

OHLONE COLLEGE
Ohlone Community College District
OFFICIAL COURSE OUTLINE

I. Description of Course:

1. **Department/Course:** PE - 321
2. **Title:** Small Group Golf Instruction
3. **Cross Reference:**
4. **Units:** 4
Lec Hrs: 2
Lab Hrs: 6
Tot Hrs: 144.00
5. **Repeatability:** Yes Times:3
6. **Grade Options:** Letter Grade, May
Petition for Pass/No Pass (GP)

7. **Degree/Applicability:**
Credit, Degree Applicable, Transferable
- CSU (T)

8. **General Education:**
9. **Field Trips:** Not Required

10. **Requisites:**

12. Catalog Description:

This course covers the fundamentals of golf technique including proper use of equipment, grip, stance, and swing. The class is broken into smaller groups for more effective learning and coaching.

13. Class Schedule Description:

An introduction to the fundamentals of golf technique, equipment, and strategy.

14. Counselor Information:

This course can be used to satisfy the PE requirement for the AA degree

II. Student Learning Outcomes

The student will:

1. Apply the basics of stance, posture and grip as it relates to various club selections for specific shots.
2. Identify swing faults and set up methods for each correction.
3. Distinguish each of the fundamentals of the golf swing, pitching, chipping and putting on how they are similar and different.
4. Demonstrate the various drills associated with each of the golf skills to include the swing, pitching, chipping and putting.
5. Select the best club and technique for the various shots required in pitching and chipping.
6. Identify the various methods of learning, memory development and sensory information.

III. Course Outline:

A. Lecture:

1. The Brain and how we learn
2. Developing long term memory
3. Searching for patterns in learning
4. Making sense of sensory information

5. Meaning and emotions
6. Learning Strategies
7. An Explanation of Right/Left Brain theory and it's relevance to golfers
8. Is it better to be right than left brain
9. Golf Attention Deficit Disorder
10. Golf Stretching Routine
11. Strength for maximum distance and control
12. Driving Range Evaluation

B. Lab:

1. Stance, posture and grip
2. Turning of the shoulders to move the club away from the ball and how to keep the club on plane.
3. How to use the hips and legs to drop the back shoulder and club before rotating the hips to bring the club back to the ball.
4. How to keep the posture of the body and the proper impact position to hit the ball to the target.
5. How open, square and closed relates to the body and the club.
6. How to determine what went on in the swing based on ball flight.
7. Additional skills as it relates to pitching, chipping and putting.

IV. Course Assignments:

A. Reading Assignments

1. Various assigned readings from textbook and electronic media.

B. Projects, Activities, and other Assignments

1. Develop a practice plan for the golf swing.
2. Keep a log of practice

C. Writing Assignments

1. Weekly writing assignments.

V. Methods of Evaluation/Assessment:

- A. Longitudinal improvement of specific drills (SLO's 1-5).
- B. Completion of the weekly assignments related to stance, swing, and various stroke techniques (SLO's 2-5).
- C. Completion of the mental and memory aspect in developing golf skills. (SLO 6).

VI. Methods of Instruction:

- A. Laboratory
- B. Demonstration
- C. Self-Paced
- D. Distance Learning

VII. Textbooks:

Recommended

1. Mike Cowan *The Practice Pro* first Edition, Kendall/Hunt, 1996 ISBN: 0-7872-2449-9

Supplemental

VIII. Supplies:

- A. Minimum requirement for golf equipment includes:
putter, pitching wedge, mid-iron, fairway wood (\$40-\$80 per club)
- B. Student to provide their own golf equipment.

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