Physical Education (PHED) 2505 Advanced Women's Intercollegiate Golf (2 Units; limit 4 Units) CSU

Prerequisite: Successful completion in Physical Education 1505 with a grade of “C” or better

Total Hours: 107 lab hours

Catalog Description: This advanced course is designed for those students who possess the desire, ability and skills necessary to compete in intercollegiate athletics and may be limited to those who present the necessary physical and mental fitness. Sufficient skill to reduce the likelihood of injury is also required. The consent of the coach is necessary before enrollment. Prior to participation a student must get medical clearance through a physical examination and must meet eligibility requirements. Attendance at all scheduled practices and games are considered part of the course requirement unless the coach excuses the student.

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. gain participation in an individual and team sport,
2. participate at a higher level competitively, and
3. further her advanced athletic abilities in golf.

Course Scope and Content: (Laboratory)

Unit I  Advanced Training and Conditioning for Golf
    A.  Agility
    B.  Physical Strength
    C.  Speed
    D.  Endurance

Unit II  Advanced Fundamentals of Golf
    A.  Set up,
    B.  Swing

Unit III  Advanced Skill Development
    A.  Iron Play
B. Wood Play  
C. Chipping  
D. Putting  

Unit IV  
Advanced Strategies of Individual and Team Play  
A. Course Management,  
B. Shot Selection,  

Unit V  
Rules and Etiquette  
A. Sportsmanship  
B. Ethics  
C. Golf Etiquette  

Methods of Instruction:  
1. Practice of basic skills and techniques  
2. Advanced training programs  
3. Practice games  
4. Intercollegiate competition  
5. Oral instruction  
6. Multimedia presentations  

Methods of Evaluation:  
1. Skill demonstrations, including:  
   a. performance exam  
   b. Intercollegiate competition  
2. Written assignments  

Supplemental Data:  

<table>
<thead>
<tr>
<th>TOP Code:</th>
<th>083520: Intercollegiate Athletics</th>
</tr>
</thead>
<tbody>
<tr>
<td>SAM Priority Code:</td>
<td>E: Non-Occupational</td>
</tr>
<tr>
<td>Distance Education:</td>
<td>Not Applicable</td>
</tr>
<tr>
<td>Funding Agency:</td>
<td>Y: Not Applicable(funds not used)</td>
</tr>
<tr>
<td>Program Status:</td>
<td>1: Program Applicable</td>
</tr>
<tr>
<td>Noncredit Category:</td>
<td>Y: Not Applicable, Credit Course</td>
</tr>
<tr>
<td>Special Class Status:</td>
<td>N: Course is not a special class</td>
</tr>
<tr>
<td>----------------------</td>
<td>---------------------------------</td>
</tr>
<tr>
<td>Basic Skills Status:</td>
<td>N: Course is not a basic skills course</td>
</tr>
<tr>
<td>Prior to College Level:</td>
<td>Y: Not applicable</td>
</tr>
<tr>
<td>Cooperative Work Experience:</td>
<td>N: Is not part of a cooperative work experience education program</td>
</tr>
<tr>
<td>Eligible for Credit by Exam:</td>
<td>NO</td>
</tr>
<tr>
<td>Eligible for Pass/No Pass:</td>
<td>C: Pass/No Pass</td>
</tr>
<tr>
<td>Taft College General Education:</td>
<td>NONE</td>
</tr>
</tbody>
</table>