

Las Positas College
3000 Campus Hill Drive
Livermore, CA 94551-7650
(925) 424-1000
(925) 443-0742 (Fax)

Course Outline for KIN FGS2

FOOTGOLF SUMMER 2

Effective: Fall 2020

I. CATALOG DESCRIPTION:

KIN FGS2 — FOOTGOLF SUMMER 2 — 0.50 units

A second semester summer 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 tactical approach to reading the tee box, the distance to the fairway and determining which drive to use. 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.

0.50 Units Lab

Prerequisite

KIN FGS1 - Footgolf Summer 1
with a minimum grade of C

Grading Methods:

Letter or P/NP

Discipline:

- Physical Education

	MIN
Lab Hours:	27.00
Total Hours:	27.00

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

III. PREREQUISITE AND/OR ADVISORY SKILLS:

Before entering the course a student should be able to:

A. KINFGS1

1. Articulate the rules and regulations associated with the sport of footgolf.
2. Recognize the dress code for the course, etiquette towards the rules of the game and the honor of scoring.
3. Perform a physical warm up and cool down.
4. Analyze the speed and slope of the green
5. Consider the speed and direction needed for an accurate putt
6. Recall the terminology associated with green and putting.

IV. MEASURABLE OBJECTIVES:

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

- A. Perform a physical warm up and cool down.
- B. Analyze the tee box and the distance to the fairway
- C. Consider the pace, ball spin and direction needed for the drive
- D. Select the type of ball spin for the drive.
- E. Perform exercises and drills for driving a ball.

V. CONTENT:

- A. Physical preparation
 1. Warm up
 2. Cool down
- B. Tee box and fairway assesment
 1. Tee box surface
 2. Fairway distance
- C. Pace, ball spin and direction of the drive
 1. Pace of the drive
 - a. Driven
 - b. Lofted
 2. Ball Spin
 - a. Back spin
 - b. Top spin

- c. Side spin
 - 3. Drive direction
 - a. Centered
 - b. Left of center
 - c. Right of center
- D. Practice and repetition for ball spin application
 - 1. Backspin
 - 2. Topspin
 - 3. Sidespin
- E. Practice and repetition for drives
 - 1. Driven
 - a. Backspin
 - b. Topspin
 - c. Sidespin
 - 2. Lofted
 - a. Backspin
 - b. Sidespin

VI. METHODS OF INSTRUCTION:

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

VII. TYPICAL ASSIGNMENTS:

- A. Participate in warm-ups and cool downs
- B. Participate in exercises to evaluate tee box surface
- C. Participate in exercises to determine the distance from the tee box to the fairway
- D. Perform a variety of drives from different locations on a tee box
- E. Demonstrate proper course etiquette

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.