

PHED 25A: SWING ANALYSIS

Foothill College Course Outline of Record

| Heading | Value |
|------------------------------------|--|
| 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 the skills necessary to execute a fundamentally sound golf swing
- Demonstrate the ability to recognize and correct swing faults.

Description

Using Swing Solutions video technology, the student will identify and correct individual golf swing flaws and design drills to develop skills to improve golf strokes.

Course Objectives

The student will be able to:

- identify ball flight laws as they affect swing mechanics and execute drills that will improve swing efficiency.
- demonstrate the ability to recognize and correct swing faults.
- demonstrate, with competence, the golf skills necessary to play competitive golf.
- demonstrate an improvement in scoring.

Course Content

- Swing analysis
 - Grip, set up, alignment, posture, and ball position
 - Ball flight laws: speed, centerness of contact, path of club head, angle of approach, and club face at impact
 - Follow through and balanced finish
 - Tempo, timing and rhythm of swing
- Practice sessions

Lab Content

- Grip, set up, alignment, posture, and ball position
- Follow through and balanced finish
- Tempo, timing and rhythm of swing

Special Facilities and/or Equipment

- Swing Solutions' high tech digital video training system, driving range, golf clubs, balls.
- 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

- Physical skills and techniques will be assessed by direct instructor observation
- Participation in required practice sessions
- Completion of personal golf profile report

Method(s) of Instruction

Lecture, demonstration, video analysis.

Representative Text(s) and Other Materials

Faldo, Nick. *A Swing for Life: Revised and Updated*. Rev Updated edition. New York: Atria Books, 2013.

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

Optional readings would include golf periodicals (such as Golf Digest) and out-of-class assignments (e.g., watching golf tournaments).

Discipline(s)

Physical Education