

PALOMAR COLLEGE
COURSE OUTLINE OF RECORD FOR
DEGREE CREDIT COURSE

 X Transfer Course X A.A. Degree applicable course
(Check all that apply)

COURSE NUMBER AND TITLE: PE 119 Advanced Golf

UNIT VALUE: 1, 1.5,

MINIMUM NUMBER OF SEMESTER HOURS: 32, 48

BASIC SKILLS REQUIREMENTS: Appropriate language skills

ENTRANCE REQUIREMENTS: None

PREREQUISITE: None

COREQUISITE: None

RECOMMENDED PREPARATION: None

SCOPE OF COURSE:

Development of playing strategies. Emphasis on swing techniques and mental approach to golf game. Wise use of practice time. Competency in the rules of golf. Classes held off-campus.

SPECIFIC COURSE OBJECTIVES:

Successful students will....

1. evaluate mechanics of golf swing.
2. compare and contrast the different strategies of golf.
3. analyze golf rounds for strengths and weaknesses.
4. analyze ball flight laws and swing plane.
5. evaluate the different types of golf courses and how that would affect the mental game.
6. analyze the skills necessary to play competitive golf as apposed to recreational golf.

CONTENT IN TERMS OF SPECIFIC BODY OF KNOWLEDGE:

- I. Introduction
 - A. Understanding of golf face loft and resulting trajectory and distance.
 - B. Swing evaluation mechanics
 - 1. Grip
 - 2. Stance/Alignment
 - 3. Backswing
 - 4. Downswing
 - 5. Follow-through
 - C. Drills for improvement
 - D. Fitting clubs (individual)
- II. Short game
 - A. Putting
 - B. Chipping
 - C. Pitching
 - D. Bunker (Greenside and Fairway)
 - E. Specialty shots
- III. Short irons
 - A. When to use and why
 - B. Target awareness
- IV. Long irons
 - A. When to use and why
 - B. Target awareness
- V. Review woods
- VI. Mental golf strategy
- VII. Golf course play

REQUIRED READING:

Instructor generated handouts on the sport of golf.

SUGGESTED READING:

Golf magazine.

Golf Digest Magazine.

REQUIRED WRITING:

Skills demonstration is more appropriate.

OUTSIDE ASSIGNMENTS:

Students are expected to spend a minimum of three hours per unit per week in class and on outside assignments, prorated for short-term classes.

Read and study handouts, and lecture notes. Practice skills, and study for final exam.

INSTRUCTIONAL METHODOLOGY:

Check all that apply:

- lecture
- laboratory
- lecture-laboratory combination
- directed study

DISTANCE LEARNING:

This course may be offered as a distance learning course and meets Title 5 regulations 55370, 55372, 55374, 55376, 55378, and 55380.

Yes No

If yes, check all that apply:

- Television Course (Video one-way, e.g. ITV, video cassette, etc.)
- Online Course (Text one-way, e.g. newspaper, correspondence, electronic file, etc.)
- Two-Way Video Conferencing (Two-way interactive video and audio)
- One-Way Video Conferencing (One-way interactive video and two-way interactive audio)
- Computer Assisted Instruction (A specialized form of mediated instruction relying primarily on student access to information and prepared lessons or teaching materials through a computer terminal, but not under immediate supervision of a qualified instructor.)

GRADING POLICY AND STANDARDS (include methods of determining whether the stated objectives have been met by students):

Class participation	75%
Final exam	25%

IS COURSE REPEATABLE FOR REASON(S) OTHER THAN DEFICIENT GRADE?

Yes No Number of times course may be taken for credit: 4

If yes, identify specific provision of Title 5 Division 2 section(s), 55761-55763 and 58161 which qualifies course as repeatable: 58161 (c) (2) (A) and (B)

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SIGNATURES ON FILE