

Las Positas College
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Course Outline for KIN FG1

FOOTGOLF 1

Effective: Fall 2020

I. CATALOG DESCRIPTION:

KIN FG1 — FOOTGOLF 1 — 1.00 units

This is an introductory course to 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 history, rules, and the etiquette of the sport and how to apply putting techniques effectively. 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

Grading Methods:

Letter or P/NP

Discipline:

- Physical Education

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

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:

- Explain the history and development of footgolf.
- Articulate the rules and regulations associated with the sport of footgolf.
- Recognize the dress code for the course, etiquette towards the rules of the game and the honor of scoring.
- Perform a physical warm up and cool down.
- Perform exercises and drills for putting.
- Apply the correct mechanics for putting.
- Compare kicking techniques according to the distance from the hole.
- Recall the terminology associated with golf.

V. CONTENT:

- History
 - Internationally (Federation of International Footgolf, FIFG)
 - Nationally (American Footgolf League, AFGL)
- The rules, regulations of Footgolf
 - Current rules according to the Federation of International Footgolf (FIFG)
 - Regulations
 - Stroke play
 - Match play
- Footgolf dress code, etiquette and scoring
 - Footwear and apparel
 - Appropriate actions with respect to other players and the course
 - Honesty, honor in scorekeeping activities
- Physical Preparation
 - Warm up
 - Cool down
- Footgolf putting technique
 - Approach to the ball
 - Plant foot
 - Kicking foot
 - Follow through
- Skill development exercises for putting
- Types of kicks
 - Toe
 - Inside of foot
 - Top of foot

H. Terminology of Golf

1. Addressing the ball
2. Approach
3. Fairway
4. Green
5. Honor
6. Sandtrap
7. Water hazard

VI. METHODS OF INSTRUCTION:

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

VII. TYPICAL ASSIGNMENTS:

- A. Participate in warm-ups and cool downs specific for footgolf
- B. Participate in drills designed for skill development in the technique of putting
- C. Perform a variety of putts from the green
- D. 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, Bryce. *Footgolf For Beginners*. 1 ed., CreateSpace Independent Publishing Platform, 2017.
2. Joseph, Dylan. *Soccer Shooting & Finishing: A Step-by-Step Guide on How to Score (Understand Soccer)*. 2nd ed., Understand LLC, 2018.
3. Erhman, Jonathan, Dennis Kerrigan, and Steven Keteyian. *Advanced Exercise Physiology*. 1 ed., Human Kinetics, 2018.
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.