

Las Positas College
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Course Outline for KIN FGS3

FOOTGOLF SUMMER 3

Effective: Fall 2020

I. CATALOG DESCRIPTION:

KIN FGS3 — FOOTGOLF SUMMER 3 — 0.50 units

A third 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 fairway and the distance to 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.

0.50 Units Lab

Prerequisite

KIN FGS2 - Footgolf Summer 2
with a minimum grade of C

Grading Methods:

Letter or P/NP

Discipline:

- Physical Education

	<u>MIN</u>
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. KINFGS2

1. Perform a physical warm up and cool down.
2. Analyze the tee box and the distance to the fairway
3. Consider the pace, ball spin and direction needed for the drive
4. Select the type of ball spin for the drive.
5. Perform exercises and drills for 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. Analyze the surface and the slope of the fairway
- C. Analyze the distance from the ball to the green
- D. Consider the pace, ball spin and direction needed for the fairway shot
- E. Select the type of ball spin for the fairway kick
- F. Perform exercises and drills for fairway kicks

V. CONTENT:

- A. Physical preparation
 1. Warm up
 2. Cool down
- B. Fairway assesment
 1. Surface
 2. Slope
- C. Assesment to green
 1. Distance
 2. Slope of green
 3. Obstacles
 4. Hazards
 5. Sandtraps
- D. 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. c. Side spin
 - 3. Drive direction
 - a. Centered
 - b. Left of center
 - c. Right of center
- E. Practice and repetition for ball spin application
 - 1. Backspin
 - 2. Topspin
 - 3. Sidespin
- F. Practice and repetition for fairway kicks
 - 1. Driven
 - a. Backspin
 - b. Topspin
 - c. Sidespin
 - 2. Lofted
 - 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
- B. Participate in exercises to evaluate fairway surface
- C. Participate in exercises to determine the distance from the fairway to the green
- D. Perform a variety of drives from different locations on the fairway
- 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.