

ATHL A239: GOLF TEAM - WOMEN'S

Item	Value
Curriculum Committee Approval Date	12/04/2024
Top Code	083550 - Intercollegiate Athletics
Units	3 Total Units
Hours	162 Total Hours (Lab Hours 162)
Total Outside of Class Hours	0
Course Credit Status	Credit: Degree Applicable (D)
Material Fee	No
Basic Skills	Not Basic Skills (N)
Repeatable	Yes; Repeat Limit 3
Open Entry/Open Exit	No
Grading Policy	Standard Letter (S), • Pass/No Pass (B)
Associate Arts Local General Education (GE)	• Area 7 Life Skills, Lifelong Learning, and Self-Development 7B Activity (OE2)

Course Description

Eligibility auditions will be held during the first week of class. Transfer Credit: CSU.

Course Level Student Learning Outcome(s)

1. Demonstrate fair play and personal responsibility through participation in intercollegiate athletics.
2. Demonstrate understanding of the rules and fundamentals of golf and apply this knowledge in practice and competition.

Course Objectives

- 1. Practice and improve skills necessary for intercollegiate athletic competition in golf.
- 2. Demonstrate a personal commitment to athletic excellence.
- 3. Participate and compete successfully as a member of a team in the athletic experience.
- 4. Set personal goals for improvement.
- 5. Compare swing techniques and correct swing flaws.
- 6. Analyze personal performance on and off the golf course.
- 7. Develop strength, conditioning, and stretching program to benefit golf swing.
- 8. Demonstrate understanding of the rules and etiquette of golf.

Lecture Content

Lab Content

Participation in regular preparation for and participation in intercollegiate competition, students will work daily to improve and develop more consistency in all aspects of the golf game. Students will work on game strategies, technique and develop skills to improve and be more

knowledgeable in the mental skills for competitive golf. Proficiency demonstration of golf skills, putting, chipping, pitching, finesse, full swing. Full swing techniques and mechanics, to include: Evaluation of improvement Evaluation of shot consistency Rules Etiquette Develop program for strength, conditioning, and stretching Short game, to include efficiency and consistency in specialty shots. Improvement of the mental skills for competitive golf, to include course knowledge. Intercollegiate competition.

Method(s) of Instruction

- Lab (04)

Instructional Techniques

Lecture, lab, skill demonstration, self analysis, team discussions

Reading Assignments

Students will spend approximately 1 hour a week reading from instructor handouts or self directed readings related to the topic. NCAA Student Handbook USGA golf rules

Writing Assignments

Written assignments on golf rules, etiquette, golf psychology, and course management.

Out-of-class Assignments

Students will spend approximately 5-10 hours a week working on continued preparation of skills required for successful competition at the collegiate level.

Demonstration of Critical Thinking

Analysis of golf swing and game strategies to improve personal and team performance.

Required Writing, Problem Solving, Skills Demonstration

Written assignments on golf rules, etiquette, golf psychology, and course management.

Eligible Disciplines

Physical education: Master's degree in physical education, exercise science, education with an emphasis in physical education, kinesiology, physiology of exercise, or adaptive physical education, OR bachelor's degree in any of the above AND master's degree in any life science, dance, physiology, health education, recreation administration, or physical therapy OR the equivalent. Master's degree required.

Other Resources

1. NCAA Golf Guide current edition (revised annually)
2. USGA Rules of Golf current edition (revised annually)
3. Video taping/analysis.