

Las Positas College
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Course Outline for KIN GF2

GOLF 2

Effective: Fall 2016

I. CATALOG DESCRIPTION:

KIN GF2 — GOLF 2 — 1.00 - 2.00 units

For students who possess the rudimentary skills of golf and aim to improve those abilities. Students will hone their putting, short game, mid-long iron play and driving capabilities. The course is offered at a local driving range who will charge a minimal fee for practice balls.

1.00 - 2.00 Units Lab

Grading Methods:

Letter or P/NP

Discipline:

Family: Kinesiology Golf

	MIN	MAX
Lab Hours:	54.00	108.00
Total Hours:	54.00	108.00

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

III. PREREQUISITE AND/OR ADVISORY SKILLS:

IV. MEASURABLE OBJECTIVES:

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

- Examine golf putting for intermediate level performance
- Differentiate golf chipping and pitching
- Assess an individual's golf swing using video analysis
- Discriminate technical differences between driving the golf ball and hitting fairway woods

V. CONTENT:

- Explanation and practice of 5 methods of putting
 - Mechanical putting
 - Spot putting
 - Line-to-spot putting
 - Line-putting
 - Line-speed putting
- When and how to pitch, when and how to chip
 - Pitching: How to play the ball in the middle of the stance, with weight on the front foot. The wrists hinge on the backswing and forward swing. The golfer should finish the shot with the chest facing the target.
 - Chipping: How to play the ball back in the stance, off the back foot. Keep the weight favoring the front foot, and your hands should be ahead of the ball. Try to keep the wrists passive moving the club with the arms and shoulders (less hands). Objective is to land the ball on the green as soon as possible.
- What to look for to video analyze your golf swing
 - Set-up and posture
 - Grip
 - Take-away, back swing and swing plane
 - Shoulder turn
 - Follow through
 - Rhythm
- Differentiate technique of driving from fairway woods
 - Fairway woods: Ball forwards in stance, square shoulders, take a divot, smooth swing and play it like a long iron
 - Driving: Ball position on tee, ball position in stance, weight transfer, rhythm, head position,

VI. METHODS OF INSTRUCTION:

- Classroom Activity** - At Tri-Valley Golf Center (driving range)
- Research** - 1. Putting techniques 2. Chipping and putting differences 3. Differentiate driving and fairway woods/hybrids
- Field Trips** - Final at Las Positas Golf Club
- Demonstration** - Of golf swing technique/mechanics

VII. TYPICAL ASSIGNMENTS:

- A. The students will undertake a golf performance analysis. They will advise their peers on what they are doing well, and what they need to improve, (based on the swing video analysis).
- B. From video analysis of the individual's golf swing, the students will diagram a training program of drills and practices that will lead to performance enhancement.
- C. Conduct a literature review of any two of the following psychological skills as they pertain to golf performance and improvement:
 - 1. Attribution theory
 - 2. Anxiety
 - 3. Arousal
 - 4. Goal-setting

VIII. EVALUATION:

A. **Methods**

- 1. Research Projects
- 2. Field Trips
- 3. Class Performance
- 4. Final Class Performance

B. **Frequency**

- 1. Research projects due at final
- 2. Field trip for performance analysis at mid-term and final
- 3. Class Performance: Every class
- 4. Final Class Performance: 18 holes at Las Positas Golf Club

IX. TYPICAL TEXTS:

- 1. Lardon, M. (2014). *Mastering Golf's Mental Game* (1st ed.). New York, New York: Crown Publishing.
- 2. Rotella, B. (2015). *How Champions Think* (1st ed.). New York, New York: Simon & Schuster.
- 3. Leadbetter, D. (2015). *The A Swing: The Alternative Approach to Great Golf* (1st ed.). New York, New York: St. Martin's Press.

X. OTHER MATERIALS REQUIRED OF STUDENTS:

- A. Students will need to bring their own golf clubs to the Tri-Valley Golf Center. Also, they'll need to purchase a bucket of golf practice balls on each visit.