

## ATHPE123 : Off-Season Training for Intercollegiate Men's Golf

### General Information

Author:	• Yvette Ybarra
Course Code (CB01) :	ATHPE123
Course Title (CB02) :	Off-Season Training for Intercollegiate Men's Golf
Department:	ATHPE
Proposal Start:	Fall 2024
TOP Code (CB03) :	(0835.50) Intercollegiate Athletics
CIP Code:	(31.0501) Sports, Kinesiology, and Physical Education/Fitness, General.
SAM Code (CB09) :	Non-Occupational
Distance Education Approved:	Yes
Will this course be taught asynchronously?:	No
Course Control Number (CB00) :	CCC000574822
Curriculum Committee Approval Date:	09/27/2023
Board of Trustees Approval Date:	11/21/2023
Last Cyclical Review Date:	09/27/2023
Course Description and Course Note:	ATHPE 123 provides instruction and practice for intercollegiate men's golf focusing on fundamental techniques of competitive men's golf. This course is designed to provide further advancement in individual skill, team strategies, effective communication, and conditioning for intercollegiate competition. Note: ATHPE 123 is off-season training for students who are interested in competing on an intercollegiate men's golf team. May be taken 4 times for credit. Each student-athlete must provide their own golf clubs.
Justification:	Mandatory Revision
Academic Career:	• Credit
Author:	• Yvette Ybarra

### Academic Senate Discipline

Primary Discipline:	• Coaching
Alternate Discipline:	No value
Alternate Discipline:	No value

### Course Development

Basic Skill Status (CB08)	Course Special Class Status (CB13)	Grading Basis
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Course is not a basic skills course.

Course is not a special class.

- Grade with Pass / No-Pass Option

Allow Students to Gain Credit by Exam/Challenge

Pre-Collegiate Level (CB21)

Course Support Course Status (CB26)

Not applicable.

Course is not a support course

### Transferability & Gen. Ed. Options

#### General Education Status (CB25)

Not Applicable

#### Transferability

Transferable to both UC and CSU

#### Transferability Status

Approved

CSU GE-Breadth Area	Area	Status	Approval Date	Comparable Course
E-Lifelong Learning and Self-Development	Lifelong Learning and Self-Development	Approved	08/28/2023	No Comparable Course defined.

### Units and Hours

#### Summary

Minimum Credit Units (CB07)	1
Maximum Credit Units (CB06)	2.5
Total Course In-Class (Contact) Hours	36 - 81
Total Course Out-of-Class Hours	18 - 54
Total Student Learning Hours	54 - 135

#### Credit / Non-Credit Options

##### Course Type (CB04)

Credit - Degree Applicable

##### Noncredit Course Category (CB22)

Credit Course.

##### Noncredit Special Characteristics

No Value

##### Course Classification Code (CB11)

Credit Course.

##### Funding Agency Category (CB23)

Not Applicable.

Cooperative Work Experience Education Status (CB10)

Variable Credit Course

#### Weekly Student Hours

In Class

Out of Class

#### Course Student Hours

Course Duration (Weeks)

18

Lecture Hours	0.5 - 1.5	1 - 3	<b>Hours per unit divisor</b>	54
Laboratory Hours	1.5 - 3	0	<b>Course In-Class (Contact) Hours</b>	
Studio Hours	0	0	Lecture	9 - 27
			Laboratory	27 - 54
			Studio	0
			<b>Total</b>	36 - 81
			<b>Course Out-of-Class Hours</b>	
			Lecture	18 - 54
			Laboratory	0
			Studio	0
			<b>Total</b>	18 - 54

### Time Commitment Notes for Students

No value

### Pre-requisites, Co-requisites, Anti-requisites and Advisories

No Value

### Entry Standards

#### Entry Standards

Perform skills appropriate for intercollegiate golf.

Define National Collegiate Athletic Association (NCAA) men's golf rules.

Participate in rigorous physical activity.

Participate and interact in a team environment.

Maintain positive individual behaviors to enhance team dynamics.

### Specifications

#### Methods of Instruction

Methods of Instruction                      Lecture

Methods of Instruction                      Laboratory

Methods of Instruction                      Collaborative Learning

Methods of Instruction                      Multimedia

Methods of Instruction                      Demonstrations

#### Out of Class Assignments

- 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

#### Rationale

Exam/Quiz/Test	Written exams
Evaluation	Demonstration evaluations
Writing Assignment	Video movement analysis
Activity (answering journal prompt, group activity)	Tournament play

#### Textbook Rationale

No Value

#### Textbooks

Author	Title	Publisher	Date	ISBN
No Value	No Value	No Value	No Value	No Value

#### Other Instructional Materials (i.e. OER, handouts)

<b>Description</b>	Men's Golf Rules and Interpretations
<b>Author</b>	National Collegiate Athletic Association
<b>Citation</b>	Indianapolis: National Collegiate Athletic Association, 2023
<b>Online Resource(s)</b>	

**Materials Fee**

No value

**Learning Outcomes and Objectives****Course Objectives**

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.

**SLOs**

**Perform advanced golf skills through individual and team practice.**

Expected Outcome Performance: 70.0

*ILOs* Analyze and solve problems using critical, logical, and creative thinking; ask questions, pursue a line of inquiry, and derive conclusions; cultivate  
*Core* creativity that leads to innovative ideas.  
*ILOs*

Demonstrate depth of knowledge in a course, discipline, or vocation by applying practical knowledge, skills, abilities, theories, or methodologies to solve unique problems.

*ATHPE* Implement and apply conditioning, weight training, and sport specific skills necessary for collegiate competition.  
Core  
PLOs

**Integrate cooperative skills needed to perform at a high level of play.**

Expected Outcome Performance: 70.0

*ILOs* Analyze and solve problems using critical, logical, and creative thinking; ask questions, pursue a line of inquiry, and derive conclusions; cultivate  
Core creativity that leads to innovative ideas.  
*ILOs*

Demonstrate depth of knowledge in a course, discipline, or vocation by applying practical knowledge, skills, abilities, theories, or methodologies to solve unique problems.

*ATHPE* Integrate and execute advanced cooperative skills needed to perform at a high level of play.  
Core  
PLOs

**Demonstrate and apply safety rules and procedures to effectively participate in a physical movement environment.** Expected Outcome Performance: 70.0

*ILOs* Analyze and solve problems using critical, logical, and creative thinking; ask questions, pursue a line of inquiry, and derive conclusions; cultivate  
Core creativity that leads to innovative ideas.  
*ILOs*

Demonstrate depth of knowledge in a course, discipline, or vocation by applying practical knowledge, skills, abilities, theories, or methodologies to solve unique problems.

*ATHPE* Demonstrate and apply safety rules and procedures to effectively participate in physical movement.  
Core  
PLOs

**Develop a high level of physical conditioning inherent in competitive golf.**

Expected Outcome Performance: 0.0

*ILOs* Demonstrate depth of knowledge in a course, discipline, or vocation by applying practical knowledge, skills, abilities, theories, or methodologies to  
Core *ILOs* solve unique problems.

*ATHPE* Implement and apply conditioning, weight training, and sport specific skills necessary for collegiate competition.  
Core  
PLOs Integrate and execute advanced cooperative skills needed to perform at a high level of play.

## Additional SLO Information

**Does this proposal include revisions that might improve student attainment of course learning outcomes?**

No

**Is this proposal submitted in response to learning outcomes assessment data?**

No

**If yes was selected in either of the above questions for learning outcomes, explain and attach evidence of discussions about learning outcomes.**

No Value

**SLO Evidence**

No Value

## Course Content

### Lecture Content

#### Team Philosophies and Rules (2-8 hours)

- Sportsmanship
- Team rules
- Individual/team goal setting
- NCAA rules and regulations
- CCCAA Decorum Policies
- United States Golf Association (USGA)

#### Safety for Men's Golf (2-5 hours)

- Proper warm-up
- Proper cool-down

#### Understanding Team Dynamics (2-7 hours)

- Creating a positive environment
- Effective communication under stress

#### Nutritional Aspects of Effective Training (2-6 hours)

#### Definitions of Diversity, Inclusion, Inequality and Discrimination in Sports Competition (1 hour)

- Gender
- Race/ethnicity
- Sexuality
- Religion

**Total Hours: 9-27**

### Laboratory/Studio Content

#### Fundamental Conditioning Skills for Men's Golf Lab (8-14 hours)

- Coordination
- Muscular strength Muscular and cardiovascular endurance
- Flexibility

#### Advanced Fundamental Skills in Men's Golf (11-20 hours)

- Swing fundamentals
- Driving
- Long distance shots
- Short, middle, and long putting
- Chipping
- Sandshots
- Club choices
- Wedges
- Putters
- Short irons
- Middle irons, long irons, and woods
- Fundamental body mechanics
- Stance
- Foot positioning
- Hip angle

#### Advanced Game Strategy (8-20 hours)

- Golf etiquette
- Speed of play
- Putting order
- Driving orders
- Competitive strategy
- Course variations
- Weather conditions
- Mental skills
- Mental offense
- Mental defense

**Total Hours: 27-54**