

KIN A253: GOLF LEVEL 2

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	No
Basic Skills	Not Basic Skills (N)
Repeatable	No
Grading Policy	Standard Letter (S), • Pass/No Pass (B)
Associate Arts Local General Education (GE)	• OC Life Skills - Activity - AA (OE2)
California State University General Education Breadth (CSU GE-Breadth)	• CSU E2 Activity Course (E2)

Course Description

Intermediate/Advanced instruction, with emphasis on course play and competition. Students should have beginning knowledge of golf, with a golf swing already in place. Refines full swing, chipping techniques, pitching, sand bunker play, rules, scoring, and game management at the intermediate level. ADVISORY: KIN A153. 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 an intermediate level game of golf, including tournament play.
2. Self-analyze errors in golf and identify methods of adjustment to enhance performance.

Course Objectives

- 1. Develop intermediate skills in golf shot execution.
- 2. Develop the knowledge and skills to play a regulation golf course.
- 3. Understand the etiquette involved in playing on a golf course.
- 4. Demonstrate an improvement in scoring through tournament competition.
- 5. Develop and apply an intermediate level vocabulary of golf terms
- 6. Execute a variety of golf skills at the intermediate level

Lecture Content

Golf Rules required for intermediate play Golf Etiquette
- course play Safety Consideration for Other Players
Avoiding Disturbance or Distraction On the Putting Green Scoring
Pace of Play Lost Ball Priority on the Course Care of the Course1.
Bunkers2. Repair of Divots, Ball Marks and Damage by Shoes3.
Preventing Unnecessary Damage Penalties for Breach of Rules Golf

Clubs Design - specialty clubs The Clubface-aim - intermediate directional factors The Clubshaft Definition and identification How it impact flight of ball Intermediate Skills - Full swing Gripping the Golf Club Baseball Overlap Interlocking Stance Square Open Closed Swing Half swing Three quarters swing Full swing Set-up Posture-athletic set-up Ball position in relation to feet or sternum/face Ball Flight Laws Push Push slice Push hook Slice Straight Hook Pull slice Pull Pull hook Understand and use of each Equipment Short Irons Long Irons Woods Pitching and sand wedge Chipping and Pitching Importance of chipping for advancing level of play Reading the Green: slope and speed Hitting from Hazard Sand traps ball on top of sand ball buried in sand high lip of trap Trees and Woods getting back to the fairway trouble shots Rough Putting Techniques Different grips Standard Reverse Claw grip Putter Designs Standard length Blade Mallett Belly Effective Putting Putter swing relationship to length and speed of putt Speed of first putt Careful aiming of second putt

Lab Content

After lecture and demonstration, students will practice skills learned to develop intermediate/advanced levels of competency in the following: Full Swing-Whole Common Airlight Distances 25 - 125 yards 125 - 150 yards 150-175 yards 175-200 yards 200 - 250 yards Ball Flight Laws Chipping and Pitching Landing the Ball on the Green Grip, Stance, and Swing Motions Club selection Selecting Ball Flight and Landing Area Putting Reading green, slope/speed Long putt Short putt Body Pivoting Drills (Rotation) Arms folded Right leg braces the backswing. Left Leg provides pivot post to swing around. Body Balance Finish with the weight on the left or target side. Following through Holding the finish

Method(s) of Instruction

- Lecture (02)
- Lab (04)

Instructional Techniques

A. Instructional text and handoutsB. Text on rules and etiquetteC. Video swing analysisD. Skill demonstrationE. Guest lecturers

Reading Assignments

Students will spend approximately 1 hour a week reading from instructor handouts or self directed readings related to the topic.

Writing Assignments

A. Keep an instructional diary or notebookB. Written essay on instructional progress

Out-of-class Assignments

Students will spend approximately 3 hours a week completing conditioning programs outside of class meetings.

Demonstration of Critical Thinking

A. Skill testsB. Written examsC. Progress checks

Required Writing, Problem Solving, Skills Demonstration

A. Keep an instructional diary or notebookB. Written essay on instructional progressC. Rules examD. Skills exam

Eligible Disciplines

Physical education: Masters degree in physical education, exercise science, education with an emphasis in physical education, kinesiology, physiology of exercise, or adaptive physical education, OR bachelors degree in any of the above AND masters degree in any life science, dance,

physiology, health education, recreation administration, or physical therapy OR the equivalent. Masters degree required.

Textbooks Resources

1. Required United States Golf Association. Golf Rules Illustrated, latest ed. United States Golf Association, 2012

Other Resources

1. Instructor handouts and articles related to topics presented during lecture