



COURSE OUTLINE : PE 203
D Credit – Degree Applicable
COURSE ID 003060
Cyclical Review: November 2018

COURSE DISCIPLINE : PE
COURSE NUMBER : 203
COURSE TITLE (FULL) : Golf II
COURSE TITLE (SHORT) : Golf II

CATALOG DESCRIPTION

PE 203 offers instruction and practice in intermediate golf. This course builds on the application of the fundamental knowledge and skills developed in PE 202. Students learn intermediate level golf techniques including analysis of the course, shot strategies and problem-solving skills. This course is conducted at an off-campus golf facility.

Total Lecture Units:0.00

Total Laboratory Units: 1.00

Total Course Units: 1.00

Total Lecture Hours:0.00

Total Laboratory Hours: 54.00

Total Laboratory Hours To Be Arranged: 0.00

Total Contact Hours: 54.00

Total Out-of-Class Hours: 0.00

Prerequisite: PE 202.



ENTRY STANDARDS

| | Subject | Number | Title | Description | Include |
|---|---------|--------|----------------|---|---------|
| 1 | PE | 202 | Beginning Golf | Demonstrate understanding of the rules and regulations governing golf; | Yes |
| 2 | PE | 202 | Beginning Golf | demonstrate understanding of basic golf terminology and golf course etiquette on the golf course; | Yes |
| 3 | PE | 202 | Beginning Golf | demonstrate understanding of basic golf terminology and golf course etiquette on the golf course; | Yes |
| 4 | PE | 202 | Beginning Golf | execute the fundamental golf swing using various clubs; | Yes |
| 5 | PE | 202 | Beginning Golf | demonstrate an understanding of basic physical principles as they apply to golf; | Yes |
| 6 | PE | 202 | Beginning Golf | demonstrate understanding of the mental aspects of golf as they apply to successful play. | Yes |

EXIT STANDARDS

- 1 Demonstrate understanding of the rules and regulations governing golf as they apply to a variety of situations;
- 2 apply golf terminology and golf course etiquette on the golf course;
- 3 demonstrate intermediate level ability to execute various golf swings and apply them to various clubs and situations;
- 4 demonstrate understanding of basic physical principles as they apply to golf and injury prevention;
- 5 apply principles of mental focus to golf play.

STUDENT LEARNING OUTCOMES

- 1 apply the rules of golf and golf course etiquette
- 2 complete one round of golf at an intermediate level of play
- 3 demonstrate ability to perform fundamental golf skills
- 4 demonstrate and apply safety rules and procedures to effectively participate in a physical movement environment



COURSE CONTENT WITH INSTRUCTIONAL HOURS

| | Description | Lecture | Lab | Total Hours |
|---|--|---------|-----|-------------|
| 1 | Review Equipment and Terminology Golf Terminology and Rules <ul style="list-style-type: none"> • Scoring • Penalties • Etiquette • Handicap Golf Clubs <ul style="list-style-type: none"> • Woods • Short irons • Mid irons • Long irons • Putters | 0 | 10 | 10 |
| 2 | Development of the Golf Swing <ul style="list-style-type: none"> • Set-up and swing • Addressing, marking and aligning the ball • Developing proper body mechanics during swing • Avoiding common errors | 0 | 20 | 20 |
| 3 | Special Shots <ul style="list-style-type: none"> • Driving • Putting • Chip shot • Pitch shot • Bunker shot • Trouble shot • Hitting with spin | 0 | 8 | 8 |
| 4 | Conditioning for Golf <ul style="list-style-type: none"> • Preventing common injuries • Back health • “Golfer’s elbow” • Improving strength, power and flexibility for golf | 0 | 8 | 8 |
| 5 | Mental Aspects of Golf <ul style="list-style-type: none"> • The inner game of golf • Mental focusing skills • Course management | 0 | 4 | 4 |



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|---|---|---|---|-----------|
| 6 | Tournament play | 0 | 4 | 4 |
| | <ul style="list-style-type: none"> • Stroke play • Match play | | | |
| | | | | 54 |

OUT OF CLASS ASSIGNMENTS

- 1 self-evaluation (e.g. analysis of individual performance of a golf swing);
- 2 written analysis (e.g. summary and examination of the physical and emotional benefits of golf).

METHODS OF EVALUATION

- 1 practical examination;
- 2 written examination;
- 3 completion of a 9-hole golf course.

METHODS OF INSTRUCTION

- Lecture
- Laboratory
- Studio
- Discussion
- Multimedia
- Tutorial
- Independent Study
- Collaboratory Learning
- Demonstration
- Field Activities (Trips)
- Guest Speakers
- Presentations

TEXTBOOKS

| Title | Type | Publisher | Edition | Medium | Author | IBSN | Date |
|--------------------------------|----------|-----------|---------|--------|--------------------------------|----------------|------|
| Decisions on the Rules of Golf | Required | Hamlyn P. | | print | United States Golf Association | 978-0600632160 | 2015 |