

CUYAMACA COLLEGE
COURSE OUTLINE OF RECORD

Exercise Science 213 – Intercollegiate Golf

10 hours laboratory, 3 units

Catalog Description

Students participate in intercollegiate golf competition through structured practice, course play, and match performance. The course emphasizes technical skill development in all phases of the game, tactical decision-making, and adherence to USGA, CCCAA, and OEC rules. Students represent the college in scheduled events and engage in performance analysis, team collaboration, and academic accountability. Open to students who qualify through tryouts. *Athletic insurance fee is required.*

Prerequisite

Tryout

Course Content

- 1) Technical and Tactical Skill Development
 - a. Refinement of golf skills including woods, iron, putting, and bunker shots.
 - b. Tactical decision-making and course management in individual and team settings.
- 2) Rules, Etiquette, and Sportsmanship
 - a. Application of USGA, CCCAA, and conference rules.
 - b. Emphasis on golf etiquette, professionalism, and ethical play during practice and matches.
- 3) Physical Conditioning and Mental Focus
 - a. Strength, flexibility, and endurance training tailored to golf.
 - b. Focus techniques such as visualization, course strategy, and emotional regulation.
- 4) Competitive Play and Team Participation
 - a. Participation in conference matches and tournament competition.
 - b. Team responsibilities including travel, conduct, and academic standing.
- 5) Performance Analysis and Continuous Improvement
 - a. Use of coach and peer feedback, video review, and personal reflection to support performance growth.

Course Objectives

Students will be able to:

- 1) Demonstrate advanced golf techniques appropriate for collegiate-level competition.
- 2) Apply course management strategies and tactical decisions in match play.
- 3) Interpret and apply USGA, CCCAA and conference rules while exhibiting appropriate golf etiquette.
- 4) Maintain competitive readiness through physical conditioning and mental preparation.
- 5) Represent the college in intercollegiate matches while meeting behavioral and academic expectations.
- 6) Analyze personal performance using feedback and reflection for continuous improvement.

Method of Evaluation

A grading system will be established by the instructor and implemented uniformly. Grades will be based on demonstrated proficiency in subject matter determined by multiple measurements for evaluation, one of which must be written exams, skills demonstration or, where appropriate, the symbol system.

- 1) Objective performance evaluations that measure students' ability to improve overall strength, fitness and competitive skills during practice and intercollegiate events over the course of the golf season.
- 2) Competitive team building activities that measure students' ability to demonstrate effective teamwork and sportsmanship during practice and intercollegiate games.
- 3) Written/oral exams that measure students' ability to describe the physical and mental aspects of intercollegiate golf competition and explain appropriate strategies for maintaining optimal health and injury-free competition.

Special Materials Required of Student

Golf shoes, clubs

Minimum Instructional Facilities

Local golf course

Method of Instruction

- 1) Lecture and demonstration
- 2) Practice

Out-of-Class Assignments

- 1) **Reading:** review course materials, and other multimedia.
- 2) **Writing:** N/A.
- 3) **Other:** review strategies for competition; analysis of competitive golf (as seen live and in available media).

Texts and References

- 1) Required (representative example): USGA, *Decisions on the Rules of Golf 2023*.
- 2) Supplemental: OEC Conference rules, CCCAA rules

Student Learning Outcomes

Upon successful completion of this course, students will be able to:

- 1) Demonstrate competitive-level golf skills and strategies during intercollegiate matches.
- 2) Apply official rules and exhibit appropriate etiquette and sportsmanship in practice and competition.
- 3) Maintain physical and mental readiness to support sustained performance and injury prevention.
- 4) Reflect on performance using self-assessment and feedback to identify areas for improvement.