

PE-1150: GOLF FOR BEGINNERS

Cuyahoga Community College

Viewing: PE-1150 : Golf for Beginners

Board of Trustees:

October 2022

Academic Term:

Fall 2023

Subject Code

PE - Physical Education

Course Number:

1150

Title:

Golf for Beginners

Catalog Description:

Instruction in and development of skills, fundamentals of the swing, and physical skills of the game. Additional fees required.

Credit Hour(s):

1

Lecture Hour(s):

0

Lab Hour(s):

2

Other Hour(s):

0

Requisites

Prerequisite and Corequisite

None.

Outcomes

Course Outcome(s):

Apply beginning golf skills, as well as rules and etiquette learned, to actual rounds of golf.

Objective(s):

1. Demonstrate knowledge of the history of the game.
 2. Practice the various phases of the game.
 3. Demonstrate ability to score.
 4. Demonstrate knowledge of basic golf terminology.
 5. Demonstrate knowledge of basic equipment used.
 6. Explain basic playing procedures and rules.
 7. Explain basic rules of etiquette.
 8. Define and utilize safety procedures of golf.
 9. Demonstrate knowledge of how golf contributes to physical fitness.
 10. Define the components of a golf hole and acquaintance with a golf course.
 11. Perform a correct golf swing using a variety of clubs.
 12. Develop a reasonable degree of skill in hitting the ball.
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Methods of Evaluation:

- a. Attendance
- b. Participation
- c. Skill development
- d. Written evaluation

Course Content Outline:

- a. History of golf
- b. Philosophy of the game as a lifetime activity
- c. Development of the golf swing
- d. Practice in the various phases of the game using a variety of clubs
 - i. Use of woods and iron play
 - ii. Tee shots
 - iii. Fairway shots
 - iv. Pitching and chipping
 - v. Putting
- e. Practice at a driving range
- f. Playing procedures
 - i. Basic rules
 - ii. Rules of etiquette
- g. A trip to a golf course
 - i. Learning parts of a typical golf hole
 - ii. Learning basic terms relative to playing a course
 - iii. If suitable arrangements can be made and if time permits, a nine hole round may be played

Resources

Williamson, John. *Born on the Links: A Concise History of Golf*. Lyons Press, 2021. October 15.

DK. *The Golf Book*. DK Publishing, 2021. October 5.

Torre, Manuel de la. *Understanding the Golf Swing*. Skyhorse Publishing, 2018. January 16.

McCormack, Brian. *The 5 Mental Secrets of Golf*. Fisher King Publishing, 2021. July 28.

Anders, Kim. *Golf for Life: How To Get It and How To Keep It, Stories From the Tee*. Kim Anders Publishing, 2020. October 7.

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