

Las Positas College  
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## Course Outline for KIN GF

### GOLF

Effective: Summer 2008

#### I. CATALOG DESCRIPTION:

KIN GF — GOLF — 0.50 - 2.00 units

Introduction to the skills of golf at the local driving range with the optional choice to complete a local 9 hole executive course as well as an 18 hole course of their choosing. Course is designed for the beginner, although intermediate and advanced players are welcome and encouraged to enroll. Emphasis is on rules, etiquette, safety, skills, course management, and strategies for club selection.

0.50 - 2.00 Units Lab

#### Grading Methods:

#### Discipline:

|                     | <u>MIN</u> | <u>MAX</u> |
|---------------------|------------|------------|
| <b>Lab Hours:</b>   | 27.00      | 108.00     |
| <b>Total Hours:</b> | 27.00      | 108.00     |

#### II. NUMBER OF TIMES COURSE MAY BE TAKEN FOR CREDIT: 4

#### III. PREREQUISITE AND/OR ADVISORY SKILLS:

#### IV. MEASURABLE OBJECTIVES:

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

- A. Demonstrate safety procedures for golf;
- B. List and identify proper equipment for golf;
- C. Demonstrate recall of current rules;
- D. Demonstrate distances from tee to green;
- E. Demonstrate terminology and language of golf;
- F. Demonstrate and know the skills necessary to play golf;
- G. Demonstrate differences between clubs; irons, woods, and putters;
- H. Demonstrate various responsibilities of course etiquette and safety;
  - I. Identify basic strategies for course management and club selection;
- J. Demonstrate proper conditioning and stretching exercises for golf;
- K. Be able to recognize exercises and practice techniques to improve grip, stance, swing, alignment, and set-up;
- L. Demonstrate fair play, good sportsmanship and leadership qualities;
- M. Demonstrate importance of honesty, honor in scorekeeping activities;
- N. Demonstrate the various speeds, timing, and rhythm of the backswing and follow-through;
- O. Demonstrate the ability to hit various shots necessary play a hole.

#### V. CONTENT:

- A. Proper warm-up for golf, which includes flexibility exercises
- B. Use and selection of proper attire, equipment and it's maintenance
- C. Proper development of techniques for golf grip, stance, and swings for various shots necessary to play a hole
- D. Description of the importance of breathing, relaxation, and mental imagery
- E. Importance of basic course management and club selection
- F. Proper exercises in developing skills for golf
- G. Making proper choices of behavior and conduct on the golf course/driving range
- H. Making proper body movements throughout the golf swing

#### VI. METHODS OF INSTRUCTION:

- A. **Lecture** -
- B. Laboratory skills demonstrations
- C. Written and oral assessment
- D. Video and film analysis of various individuals
- E. Participatory exercises

#### VII. TYPICAL ASSIGNMENTS:

- A. Skills assessment for grip, stance, swing, and putting will be assigned
- B. Optional individual video filming will be assigned
- C. Observing local tournaments, PGA and LPGA T.V. events.
- D. Perform skills for golf to demonstrate proficiency attained
- E. Review of Golf magazine articles
- F. Review local Golf Channel instructional programming
- G. Personal

Evaluation of a round of golf

VIII. EVALUATION:

A. **Methods**

1. Exams/Tests
2. 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
  - c. Written and/or oral examination on course content

B. **Frequency**

IX. TYPICAL TEXTS:

X. OTHER MATERIALS REQUIRED OF STUDENTS:

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