

COURSE OUTLINE

Athletics Physical Education 120 Intercollegiate Women's Golf (Previously Physical Education 205 - Intercollegiate Golf)

Catalog Statement

ATHPE 120 is an advanced course designed for students who plan to compete at the collegiate level in the sport of women's golf. This course emphasizes advanced skill, theory, tactics, strategy and intercollegiate competition. Student-athletes are required to meet the standards of the California Community College Athletic Association (CCCCAA) eligibility guidelines and decorum policies.

Total Lecture/Demonstration Units: 1.5

Total Laboratory Units: 1.0

Total Course Units: 2.5

Total Lecture/Demonstration Hours: 24.0

Total Laboratory Hours: 48.0

Total Faculty Contact Hours: 72.0

Note: ATHPE 120 is designed for the intercollegiate women's golf team. May be taken 4 times for credit. If a student has taken PE 205 prior to Fall 2016, such classes will count towards the four total enrollment limit. Each student-athlete must provide their own golf clubs.

Course Entry Expectations

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

- apply a variety of skills appropriate for intercollegiate golf;
- integrate National Collegiate Athletic Association (NCAA) rules and CCCCCAA decorum policies into weekly competition;
- display cardiovascular health, muscular strength and endurance;
- utilize verbal communication necessary for collegiate competition;
- demonstrate how to apply workable solutions within a team environment.

Course Exit Standards

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

- identify and analyze concepts and strategies of individual and team personnel through film analysis and simulated game situations;
- demonstrate collegiate level 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 into daily practices;

- demonstrate the ability to work with a team as a unit and develop team concepts.

Course Content Total Faculty Content Hours = 72

Team Philosophies and Rules Lecture (7 hours)

- Sportsmanship
- Team rules
- Individual/team goal setting
- NCAA Association rules
- CCCAA Decorum
- United States Golf Association (USGA)
- Training room policies for treatment

Safety for Women's Golf Lecture (3 hours)

- Preventative injury exercises
- Proper warm-up
- Proper cool-down

Fundamental Conditioning for Women's Golf (Lab 8 hours)

- Agility
- Coordination
- Specific muscle group development
- Muscular and cardiovascular endurance
- Flexibility
- Core training

Fundamental Skills and Strategies in Intercollegiate Women's Golf Lab (40 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

- 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 (8 hours)**

 Creating a positive team environment
 Effective communication under stress

Nutrition for the Competitive Athlete **Lecture (6 hours)**

 Eating balanced meals
 Carbohydrate and protein combinations
 Packing smart snacks
 Supplements: Good or bad
 Hydration

Methods of Instruction

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

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

Out of Class Assignments

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

- game evaluation (e.g. written evaluations regarding positive and negative performances with player feedback);
- goal setting (e.g. written re-evaluation of goal performance every week);
- game analysis (e.g. written summary and review of game film both team and individual).

Methods of Evaluation

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

- written play exams (e.g. diagram test for defense);
- demonstration evaluations (e.g. distance of long drives);
- video movement analysis;
- weekly competition.

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:

- perform fundamental mechanics for effective performance in the sport of golf;
- demonstrate and apply technical and tactical skills necessary for collegiate competition;
- 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.