

KIN A153: GOLF LEVEL 1

Item	Value
Curriculum Committee Approval Date	12/08/2021
Top Code	083500 - Physical Education
Units	1-2 Total Units
Hours	36-72 Total Hours (Lecture Hours 9-18; Lab Hours 27-54)
Total Outside of Class Hours	0
Course Credit Status	Credit: Degree Applicable (D)
Material Fee	Yes
Basic Skills	Not Basic Skills (N)
Repeatable	No
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)
California State University General Education Breadth (CSU GE-Breadth)	• CSU E2 Activity Course (E2)

Course Description

Beginning levels of instruction in putting, chipping, pitching, sand shots and full swing fundamentals with emphasis placed on grip and stance. Students will gain an appreciation and respect for the game, with emphasis on fundamentals necessary for success as a beginning level. Transfer Credit: CSU; UC: Credit Limitation: Any or all of these ATHL, DANC, KIN, MARA, PE Activity courses combined: maximum credit, 4 units.

Course Level Student Learning Outcome(s)

1. Demonstrate basic skills of proper posture, grip and swing required to complete a beginner's level game of golf.
2. Self-analyze errors in golf and identify methods of adjustment to enhance performance.

Course Objectives

- 1. Demonstrate basic golf skills of proper posture, grip and alignment.
- 2. Develop and apply the vocabulary of golf.
- 3. Formulate a written list of the long term mental and physical values of golf.
- 4. Demonstrate an understanding of golf equipment and facilities.
- 5. Demonstrate an understanding of golf rules.
- 6. Demonstrate an understanding of golf etiquette.
- 7. Develop an ability of reading the green.
- 8. Develop an ability to analyze and correct swing techniques.

Lecture Content

Golf Basics Rules required for beginning play Golf Etiquette Safety around the golf course Golf clubs Design Names Uses The Clubface-

aim - directional factors Club head-sweetspot Ball contact the center of the clubface The Clubshaft Definition and identification How it impact flight of ball Full Swing Grip Overlap Interlock Ten finger Posture Stance Square Open Closed Alignment Target line Body line Swing Load (back swing) Unload (down swing) Finish Chipping and Pitching Stance Grip Relationship of length of shot and swing Putting Grip Stance Posture Stroke Line Speed Body Balance Biomechanical analysis: The swing compared to throwing motion Following through Finish Explanation and demonstration of drills Pivot drills Frisbee Hand drills

Lab Content

After lecture and demonstration, students will practice skills learned to develop beginning level competency in the following: Grip - Set-up Grip-V s to the right(back) shoulder Posture- athletic set-up or ready to go stance. Ball position in relation to feet or sternum/face Ball position-distance from the ball Demonstrate and explain a Set-Up and Routine Swing Key Check Points Address- Start Position-1 Top of the swing- Position 2 Impact position 3 Finish- Position 4 Demonstrate Swing Key Check Points Chipping and Pitching Relationship of length of shot and swing Brush the ground for chip shots Strike down on pitch shots Read the green: a)slope; b)speed Different types of sand shots Putting Reading the green Anticipating speed of the putt Putter swing: relationship of length and speed of putt Putting motion to develop your own stroke Pivoting Drills (Rotation) Arms folded - right leg braces the backswing Arms folded - left leg provides pivot post to swing around Frisbee Hand Drill Right leg braces the backswing, arms added Left leg provides pivot post to swing around, arms added

Method(s) of Instruction

- Lecture (02)
- Lab (04)

Instructional Techniques

Instructional text and handouts Text on rules and etiquette Video swing analysis Skill demonstration Guest lecturers

Reading Assignments

Handouts and articles related to topics presented during lecture. Students will spend approximately 1 hour a week reading from instructor handouts or self directed readings related to the topic.

Writing Assignments

Keep an instructional diary or notebook Written essay on instructional progress

Out-of-class Assignments

Outside practice of skills learned in class. Students will spend approximately 3 hours a week completing conditioning programs outside of class meetings.

Demonstration of Critical Thinking

Skill tests Written exams Progress checks

Required Writing, Problem Solving, Skills Demonstration

Keep an instructional diary or notebook. Written essay on instructional progress. Rules exam. Skills exam.

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.

Textbooks Resources

1. Required Schempp, P. Mattsson, P. Golf Steps to Success, latest ed. Human Kinetics, 2009 2. Required United States Golf Association. Golf Rules Illustrated, latest ed. United States Golf Association, 2012

Other Resources

1. Various instructional golf videos 2. Instructor handouts