

# ATHL 0107 - GOLF TRAINING

## Catalog Description

Formerly known as PHED 103

Prerequisite: Enrollment limitation: permission of instructor required; for students with advanced golfing skills, conditioning and previous competitive experience

Hours: 58 laboratory per unit

Description: Stresses golf training, skills, knowledge, strategy, and appreciation. Intended for students with varsity high school experience who are preparing for competitive intercollegiate golf. May be taken four times for credit. (CSU, UC-with unit limitation)

## Course Student Learning Outcomes

- CSLO #1: Create a pre-shot routine that takes advantage of visualization techniques.
- CSLO #2: Assess the slope and speed of the green and explain the impact on club selection.
- CSLO #3: Explain the rules of golf and apply them to his/her advantage.

## Effective Term

Summer 2020

## Course Type

Credit - Degree-applicable

## Contact Hours

29-174

## Outside of Class Hours

0

## Total Student Learning Hours

29-174

## Course Objectives

1. Identify the rules of golf and apply them to his/her advantage.
2. Describe the basic components of the golf swing.
3. Compare and contrast the full swing to the swing used in pitching.
4. Differentiate between the swing used in pitching and the swing used in chipping.
5. Assess the slope and speed of the green.
6. Apply the putting stroke as it relates to the green conditions.
7. Determine swing corrections from viewing the flight of the ball.
8. Analyze various ball flight patterns (draw, fade, knockdown, etc.)

## General Education Information

- Approved College Associate Degree GE Applicability
- CSU GE Applicability (Recommended-requires CSU approval)
- Cal-GETC Applicability (Recommended - Requires External Approval)
- IGETC Applicability (Recommended-requires CSU/UC approval)

## Articulation Information

- CSU Transferable
- UC Transferable

## Methods of Evaluation

- Objective Examinations
  - Example: 1. Students will go to [www.usga.org](http://www.usga.org) and take the 25 question random-mix rules quiz; students would have to be able to analyze the exact game rules of competition at a 90% success rate. 2. Students will successfully pass a final exam on the material covered in class. This exam will consist of the multitude of different rules and strategies. For example, What club is appropriate to use on an uphill lie within 40 yards of the green?

## Repeatable

Yes

## Methods of Instruction

- Laboratory
- Distance Learning

Lab:

1. Instructor will discuss how to read the greens for uphill, downhill, left break and right break putts. Students will then break into groups to review provided scenarios and determine a course of action. (Objectives 5 & 6)
2. Instructor will discuss the difference of the full swing and the swing in a pitching swing. Each student will then perform each stroke exhibiting the appropriate swing skill. (Objectives 3 & 4)

Distance Learning

1. Instructor will lecture on the basic components of the golf swing. The students will analyze the basic components and create a swing chart. (Objective 2)

## Typical Out of Class Assignments Reading Assignments

1. Student will read the chapter on Greenside bunker shots in the book "Understanding the Golf Swing" and be prepared to discuss in class. 2. Read an assigned article about creating the knock down shot from a golf periodical and develop a list of training aids they will use in a teaching demonstration including how and when that shot should be taken.

## Writing, Problem Solving or Performance

1. Student will write a lesson plan on chipping and pitching explaining when each stroke should be used. 2. Student will present a lesson to the class on how to read the green on the 7th hole at Whitney Oaks Golf Club from the back edge of the green with the pin placement to the front right and explain the successful shot to the rest of the class.

## Other (Term projects, research papers, portfolios, etc.)

1. Keep a golf journal that includes the following: a. number of putts b. greens in regulation c. sand saves d. fairways hit

## Required Materials

- Golf Rules and Essentials Etiquette + Golf Rules the Major Changes Simplified
  - Author: Christina Ricci
  - Publisher: The Media Game
  - Publication Date: 2018
  - Text Edition:
  - Classic Textbook?: No
  - OER Link:
  - OER:
- The Unstoppable Golfer- Trusting your Mind and your short game to achieve greatness
  - Author: Bob Rotella
  - Publisher: Simon and Shuster
  - Publication Date: 2012
  - Text Edition:
  - Classic Textbook?: No
  - OER Link:
  - OER:

**Other materials and-or supplies required of students that contribute to the cost of the course.**