

OHLONE COLLEGE
Ohlone Community College District
OFFICIAL COURSE OUTLINE

I. Description of Course:

1. **Department/Course:** PE - 323
2. **Title:** Golf One on One
3. **Cross Reference:**
4. **Units:** 4
Lec Hrs: 2
Lab Hrs: 6
Tot Hrs: 144.00
5. **Repeatability:** Yes Times:3
6. **Grade Options:** Pass/No Pass (P)

7. **Degree/Applicability:**
Credit, Degree Applicable, Transferable
- CSU (T)
8. **General Education:**
9. **Field Trips:** Not Required
10. **Requisites:**
Advisory
Some existing golf experience.

12. Catalog Description:

This course is designed to assist the golfer with swing improvement using the V1 PGA certified video system. The V1 system will allow the instructor to show the students various angles of their swing to identify their swing faults. Once faults are identified, the instructor will assign specific drills learned in the Small Group Instruction course to correct the faults.

13. Class Schedule Description:

This course is used to improve the golf swing using the V1 PGA certified video technology.

14. Counselor Information:

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

II. Student Learning Outcomes

The student will:

1. Analyze their overall positions as they relate to stance posture and grip.
2. Relate to the instructor the proper positions of the body before, during and after the swing movement.
3. Demonstrate the proper positions of the arms before, during and after the swing movement.
4. Suggest corrective procedures and discuss the proper drills to be used for correction.
5. Identify the proper positions of the golf club and club face before, during and after the swing movement.

III. Course Outline:

Lecture

- A. Video analysis to improve the golf swing.
- B. Review the golf swings of professional golfers to understand and be aware of the positions of the body, arms and club during the various positions of the swing movement.
- C. Understanding how the swing path, body positions and club face positions at impact will

affect the ball flight as it relates to an open, square and closed body positions and club face positions.

- D. The value of charting and cataloguing their progress from one video session to the next.
- E. Each student will go online to observe the difference between an correct and incorrect movement of various golf swings. The visual understanding of the golf swing and it's components will enable the students to assist in the correction of their own swing.
- F. Posture Means Power - Mobility Versus Stability - Golf Swing Analysis - Energy Transfer - Defining the Force of the Golf Swing - Club Release - Coordination for the Golf Swing - Developing Golf Specific Power.

Lab

- A. Video analysis of each students' golf swing to develop optimal technique and interventions.
- B. The students receive and practice swing correction drills.
- C. Continued video analysis throughout the course will allow self analysis and swing monitoring.

IV. **Course Assignments:**

A. Reading Assignments

- 1. Various weekly assigned readings from textbook or electronic media.

B. Projects, Activities, and other Assignments

- 1. Video tape professional golf tournaments and view the swings in slow motion to help understand the various positions of the swing movement.

C. Writing Assignments

- 1. Keep a weekly log of drills used to help correct their swing faults.
- 2. PGA tournament video results.

V. **Methods of Evaluation/Assessment:**

- A. Each student will be required to have a swing video in alternate weeks during the semester. On alternate weeks the student will review their swing and chart their improvement. Both instructor and student will evaluate these videos to produce an understanding of their swing faults (SLO's 1-5).
- B. Self assessment of their improvement and be able to discuss the process they used to complete their progress (SLO's 1-5).

VI. **Methods of Instruction:**

- A. Lecture
- B. Laboratory
- C. Discussion
- D. Demonstration
- E. Audiovisual
- F. Self-Paced
- G. Computer Assisted Instruction
- H. Distance Learning

VII. **Textbooks:**

Recommended

Supplemental

VIII. Supplies:

A. Range balls (\$5-\$8 per session)

B. Students must furnish their own golf equipment. Minimum equipment to include: putter, pitching wedge, mid-iron, and fairway wood (\$40-\$80 per club).

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