

Las Positas College
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Course Outline for KIN GF1

GOLF 1

Effective: Fall 2015

I. CATALOG DESCRIPTION:

KIN GF1 — GOLF 1 — 1.00 - 2.00 units

This is an introductory course to the sport of golf. The course will include the rules, regulations and etiquette of golf, the fundamental swing skills for the long and short game and appropriate club selection. Beg-Intermediate and Intermediate players can benefit from the basic instruction to improve their skill set through the art of practice on the range. The course will be offered at a local golf range and student will be charged a minimal fee for bucket of balls to be used.

1.00 - 2.00 Units Lab

Grading Methods:

Letter or P/NP

Discipline:

Family: Kinesiology Golf

	<u>MIN</u>	<u>MAX</u>
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:

- A. Articulate the rules and regulations associated with the sport of golf
- B. Recognize the proper etiquette towards players, the course/range, itself and the honor of scoring.
- C. Selection of the correct club for various types of play - long game vs. short game
- D. Display the appropriate grip and address routine
- E. Execute the same swing for each club - consistency in the swing
- F. Apply the correct swing movement for the putt
- G. Recall the terminology associated with golf

V. CONTENT:

- A. The rules, regulations and etiquette of golf
 1. current rules by the US Golf Assn
 2. regulations:
 - a. two types of play - stroke & match play
 3. etiquette:
 - a. appropriate actions with respect to other players and the course, itself.
 - b. honesty, honor in scorekeeping activities
- B. Equipment for the game
 1. distance versus loft/trajectory on various clubs
 2. Long game clubs - woods (2 - 5) and set of irons (2 - 9)
 - a. distance between each wood - 15 -25 yards
 - b. distance between each iron - 8-12 yards
 - c. record chart for yardage to determine personal distances
 3. Fairway Irons
 - a. 2 & 3 are long irons
 - b. 4,5,& 6 are middle irons
 - c. 7, 8, & 9 are short irons
 4. The Short game clubs -
 - a. The Wedge
 1. sand
 2. pitching
 3. fairway
 5. Putter
 6. Additional equipment:
 - a. Starter set: 2 woods, 4 irons, and putter
 - b. balls, tees, bag

- c. gloves, hat, and shoes
 - d. optional: towel, umbrella, raingear
- C. Golf Skill Technique
 - 1. grip on club
 - 2. address routine
 - 3. the swing
 - 4. the approach
 - 5. the putt
- D. Skill Development Exercises
- E. Terminology of Golf
 - 1. Addressing the ball
 - 2. Approach
 - 3. Fairway
 - 4. Green
 - 5. Honor
 - 6. Hosel
 - 7. Pull/Push
 - 8. Stance
- F. The importance of the Art of Practice

VI. METHODS OF INSTRUCTION:

- A. **Individualized Instruction** -
- B. **Observation and Demonstration** -
- C. Participatory exercises
- D. **Lecture** -

VII. TYPICAL ASSIGNMENTS:

- A. Examination on rules, regulation and scoring
- B. Skills assessment for grip, stance, swing and putting
- C. Logging performance to determine distance per club
- D. Read articles in Golf magazines and books assigned as per topic
- E. Define specific terms associated with the game of golf and skill set

VIII. EVALUATION:

A. **Methods**

- 1. Exams/Tests
- 2. Papers
- 3. Class Performance
- 4. Other:
 - a. Participation will be evaluated daily
 - b. Skills demonstration and test at beginning of class, during mid term week and finals week will be implemented

B. **Frequency**

- 1. Frequency
 - a. Written final exam on course content
 - b. Daily attendance will be noted
 - c. Daily evaluation of student's performance progress
 - d. 2-5 written assignments per semester.

IX. TYPICAL TEXTS:

- 1. Stables, Matt. *Golf: Skills, training, techniques.*, The Crowood Press, 2013.
- 2. Hogan, Sean . *The Leadbetter Golf Academy Handbook.*, Triumph Books LLC, 2014.
- 3. Schempp, Paul, and Peter Mattsson. *Golf.* 2nd ed., Human Kinetics, 2014.
- 4. Rules of Golf 2012-2015, USGA Publication (PG2012), Far Hills, NJ.

X. OTHER MATERIALS REQUIRED OF STUDENTS:

- A. Proper attire, including shoes (appropriate for golf), ball and golf equipment.