Course Description/Purpose

Course content for physical education activities will include: selection of clothing, equipment, terminology, basic fundamental skills, and safety. Written and/or skills tests are a part of each course. The purpose of this course is to provide students an opportunity to learn golf skills and the knowledge and understanding of concepts related to those skills. Students will benefit from the emphasis on lifetime individual sport and recreational activities while receiving one hour credit for either their associate's degree or for personal enjoyment. This course is also transferable to many four-year institutions as a P.E. credit for those students seeking a baccalaureate degree.

Major Units

• Basis for Physical Fitness
  Components of Physical Fitness

• Golf Equipment and Clothing

• Fundamental Skills of Golf

• Rules of Play/Scoring/Etiquette

• Playing the Game
  Mental Aspect
  Golf Shot Strategy
Educational/Course Outcomes

Student learning will be assessed by a variety of methods, including, but not limited to, quizzes and tests, journals, essays, papers, projects, laboratory/clinical exercises and examinations, presentations, simulations, portfolios, homework assignments, and instructor observations.

Cognitive  Each student will be expected to Identify/Recognize . . .
- selection and care for equipment;
- specific terms and definitions related to golf;
- rules of safety related to golf;
- rules of play in golf;
- strategy in golf play.

Performance  Each student will be expected to Demonstrate/Practice . . .
- prompt and regular attendance;
- safety rules at all times;
- competent golf skills by the end of the term;
- etiquette on the golf course;
- the selection and establishment of challenging yet reachable semester ending goals through pre- and post-evaluation of golf play.

Attitudinal  Each student will be expected to Believe/Feel/Think that:
- through pre- and post-evaluation, the student's attitudes will be evaluated relating to all game aspects of golf;
- exercise has positive benefits on one's health;
- a positive attitude and high energy level are essential for success.