



COURSE OUTLINE : PE 204
D Credit – Degree Applicable
COURSE ID 003061
Cyclical Review: November 2018

COURSE DISCIPLINE : PE
COURSE NUMBER : 204
COURSE TITLE (FULL) : Golf III
COURSE TITLE (SHORT) : Golf III

CATALOG DESCRIPTION

PE 204 offers instruction and practice in advanced golf. This course builds on the application of the intermediate knowledge and skills developed in PE 203. Students learn advanced level golf techniques including advanced skill development, strategies of game play, and mental preparation techniques. 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 203.



ENTRY STANDARDS

	Subject	Number	Title	Description	Include
1	PE	203	Intermediate Golf	Demonstrate understanding of the rules and regulations governing golf as they apply to a variety of situations;	Yes
2	PE	203	Intermediate Golf	apply golf terminology and golf course etiquette on the golf course;	Yes
3	PE	203	Intermediate Golf	demonstrate intermediate level ability to execute various golf swings and apply them to various clubs and situations;	Yes
4	PE	203	Intermediate Golf	demonstrate understanding of basic physical principles as they apply to golf and injury prevention;	Yes
5	PE	203	Intermediate Golf	apply principles of mental focus to golf play.	Yes

EXIT STANDARDS

- 1 Evaluate and apply the rules and regulations of golf to a variety of scenarios;
- 2 apply golf terminology and golf course etiquette on the golf course;
- 3 demonstrate proficient execution of various golf swings and apply it to various clubs and situations;
- 4 integrate biomechanical principles to golf techniques, conditioning strategies and injury prevention;
- 5 apply principles and techniques of mental focus to golf play.

STUDENT LEARNING OUTCOMES

- 1 demonstrate and apply safety rules and procedures to effectively participate in a physical movement environment
- 2 apply the rules of golf and golf course etiquette
- 3 demonstrate proficiency in fundamental golf skills and apply appropriate skills to various situations
- 4 participate in a golf tournament

COURSE CONTENT WITH INSTRUCTIONAL HOURS

	Description	Lecture	Lab	Total Hours
1	Introduction to Competitive Golf <ul style="list-style-type: none"> • Golf terminology review • Application of rules to various situations • Modalities used for skill analysis • Mental approach to competitive golf • Mental focusing strategies Problem-solving skills 	0	12	12



2	Application and Development of Advanced Skills Proficiency in fundamental skills <ul style="list-style-type: none"> • Driver • Long irons • Short irons • Putter Draw and fade skills Bunker play Uneven lies Hitting out of the rough	0	20	20
3	Course Management Strategies and Applications <ul style="list-style-type: none"> • Weather conditions • Target visualization 	0	12	12
4	Conditioning for Golf <ul style="list-style-type: none"> • Injury prevention • Cardiovascular conditioning • Strength and power conditioning • Flexibility conditioning 	0	10	10
				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 an 18-hole golf course.

METHODS OF INSTRUCTION

- Lecture
- Laboratory



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

TEXTBOOKS

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