

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

Course Outline for KIN GF3

GOLF 3

Effective: Fall 2016

I. CATALOG DESCRIPTION:

KIN GF3 — GOLF 3 — 1.00 - 2.00 units

Advanced technical aspects of golf match play will be included. Additionally, psychological skills for the elite golfer will be incorporated including visualization, pre-shot routines, relaxation methods and self-talk strategies.

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. Compare the golf course management skills of a scratch golfer with a recreational golfer
- B. Distinguish the ball striking techniques of an elite golfer with that of a mid-low handicap golfer
- C. Analyze the technical aspects which result in increased driving distance and accuracy
- D. Describe and assess the mental strategies elite golfers employ to enhance performance in pressure situations

V. CONTENT:

- A. Golf course management
 1. Which side of pin for approach shots?
 2. How to assess course conditions
 3. Shot shaping to attack pin positions tucked behind bunkers and other hazards
 4. Controlling distance and trajectory of ball flight in windy conditions
- B. How to achieve the five Key Fundamentals to World-Class Ball Striking
 1. Center Face / Square Face Contact
 2. Path of Intention = Shot of Intention
 3. Dominant Rotary Force
 4. Proper Kinematic Sequence
 5. Good Segmental Stabilization
- C. Keys for driving distance and accuracy
 1. How to widen your arc
 2. Impact point on the club face
 3. How lag creates distance
 4. How to strike the ball at the correct angle
- D. Mental skills for elite golfers
 1. Mental imagery
 2. The pre-shot routine
 3. Relaxation
 4. Self-talk

VI. METHODS OF INSTRUCTION:

- A. **Field Trips** - Final at Las Positas Golf Club
- B. **Demonstration** - Golf swing mechanics for elite performance
- C. **Classroom Activity** - Technical skills taught at Tri-Valley golf center.
- D. **Research** - Mental skills training for elite performance (self-talk, mental imagery, pre-shot routine and relaxation methods)

VII. TYPICAL ASSIGNMENTS:

- A. Conduct a literature review of any two of the following psychological skills as they pertain to golf performance and improvement:
 1. Self-talk

2. Self-efficacy
3. Visualization and imagery
- B. Identify golf course management strategies of elite golfers and compare them with recreational golfers
- C. In terms of ball striking, what discriminates an elite golfer with a mid-high handicap golfer?
- D. Research the technical and biomechanical aspects that contribute to improved driving distance and accuracy.

VIII. EVALUATION:

A. **Methods**

1. Research Projects
2. Field Trips
3. Class Performance
4. Final Class Performance

B. **Frequency**

1. Research projects due at final
2. Field trip to play 9 holes at mid-term and 18 holes at final. Both to be played at Las Positas Golf Club.
3. Class Performance: At each class the student will be provided feedback on their swing mechanics, grip, posture, rhythm and pre-shot routine.
4. Final Class Performance: 18 holes at Las Positas Golf Club where course management and confidence/anxiety will be evaluated

IX. TYPICAL TEXTS:

1. Spring, T. (2014). *High Performance Golf* (1st ed.). Scottsdale, AZ: BISAS.
2. Valiante, G. (2014). *Golf Flow* (1st ed.). Champaign, Illinois: Human Kinetics.
3. Stockton, D. (2014). *Own Your Game* (1st ed.). New York, New York: Penguin Random House.

X. OTHER MATERIALS REQUIRED OF STUDENTS:

- A. Students will need to bring their own golf clubs to the Tri-Valley Golf Center. Also, they'll need to purchase a bucket of golf practice balls on each visit.