

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

Course Outline for KIN FG2

FOOTGOLF 2

Effective: Fall 2020

I. CATALOG DESCRIPTION:

KIN FG2 — FOOTGOLF 2 — 1.00 units

A second semester 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 first shot of teeing off and the different techniques to drive a ball for distance and accuracy. 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

Strongly Recommended

KIN FG1 - Footgolf 1

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:

Before entering this course, it is strongly recommended that the student should be able to:

A. KINFG1

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

IV. MEASURABLE OBJECTIVES:

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

- A. Perform a physical warm up and cool down.
- B. Perform exercises and drills for driving a ball.
- C. Apply the correct mechanics required to drive a ball for distance and accuracy.
- D. Compare different kicking techniques to drive a ball with back spin, top spin and side spin.
- E. Discuss the concept of spin when driving a ball.

V. CONTENT:

- A. Physical preparation
 1. Warm up
 2. Cool down
- B. Footgolf techniques for driving the ball
 1. Approach to the ball
 2. Plant foot
 3. Plant leg
 4. Kicking leg back swing
 5. Kicking foot
 6. Follow through of kicking leg
 7. Push off of plant foot
- C. Skill development exercises for driving
- D. Compare types of drives

1. Driven
 - a. Backspin
 - b. Topspin
 - c. Sidespin
 2. Lofted
 - a. Backspin
 - b. Sidespin
- E. Discuss types of 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 specific for footgolf
- B. Participate in drills designed for skill development in the technique of driving
- C. Perform a variety of drives from the tee box
- 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, 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.