

PHED 24A: SWING DEVELOPMENT FOR THE EXPERIENCED GOLFER

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 increasing proficiency effective club selection for golf course play
- Develop improved expertise and playing competency for golf course play

Description

Development of golf skills for the intermediate/advanced player, including grip, posture, alignment, and swing fundamentals, selection of equipment, knowledge of rules, etiquette, and course management.

Course Objectives

The student will be able to:

1. Demonstrate with competence the golf skills necessary to play recreational golf
2. Demonstrate proper equipment selection and care
3. Discuss and demonstrate proper club selection
4. Understand the pace of play and course etiquette
5. Demonstrate appropriate use of practice time with emphasis on short game
6. Increase strength and flexibility for performance improvement
7. Develop a positive but realistic attitude

Course Content

1. Pre-shot fundamentals
 - a. Grip
 - b. Aim
 - c. Set-up
2. In swing fundamentals
 - a. Swing plane
 - b. Release

- c. Timing
 - d. Connection
 - e. Lever system
 - f. Impact
3. Playing skills
 - a. Full swing (driver, woods, irons)
 - b. Short game (chipping, pitching, putting)
 - c. Consideration and adjustments for uneven lies (uphill, downhill, sidehill)
 - d. Shot shaping (draw, fade, high, low)
 - e. Recovery shots
 4. Course management
 - a. Mental practice
 - b. Shot selection
 - c. Strategy
 5. Game formats
 - a. Stroke play
 - b. Match play
 - c. Best ball
 - d. Scramble
 - e. Handicapping
 6. Rules
 - a. Local rules
 - b. USGA rules
 7. Forms of learning
 - a. Verbal
 - b. Visual
 - c. Kinesthetic
 8. Practice
 - a. 25% full swing, 75% short game

Lab Content

1. Driving
2. Chipping
3. Pitching
4. Putting

Special Facilities and/or Equipment

1. Golf clubs, golf balls, shoes, and proper attire.
2. 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
Knowledge of rules

Method(s) of Instruction

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

Cooperative learning exercises

Laboratory
Demonstration

Representative Text(s) and Other Materials

Chamblee, Brandel. The Anatomy of Greatness. 2016.

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

1. Optional reading would include monthly golf publications (e.g., Golf Digest)

Discipline(s)

Physical Education