBUTION OF PERIODS

7. Distribution of periods is as follows.

| | | | |
|------|---|------|------------------------|
| 0900 | - | 0955 | 1 st Period |
| 1000 | - | 1055 | 2 nd Period |
| 1055 | - | 1110 | Tea Break |
| 1115 | - | 1210 | 3 rd Period |
| 1215 | - | 1310 | 4 th Period |
| 1310 | - | 1355 | Lunch Break |
| 1400 | - | 1455 | 5 th Period |
| 1500 | - | 1555 | 6 th Period |
| 1555 | - | 1610 | Tea Break |
| 1615 | - | 1710 | 7 th Period |
| 1715 | - | 1810 | 8 th Period |

CURRICULAM

8. Periods allocated for each subject and references of subjects are as follows.

| SRL | SUBJECT | CODE | PERIODS |
|-----|---------------|------|-----------|
| 1 | General | Gen | 06 |
| 2 | Organizations | ORG | 05 |
| 3 | Rules | RU | 06 |
| 4 | Equipment | EQ | 02 |
| 5 | Miscellaneous | MISC | 05 |
| | Total | | 24 |

DETAILED SYLLABUS

9. The detailed curriculum is as follows:

a. **General.**

| Srl | Ref | Subject | Method | Periods | Lecturer |
|-----|---------|---|----------|-----------|----------|
| 1 | Gen - 1 | Events, Rules & Regulations | Lec/Disc | 02 | |
| 2 | Gen - 2 | Qualities, Skills, Responsibilities & Ethics of a Coach | Lec/Disc | 02 | |
| 3 | Gen - 3 | Selection of Athletes | Lec/Disc | 01 | |
| 4 | Gen - 4 | Duties & Responsibilities of Athletes | Lec/Disc | 01 | |
| | | Total | | 06 | |

b. **Organizations.**

| Srl | Ref | Subject | Method | Periods | Lecturer |
|-----|---------|--------------------|---------|-----------|----------|
| 1 | ORG - 1 | IOC/NOC | Lecture | 02 | |
| 2 | ORG - 2 | ISSF | Lecture | 01 | |
| 3 | ORG - 3 | Ministry of Sports | Lecture | 01 | |
| 4 | ORG - 4 | NSSF | Lecture | 01 | |
| | | Total | | 05 | |

c. **Rules.**

| Srl | Ref | Subject | Method | Periods | Lecturer |
|-----|----------|----------------------------|----------|-----------|----------|
| 1 | RU - 1 | General Regulations | Lec/Disc | 02 | |
| 2 | RU - 2 | Anti-Doping Regulations | Lec/Disc | 01 | |
| 3 | RU - 3 | General Technical Rules | | | |
| 4 | RU - 3/1 | Safety/Range Commands | Lec/Disc | 01 | |
| 5 | RU - 3/2 | Targets & Target Standards | Lec/Disc | 01 | |
| 6 | RU - 4 | Range Standards | Lec/Disc | 01 | |
| | | Total | | 06 | |

c. **Equipment.**

| Srl | Ref | Subject | Method | Periods | Lecturer |
|-----|--------|-----------------------------|----------|-----------|----------|
| 1 | EQ - 1 | Guns & Clothing | Lec/Disc | 01 | |
| 2 | EQ - 2 | Equipment Control Procedure | Lec/Disc | 01 | |
| | | Total | | 02 | |

d. **Miscellaneous.**

| SRL | REF | SUBJECT | Method | Periods | Lecturer |
|-----|----------|-----------------------|---------|-----------|-------------|
| 1 | MISC - 1 | Opening address | Lecture | 01 | President |
| | | Address | Lecture | | VP Rifle |
| | | Address | Lecture | | VP Pistol |
| | | Address | Lecture | | VP Shotgun |
| | | Address | Lecture | | VP Coaching |
| 2 | MISC - 2 | Opening Gambit | Test | 01 | |
| 3 | MISC - 3 | Final Assessment Test | Test | 02 | |
| 4 | MISC - 4 | Closing Address | Lecture | 01 | |
| | | Total | | 05 | |

ASSESSMENTS

10. The basic knowledge of the students will be assessed at the commencement of the course by the opening gambit.
11. Theoretical knowledge of all students will be assessed at the end of the course by final test.
12. Students will be graded according to the results. Students need to obtain over 60% to be qualified for the Advance Course.

CONCLUSION

13. This detailed syllabi and other yardsticks are merely a guideline to the students. Much depends on ingenuity and enthusiasm of the part of students to ensure that the objectives are achieved at the end of this training programme

A handwritten signature in blue ink, reading "J. N. Ritigahapola". The signature is written in a cursive style with a large, sweeping flourish at the end.

Lieutenant Colonel Janaka Ritigahapola RSP psc FISF
Vice President - Rifle