

**CUYAMACA COLLEGE**  
COURSE OUTLINE OF RECORD

**EXERCISE SCIENCE 213 – INTERCOLLEGIATE GOLF**

10 hours laboratory, 3 units

**Catalog Description**

Instruction in team play and strategy. Competition in practice and league play. *Athletic insurance fee is required.*

**Prerequisite**

Tryout

**Course Content**

- 1) 80% playing competitive matches
- 2) 20% practice on putting, irons, wood and bunker shots

**Course Objectives**

Students will be able to:

- 1) Apply competitive skills training and strategic decision-making to improve performance during practice and competitive events.
- 2) Display improvement in strength and fitness based on objective physical tests such as the one repetition-max strength test.
- 3) Discuss the physical and mental aspects of competitive participation in golf in order to improve teamwork and sportsmanship.
- 4) Identify appropriate preventive and treatment options for maintaining injury-free competition and optimal health.

**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) Assigned reading
- 2) Multimedia
- 3) Review strategies for competition
- 4) 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 2018-19*.
- 2) Supplemental: None

### **Student Learning Outcomes**

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

- 1) Define golf terms at the advanced level.
- 2) Describe golf scoring and competitive strategies.
- 3) Identify appropriate golf decorum, etiquette, and sportsmanship.
- 4) Demonstrate golf skills appropriate for competition at the college level.
- 5) Demonstrate appropriate fitness level for college-level competition to avoid injury.