Physical Education (PHED) 1520 Beginning Golf (1 or 2 units per semester) CSU
[Formerly PHED 1526]

Prerequisite: None

Total Hours: 48 lab hours for one unit or 96 lab hours for two units

Catalog Description: This activity course introduces students to the fundamental skills critical to playing golf. This course is not open to students with credit in PHED 1526.

Type of Class/Course: Degree Credit


Additional Instructional Materials: Individual golf clubs and equipment

Course Objectives:

By the end of the course, a successful student will be able to

1. improve his/her fundamental skills to a level whereby he/she attains success from the game.

Course Scope, Content, and Student Learning Outcomes:

Unit I  Demonstrate essential skills:
A. Iron Play
B. Wood Play
C. Chipping
D. Putting

Unit II  Training and conditioning:
A. Agility
B. Physical Strength
C. Speed
D. Endurance

Unit III  Rules and Strategies of Individual Play
A. Course Management
B. Shot Selection

Unit IV  Rules and Etiquette
A. Sportsmanship
B. Ethics
C. Etiquette
Methods of Instruction:

1. Practice and instruction of basic skills and techniques
2. Oral Instruction
3. Multimedia Presentations

Methods of Evaluation:

1. Skill demonstrations, including:
   a. performance exams
2. Written assignments

Supplemental Data:

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<th>TOP Code:</th>
<th>083500: Physical Education</th>
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<td>SAM Priority Code:</td>
<td>E: Non-Occupational</td>
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<td>Distance Education:</td>
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<tr>
<td>Funding Agency:</td>
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<tr>
<td>Program Status:</td>
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<td>Noncredit Category:</td>
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<td>Special Class Status:</td>
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<td>Basic Skills Status:</td>
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<td>Prior to College Level:</td>
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