

COURSE OUTLINE

Athletics Physical Education 121 Off-Season Training for Intercollegiate Women's Golf

Catalog Statement

ATHPE 121 provides instruction and practice for intercollegiate women's golf focusing on fundamental techniques of competitive women's golf. This course is designed to provide further advancement in individual skill, team strategies, effective communication, and conditioning for intercollegiate competition.

Total Lecture/Demonstration Units: 0.5 – 1.5

Total Laboratory Units: 0.5 – 1.0

Total Course Units: 1.0 - 2.5

Total Lecture/Demonstration Hours: 8.0-24.0

Total Laboratory Hours: 24.0-48.0

Total Faculty Contact Hours: 32.0-72.0

Note: ATHPE 121 is off-season training for students who are interested in competing on an intercollegiate women's golf team. May be taken 4 times for credit. Each student-athlete must provide their own golf clubs.

Course Entry Expectations

Prior to enrolling in this course, the student should be able to:

- perform skills appropriate for intercollegiate golf;
- define National Collegiate Athletic Association (NCAA) golf rules;
- participate in rigorous physical activity;
- participate and interact in a team environment;
- maintain positive individual behaviors to enhance team dynamics.

Course Exit Standards

Upon successful completion of the required coursework, the student will be able to:

- identify and analyze concepts of individual and team personnel through film analysis and simulated game situations;
- demonstrate collegiate level tech swing motion, putting, chipping, and etiquette;
- recognize the role of nutrition in athletic performance;
- demonstrate and apply practical and general knowledge of the game of golf and its rules;
- integrate conditioning and weight training into daily practices;

- demonstrate the ability to work with a team as a unit and develop team concepts;
- demonstrate an understanding of California Community College Athletic Association (CCCAA) and/or NCAA rules and policies as related to off-season training and competition.

Course Content Total Faculty Content Hours = 32-72

Team Philosophies and Rules Lecture (2-8 hours)

Sportsmanship
Team rules
Individual/team goal setting
NCAA rules and regulations
CCCAA decorum policies
United States Golf Association (USGA)

Safety for Women's Golf Lecture (2-4 hours)

Proper warm-up
Proper cool-down

Fundamental Conditioning Skills for Women's Golf Lab (7-14 hours)

Coordination
Muscular strength
Muscular and cardiovascular endurance
Flexibility

Advanced Fundamental Skills in Women's Golf Lab (10-17 hours)

Swing fundamentals
Driving
Long distance shots
Short, middle, and long putting
Chipping
Sandshots

Club choices

Wedges
Putters
Short irons
Middle irons
Long irons
Woods

Fundamental body mechanics

Stance
Foot positioning
Hip angle

Advanced Game Strategy Lab (7-17 hours)

Golf etiquette
Speed of play
Putting order
Driving orders

Competitive strategy

Course variations

Weather conditions

Mental skills

 Mental offense

 Mental defense

Understanding Team Dynamics **Lecture (2-7 hours)**

 Creating a positive environment

 Effective communication under stress

Nutritional Aspects of Effective Training **Lecture (2-5 hours)**

Methods of Instruction

The following methods of instruction may be used in the course:

- lecture;
- demonstrations;
- skill repetition;
- film analysis;
- simulated game situations.

Out of Class Assignments

The following out of class assignments may be used in the course:

- practice evaluation (e.g. written evaluations regarding positive and negative performances);
- goal setting (e.g. written re-evaluation of goal performance every other week);
- practice analysis (e.g. summary and review of practice film).

Methods of Evaluation

The following methods of evaluation may be used in the course:

- written exams;
- demonstration evaluations;
- video movement analysis;
- tournament play.

Textbook(s)

National Collegiate Athletic Association. *Women's Golf Rules and Interpretations*.

Indianapolis: National Collegiate Athletic Association, 2014-2015. Digital file, 2015.
10th Grade Textbook Reading Level.

Student Learning Outcomes

Upon successful completion of the required coursework, the student will be able to:

- define and perform advanced golf skills through individual and team practice;
- develop a high level of physical conditioning inherent in competitive golf;
- integrate cooperative skills needed to perform at a high level of play;
- demonstrate and apply safety rules and procedures to effectively participate in a physical movement environment.