

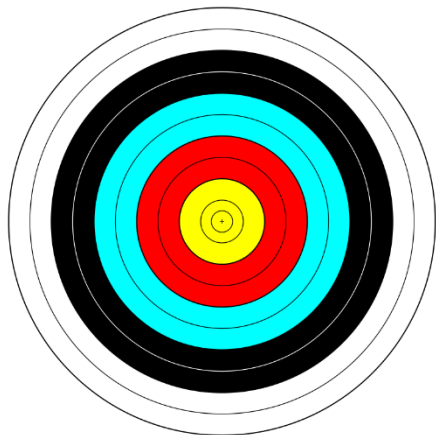
## Archery and Fitness Study Sheet

### Archery definitions

- **Arm guard**- a piece of leather or plastic placed on the inside of the forearm of the bow arm to protect it from a slap of the bowstring upon release.
- **Bow arm**- the arm of the hand that holds the bow.
- **Bull's eye**- the area on the target face with the highest scoring value (center).
- **Draw**-to pull the bowstring.
- **Nocking**- placing the arrow on the bowstring in preparation for shooting.
- **Target**- the backstop for arrows.
- **Fletching**- the feathers on the arrow.
- **Dry fire**- to draw and release a bowstring without having nocked an arrow.

History- archery dates back at least 20,000 years. The bow and arrow are pictured in drawings that old on a cave wall in Spain's Valltorta Gorge. The bow and arrow were once critical to survival. It allowed humans to become good hunters to obtain food, and also use animal hides for clothing and shelter. Archery first became an Olympic sport in 1900 at the Paris Olympics.

### Scoring



There are 10 rings on the target. Each ring on the target is worth 1 point. So if I hit the outside white ring that is one point. If I hit the inside white ring that is worth 2 points, etc. The center ring, "bull's eye" is worth 10 points. If you hit the target on the line between 2 lines, give yourself the higher point value. For example, if I hit the line between the two white rings, I would give myself the score of 2 instead of 1. Round up!

**Fitness Terms/Vocabulary:**

**THR** = Target Heart Rate

**MHR** = Maximum Heart Rate

**Training Zone:** a range between 60% - 80% of your maximum heart rate

**Radial Artery:** Located inside the wrist, thumb side

**Carotid Artery:** Located on the right or left side of the neck

**F.I.T.T Principle** – Frequency – Intensity – Type – Time

**Why is it important to exercise in your target/training zone?**

- Improves overall fitness.
- Improves aerobic capacity (heart & lung endurance).
- Allows you to exercise for longer periods of time.
- Allows you to exercise safely.