

Mt. San Jacinto College
Integrated Course Outline of Record

Form B

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Department	Subject	Course Number	Title
Physical Education Inter-Collegiate	Physical Education Inter-Collegiate PEIC	147	Intercollegiate Sports: Golf

Units/Hours

- Each lecture unit requires 1 hour per week of class time, and 2 hours per week of study outside of class.
- Each laboratory unit requires 3 hours per week of class time.
- Each activity unit requires 2 hours per week of class time and 1 hour per week of study outside of class.

Lab Units	Total Units
3.00	3.00
Lab Contact Hours	Total Contact Hours
144.00 - 162.00	144.00 - 162.00
Lab Homework Hours	
0	

Stand Alone:

Program Applicable

AA/AS Degree General Ed Breadth Area(s):

-none-

General Education Justification:

Maximum Enrollment:	32
Maximum Enrollment Justification:	Justification:
Grading Method:	Letter Grade or P/NP
TOP code:	0835.50

Can be Taken 4 time(s) for credit (max 4)

- ☐
- Visual or Performing Arts course that is required to meet major requirements for UC/CSU
-
- ☒
- Intercollegiate athletics course
-
- ☐
- Academic/vocational competition course

Catalog Description:

(Please do not refer to transferability or degree, certificate, or employment concentration applicability. Please only describe the course).
(75 words or less in gray box below).

This course is inteded for members of the Intercollegiate Golf Team. The course will provide instruction in components of training, developing skills, and conditioning related to the skills and techniques required for intercollegiate golf.

Schedule Description:

(Please do not refer to transferability or degree, certificate, or employment concentration applicability. Please only describe the course).
(25 words or less in gray box below).

This course is intended for members of the Intercollegiate Golf Team, for purposes of training, developing skills and conditioning required for intercollegiate competition.

Need for the course:

This course is necessary for students to compete in intercollegiate athletics.

Prerequisite(s):

Prerequisites go through a separate approval process. See Forms E1-E6 for details.
(For further clarification, contact the Prerequisite Subcommittee)

- Students planning and preparing to compete in intercollegiate athletics must be healthy enough to pass a physician's examination and complete an interview with the instructor.

Corequisite(s):

Corequisites go through a separate approval process. See Forms E1-E6 for details.

-none-

Recommend Preparation:

Recommended Preparation goes through a separate approval process. See Forms E1-E6 for details.

-none-

Other Enrollment Criteria:

-none-

Learning Objectives:

(please number each objective and express in behavioral terms)
Upon the completion of the course the student will be able to do the following:

1. Demonstrate golf fundamentals: driving, short game, chipping, and putting.
2. Identify rules, strategies, and techniques for intercollegiate golf.
3. Apply principles of strategies course management in practice rounds and tournament play.
4. Improve their fitness level and apply basic fitness principles for lifetime health and wellness.

Course Content:

(please number the outline of main topics and subtopics)

Lab Content:

(please number the outline of main topics and subtopics)

- 1. Practice stroke fundamentals
 - 1. Swing basics
 - 2. Imparting spin to the shot
 - 3. Pitch
 - 4. Chip
 - 5. Drive
 - 6. Putt
- 2. Practicing for unexpected lies
 - 1. Downhill
 - 2. Uphill
 - 3. Sidehill
 - 1. ball lower than feet
 - 2. ball higher than feet
 - 4. Bunker play
 - 5. Divot
 - 6. Water
 - 7. Adverse Weather
 - 1. Wind
 - 2. Rain
- 3. Plotting a Strategy for a course
 - 1. Club selection
 - 2. Conservative play
- 4. Strategy for each hole
 - 1. 3 par
 - 2. Teeing up
 - 3. Approach shot
 - 4. 4 par
 - 5. 5 par
- 5. Putting
 - 1. Technique
 - 1. grip
 - 2. stance
 - 3. alignment
 - 4. stroke
 - 2. Reading the green
 - 1. slope
 - 2. grain
- 6. Etiquette practice
 - 1. putting
 - 2. on the green
 - 3. repairing ball marks
 - 4. on the course
- 7. Improvement in Strength and flexibility
 - 1. Exercises for strength and power
 - 2. Stretching exercises
- 8. Rules, etiquette, eligibility
 - A. USGA Rules and regulations
 - B. CCCAA eligibility
 - C. Course etiquette

- D. Coaching philosophy
- E. Safety
- 9. Assessment/Evaluation
 - A. Skills
 - B. Techniques
 - C. Conditioning
 - D. Strength
- 10. Conditioning
 - A. Weight lifting
 - B. Cardiovascular training
- 11. Driving
 - A. Swing evaluation
 - B. Swing development
- 12. Short game
 - A. Chipping
 - a. Rough
 - b. Sand trap
 - c. Fairway
 - B. Putting
- 13. Health and fitness
 - A. Diet and nutrition
 - B. Evaluation of personal health/ habits

Methods of Instruction:

Methods of instruction may include, but are not limited to the following:

- **Method:** Discussion
Integration: Discussion and review of rules, regulations, CCCAA(California Community College Athletic Association)eligibility, and course etiquette in regard to the sport of golf.
- **Method:** Lab Activities
Integration: Individual application of golf skill development in driving, short game, chipping, and putting.
- **Method:** Lecture
Integration: Present health and fitness content, course management strategies, and advanced technique strategies.
- **Method:** Observation and Demonstration
Integration: Preview films of professional golfers demonstrating correct technique and review films of individual swings to evaluate and make corrections in technique.

Methods of Evaluation:

A student's grade shall be determined by the instructor using multiple measures of performance related to the course objectives. Methods of evaluation may include but are not limited to the following:

- **Method:** Class Performance
Integration: Daily assessment of player development and use of golf tactics and strategies.
- **Method:** Class Participation
Integration: Intercollegiate competitions will be evaluated by individual scores, application of golf strategies and techniques.
- **Method:** Exams/Tests
Integration: Brief objective tests will be used to evaluate students comprehension of key golf terms, rules, etiquette, strategies and techniques.

Examples of Assignments:

Students will be expected to understand and critique college level texts or the equivalent. Reading and writing, as well as out of class assignments are required. These assignments may include but are not limited to the following:

- Sample written journal assignment:
For an upcoming intercollegiate match, strategize your overall game and then detail your strategy for each hole.
- Sample Pracitce Drill:
Perform chipping 10 times from 5 different places and distances from the green. Record the number of chips that successfully made it to the green.
- Sample Demonstration:
During a practice round of 18 holes, demonstrate course management techniques by presenting your strategies to a practice partner.

Textbooks:

- Davies, C., Disaia, V. (2019). *Golf Anatomy* Human Kinetics. ISBN: 9781492548423

Other Resources:

Minimum Qualification

- Coaching **or**
- Kinesiology (Masters Required) **or**
- Physical Education (Masters Required)