

CUYAMACA COLLEGE
COURSE OUTLINE OF RECORD

EXERCISE SCIENCE 125C – ADVANCED GOLF

1 hour lecture, 2 hours laboratory, 1.5 units

Catalog Description

Continuation of ES 125B with an emphasis on advanced techniques, strategies and tournament play. Students must furnish their own equipment.

Prerequisite

None

Recommended Preparation

"C" grade or higher or "Pass" in ES 125B 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 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.

Course Content

- 1) Review of basic safety, rules, terminology
- 2) Analysis of golf swing
- 3) Putting techniques
- 4) Short game
- 5) Mid-iron play
- 6) Long irons and fairway woods
- 7) The driver
- 8) Trouble shots
- 9) Methods of analyzing your game
- 10) Tournament play
- 11) Evaluation

Course Objectives

Students will be able to:

- 1) Define golf terminology, the rules of play, codes of behavior, etiquette and scoring
- 2) Demonstrate advanced-level skills and techniques through instruction, practice and tournament play
- 3) Analyze their own game in order achieve more advanced ability
- 4) Appreciate the social and cultural aspects of the game of golf, particularly on executive courses

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 advanced level.

Special Materials Required of Student

Furnish own transportation and equipment

Minimum Instructional Facilities

Golf course, driving range

Method of Instruction

- 1) Lecture and demonstration
- 2) Practice golf course play

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

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 advanced level.