

**CUYAMACA COLLEGE**  
**COURSE OUTLINE OF RECORD**

**EXERCISE SCIENCE 125B – INTERMEDIATE GOLF**

1 hour lecture, 2 hours laboratory, 1.5 units

**Catalog Description**

Instruction and practice in golf including skills required to play a small executive course. Students must furnish their own equipment.

**Prerequisite**

None

**Recommended Preparation**

"C" grade or higher or "Pass" in ES 125A or equivalent

**Entrance Skills**

Without the following skills, competencies and/or knowledge, students entering this course will be highly unlikely to succeed:

- 1) Successfully perform the fundamental skills: swing, putt, chip, and pitch.
- 2) Identify correct execution of the necessary skills and techniques: club swing, putting, chipping, pitching, and use of irons.
- 3) Define basic terminology.
- 4) List basic rules and etiquette.

**Course Content**

- 1) Skills of golf: putting, chipping, pitching, use of irons, use of woods
- 2) Techniques of golf
- 3) Rules and etiquette
- 4) Tournament play
- 5) To form an understanding and appreciation for the golf game

**Course Objectives**

Students will be able to:

- 1) Define golf terminology, the rules of play, codes of behavior, etiquette, and scoring
- 2) Demonstrate a proficiency of intermediate level golf skills required to play on pitch-and-putt and regulation 18-hole courses
- 3) Evaluate specific situations and select the appropriate golf skills necessary for success
- 4) Appreciate the social and cultural aspects of the game of golf

**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) Quizzes and exams that measure students' ability to identify, explain, describe and/or provide examples of the rules, ethics, and strategies of the game of golf.
- 2) Objective skills testing that measures students' proficiency in playing golf at the intermediate level.

**Special Materials Required of Student**

Golf clothes, shoes, clubs

**Minimum Instructional Facilities**

Golf course, driving range, golf clubs, balls

**Method of Instruction**

- 1) Lecture and demonstration
- 2) Multimedia
- 3) Group participation
- 4) Individualized help

**Out-of-Class Assignments**

- 1) Assigned reading
- 2) Multimedia
- 3) Goals paper
- 4) Analysis of televised professional golf

**Texts and References**

- 1) Required (representative example): None
- 2) Supplemental: None

**Exit Skills**

Students having successfully completed this course exit with the following skills, competencies and/or knowledge:

- 1) Perform skills at the level required for tournament play including putting, chipping, pitching, use of irons, and use of woods and driving.
- 2) Correctly analyze their game in terms of strategy and choice of clubs and shots.
- 3) Compete in tournament play following all rules and etiquette.

**Student Learning Outcomes**

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

- 1) Define golf terms.
- 2) Describe golf scoring.
- 3) Identify appropriate golf etiquette.
- 4) Demonstrate skills appropriate for competition, recreation, and fitness-enhancing play at the intermediate level.