

NASP PROGRAM DESCRIPTION

There are three legs comprising NASP®'s design.

ARCHERY CURRICULUM

Units of Study were written by Education, Conservation, and Target archery experts to meet state and national educational standards. This enabled NASP® to speak the language of educators who are intent on teaching core content throughout the school day. These units were designed for inclusion in a school's Physical Education curriculum but in a few NASP® schools these archery lessons are presented by history, language, art, and even Spanish teacher.

TEACHER TRAINING

Instructor Training was developed so teachers in every participating school could be certified to present NASP® lessons that are safe for students, instructors, bystanders, and the facility. Teachers have a choice of being certified as NASP® Basic Archery Instructors (BAI – 8 hours) or Basic Archery Instructor Trainers (BAIT--24 hours). To date more than 22,000 people have been certified by NASP®. During the training teachers learn how to set up and operate a safe archery range in their gymnasium. They are taught whistle signals which are used to move students to various taped lines on the range floor or ground to “get bows”, “shoot”, and “go get arrows”. They learn how to determine a student's “Dominant Eye” and make a “String Bow®” training aid to teach the “Eleven Steps to Archery Success” -- archer form, shot execution, and follow-through. Teachers are provided extensive advice on how to provide positive coaching. Finally, sessions are conducted to explain inspection, maintenance and operation of the bows and arrows.

UNIVERSAL FIT

Archery Equipment used in NASP® is highly standardized to be safe, durable, economical, and most importantly, universal fit for almost every student. In NASP® learning the “process” of shooting is stressed far more than arrow scores. The only bow used in NASP® is a “Genesis®” compound which has no let-off and is adjustable from 10-20 pounds in draw weight at any draw length. Only full-length aluminum arrows are used in NASP® to fit every student and to preserve NASP®'s perfect safety record. Sights, release aids, and stabilizers are kept out of NASP® to facilitate equipment sharing among students in archery class. Finally, NASP® students are taught to shoot at an international, 80 centimeter target face. While students start learning at an “always hit” distance of 5-7 yards or meters, competitive distances in NASP® are 10 and 15 meters.

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