

Las Positas College  
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## Course Outline for KIN FG3

### FOOTGOLF 3

Effective: Fall 2020

#### I. CATALOG DESCRIPTION:

KIN FG3 — FOOTGOLF 3 — 1.00 units

A third semester course for the sport of Footgolf. Footgolf is a combination of the popular sports of soccer and golf. On a shortened golf course, players kick a regulation size 5 soccer ball into a large hole in as few shots as possible. This course will focus on the ways to kick when on the fairway and when approaching the green. The course will be offered on campus and at a local golf course. Students will be charged a minimal fee each time they use the Footgolf course.

1.00 Units Lab

#### **Strongly Recommended**

KIN FG2 - Footgolf 2

#### **Grading Methods:**

Letter or P/NP

#### **Discipline:**

- Physical Education

	<b>MIN</b>
<b>Lab Hours:</b>	54.00
<b>Total Hours:</b>	54.00

#### II. NUMBER OF TIMES COURSE MAY BE TAKEN FOR CREDIT: 1

#### III. PREREQUISITE AND/OR ADVISORY SKILLS:

**Before entering this course, it is strongly recommended that the student should be able to:**

##### A. KINFG2

1. Perform a physical warm up and cool down.
2. Perform exercises and drills for driving a ball.
3. Apply the correct mechanics required to drive a ball for distance and accuracy.
4. Compare different kicking techniques to drive a ball with back spin, top spin and side spin.
5. Discuss the concept of spin when driving a ball.

#### IV. MEASURABLE OBJECTIVES:

**Upon completion of this course, the student should be able to:**

- A. Perform a physical warm up and cool down.
- B. Perform exercises and drills for fairway kicks.
- C. Perform exercises and drills for approach to the green kicks.
- D. Apply the correct mechanics used for fairway kicks.
- E. Apply the correct mechanics used for approach kicks.
- F. Compare different techniques use for fairway and approach kicks with backspin, top spin and side spin.
- G. Discuss the concept of spin for fairway and approach kicks.

#### V. CONTENT:

- A. Physical preparation
  1. Warm up
  2. Cool down
- B. Footgolf techniques for fairway kicks
  1. Approach to the ball
  2. Plant foot
  3. Plant leg
  4. Kicking leg back swing
  5. Kicking foot
  6. Follow through of kicking leg
  7. Push off of plant foot
- C. Footgolf techniques for approach kicks
  1. Approach to the ball
  2. Plant foot

3. Plant leg
4. Kicking leg backspin
5. Kicking foot
6. Follow through of kicking leg
7. Push off of plant foot
- D. Skill development exercises for fairway kicks
- E. Skill development for approach kicks
- F. Compare types of kicks
  1. Fairway
    - a. Backspin
    - b. Topspin
    - c. Sidespin
  2. Approach
    - a. Backspin
    - b. Sidespin
- G. Discuss types of drives
  1. Fairway
    - a. Backspin
    - b. Topspin
    - c. Sidespin
  2. Approach
    - a. Backspin
    - b. Sidespin

#### VI. METHODS OF INSTRUCTION:

- A. **Field Trips** - Final at Las Positas Golf Club
- B. **Demonstration** - techniques and drills
- C. **Lecture** - Explain concepts, principles, tactics of the sport.
- D. **Individualized Instruction** -

#### VII. TYPICAL ASSIGNMENTS:

- A. Participate in warm-ups and cool downs specific for footgolf
- B. Participate in drills designed for skill development in the techniques for fairway kicks
- C. Perform a variety of kicks from the fairway
- D. Participate in drills designed for skill development in the techniques used to approach the green
- E. Perform a variety of kicks used to approach the green
- F. Demonstrate proper course etiquette for footgolf

#### VIII. EVALUATION:

##### **Methods/Frequency**

- A. Quizzes
  - 1-2 times per semester
- B. Class Participation
  - Daily
- C. Final Class Performance
  - One time

#### IX. TYPICAL TEXTS:

1. Gardene, B. (2017). *Footgolf For Beginners* (1 ed.). Scotts Valley, CA: CreateSpace Independent Publishing Platform.
2. Joseph, D. (2018). *Soccer Shooting & Finishing: A Step-by-Step Guide on How to Score (Understand Soccer)* (2nd ed.). NA, USA: Understand LLC.
3. Erhman, J., Kerrigan, D., & Keteyian, S. (2018). *Advanced Exercise Physiology* (1 ed.). Champaign, IL: Human Kinetics.
4. Oliver, Paul. Federation For International FootGolf Rule book. Federation for International FootGolf , 2018.

#### X. OTHER MATERIALS REQUIRED OF STUDENTS:

- A. Proper attire, including flat soled or short rubber studded indoor soccer shoes, a size 5 soccer ball.