

PHED 24: INTRODUCTION TO GOLF

Foothill College Course Outline of Record

Heading	Value
Effective Term:	Summer 2023
Units:	1
Hours:	3 laboratory per week (36 total per quarter)
Advisory:	This course is included in the Individual Sports family of activity courses.
Degree & Credit Status:	Degree-Applicable Credit Course
Foothill GE:	Area VII: Lifelong Learning
Transferable:	CSU/UC
Grade Type:	Letter Grade (Request for Pass/No Pass)
Repeatability:	Not Repeatable

Student Learning Outcomes

- Demonstrate with increased proficiency the skills necessary for the full golf swing, the chip shot and putting stroke
- Demonstrate proper etiquette and knowledge of rules for golf course play

Description

Introduces the fundamentals of the golf swing, knowledge of equipment, terminology, and course etiquette.

Course Objectives

The student will be able to:

- Understand the rules and terminology of golf
- Acquire knowledge on the history of the game
- Discuss, introduce, and explain golf equipment
- Develop basic skills of proper posture, grip, and alignment
- Display proper etiquette of golf
- Learn and acquire skills to play golf

Course Content

- Pre-shot fundamentals
 - Grip
 - Aim
 - Set up
- Forms of learning
 - Verbal
 - Visual
 - Kinesthetic
- In swing fundamentals
 - Swing plan
 - Timing
 - Impact

- Swing center
 - Posture
- Rules and etiquette
 - Courtesy to fellow golfers
 - Discussion of rules
 - Pace of play
 - History
 - Origin
 - Evolution of equipment
 - Influential players in history
 - Terminology
 - Aim line
 - Backspin
 - Shank
 - Casting
 - Block
 - Chunking
 - Closed and open club face
 - Fade and draw
 - Flat and upright swing
 - Lag
 - Golf shot execution
 - Putting
 - Chipping
 - Pitching
 - Full swing

Lab Content

Lab content includes demonstrations of the following:

- Putting
- Chipping
- Pitching
- Full swing
- Driver swing
- Sand shots

Special Facilities and/or Equipment

- Golf clubs, balls, and golf range.
- When taught as an online distance learning or hybrid section, students and faculty need ongoing and continuous internet and email access.

Method(s) of Evaluation

Methods of Evaluation may include but are not limited to the following:

Physical skills and techniques will be assessed by direct instructor observation
Test on rules of golf and terminology

Method(s) of Instruction

Methods of Instruction may include but are not limited to the following:

Demonstration

Explanation

Representative Text(s) and Other Materials

Penick, Harvey. Harvey Penick's Little Red Book. 2013.

Although this text is older than the suggested "5 years or newer" standard, it remains a seminal text in this area of study.

Types and/or Examples of Required Reading, Writing, and Outside of Class Assignments

- a. Optional reading would include monthly golf publications, e.g., Golf Digest

Discipline(s)

Physical Education