



Created by: K. Bandy  
Reviewed by: T. Thompson  
Reviewed by: G. Golling  
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Board approved: April 13, 2016  
Semester effective: Spring 2017

Physical Education (PHED) 1505 Women's Intercollegiate Golf (2 Units; limit 4 Units) CSU

Advisory: Experience in playing competitive golf is desirable

Total Hours: 160 lab hours

Catalog Description: This course is designed for those students who possess the desire, ability and skills necessary 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 consent of the coach is necessary before enrollment. Prior to participation a student must get medical clearance through a physical examination and must meet eligibility requirements. Attendance at all scheduled practices and games are considered part of the course requirement unless the coach excuses the student.

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. gain participation in an individual and team sport,
2. participate competitively, and
3. further her athletic abilities in golf.

Course Scope and Content: (Laboratory)

Unit I Training and Conditioning for Golf

- A. Agility
- B. Physical Strength
- C. Speed
- D. Endurance

Unit II Fundamentals of golf

- A. Set ups
- B. Swing

Unit III Skill Development

- A. Iron Play
- B. Wood Play



- C. Chipping
- D. Putting

Unit IV Rules and Strategies of Individual Play

- A. Course Management
- B. Shot Selection

Unit V Rules and Etiquette

- A. Sportsmanship
- B. Ethics

Methods of Instruction:

1. Practice of basic skills and techniques
2. Basic training programs
3. Practice games
4. Intercollegiate competition
5. Oral instruction
6. Multimedia presentations

Methods of Evaluation:

1. Skill demonstrations, including:
  - a. performance exam
  - b. Intercollegiate competition
2. Written assignments

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