

OHLONE COLLEGE
Ohlone Community College District
OFFICIAL COURSE OUTLINE

I. Description of Course:

1. **Department/Course:** PE - 328
2. **Title:** Golf Course Experience
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:** Optional
10. **Requisites:**
Advisory
Prior golf experience recommended.

12. Catalog Description:

This course is designed to help the student develop the proper shotmaking skills, help reduce stress and use positive feedback techniques while playing leisure and tournament golf. The student will also play various golf formats and establish a golf handicap.

13. Class Schedule Description:

Leisure and tournament golf to establish mental and physical skills to include a golf handicap.

14. Counselor Information:

This course can be used toward the fulfillment of the Physical Education requirement for the AA degree,

II. Student Learning Outcomes

The student will:

1. Observe the role of positive feedback in shotmaking skills.
2. Develop various shaped shots and sound practice habits.
3. Apply methods of stress reduction as related to golf.
4. Compose a plan to incorporate course management through hole analysis, pre shot routine, visualization and club selection.
5. Select strategies associated with tournament play.
6. Express how to evaluate the golf course
7. Describe on-course concentration and the ability to deal with pressure by recognizing internal tendencies.

III. Course Outline:

Lecture

- A. Developing an on-course game plan
- B. Thought process for shot making using the clear key technique and positive visualization.
- C. Concentration and awareness development
- D. How to practice and set up a swing drill practice program

E. How to develop a short game practice program

Lab

- A. Alignment, Set-up, ball position and lie
- B. Club selection for the various shots based on lie and distance.
- C. How to read the slope and speed of the greens to improve putting skills.
- D. Swing evaluation to correct ball flight
- E. On-course correction of ball flight inconsistencies
- F. Be able to play and understand the differences in match play, medal play, best ball and scramble.

IV. Course Assignments:

A. Reading Assignments

1. Current USGA rule book and various assigned readings from textbook or electronic medium.

B. Projects, Activities, and other Assignments

1. Each on course play record fairways hit, greens in regulation and numbers of putts. Keep a running account by charting each category listed and score.

C. Writing Assignments

1. Weekly record of ball flight and distance with each club. Chart and record to develop a strategy while playing golf.

V. Methods of Evaluation/Assessment:

- A. Through on line concentration, stress and mental practice lectures and tests. (SLO's 3 & 7)
- B. Evaluation of the play of each student based on course management (SLO 4, 5 & 6)
- C. Evaluation of student play based on their outcome and experience. (SLO 1 & 2)

VI. Methods of Instruction:

- A. Lecture
- B. Laboratory
- C. Discussion
- D. Demonstration
- E. Self-Paced
- F. Distance Learning

VII. Textbooks:

Recommended

1. PGA *PGA Junior Golf* first Edition, PGA, 2007 ISBN: n/a

Supplemental

VIII. Supplies:

- A. Golf balls (\$6-\$25)
- B. Students must furnish a minimum of 4 golf clubs to include a fairway metal wood, putter, mid iron and pitching wedge (\$40-\$80 per club).
- C. Students must pay their own green fees at each golf outing (\$25-\$45).

