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Date Reviewed: Spring 2016
C&GE approved: March 14, 2016
Board approved: April 13, 2016
Semester effective: Fall 2016

Physical Education (PHED) 1721 Offseason Intercollegiate Golf (1 or 2 units per semester; limit 8 units) CSU

Prerequisite: None

Total Hours: 48 lab hours for 1 unit; 96 lab hours for 2 units

Catalog Description: This offseason course is designed for those students who desire to compete in intercollegiate athletics and may be limited to those who present the necessary physical and mental fitness. Sufficient skill to reduce the likelihood of injury is also required. The passing of medical and physical examinations and the consent of the coach are necessary before enrollment.

Type of Class/Course: Degree Credit

Text: United States Golf Association. *Rules of Golf*. USGA, 2015. Print.

Additional Instructional Materials: Individual golf clubs and equipment

Course Objectives:

By the end of the course, a successful student will be able to:

1. Improve offseason fundamental skills of:
 - a. Iron Play
 - b. Wood Play
 - c. Chipping
 - d. Putting
2. Improve agility, physical strength, endurance and overall conditioning during the offseason, and
3. Apply intercollegiate golf techniques through game experience.

Course Scope and Content (laboratory):

Unit I Essential Offseason Skills
 A. Iron Play
 B. Wood Play
 C. Chipping
 D. Putting

Unit II Offseason Conditioning
 A. Agility
 B. Strength

- C. Speed
- D. Endurance

Unit III Basic Rules and Strategies of Individual Play
 A. Course Management
 B. Shot Selection

Unit IV Rules and Etiquette
 A. Sportsmanship
 B. Ethics
 C. Etiquette

Methods of Instruction:

1. Practice of Basic Individual Skills
2. Oral Instruction
3. Demonstration
4. Multimedia presentations

Methods of Evaluation:

1. Skill demonstrations. Including:
 - a. Performance exams
 - b. Competition
2. Written exams

Supplemental Data:

TOP Code:	083520: Intercollegiate Athletics
SAM Priority Code:	E: Non-Occupational
Distance Education:	Not Applicable
Funding Agency:	Y: Not Applicable(funds not used)
Program Status:	1: Program Applicable
Noncredit Category:	Y: Not Applicable, Credit Course
Special Class Status:	N: Course is not a special class
Basic Skills Status:	N: Course is not a basic skills course

Prior to College Level:	Y: Not applicable
Cooperative Work Experience:	N: Is not part of a cooperative work experience education program
Eligible for Credit by Exam:	NO
Eligible for Pass/No Pass:	C: Pass/No Pass
Taft College General Education:	NONE