

Beginning Golf Class
Credit hours = 1
Instructor: Colby Cowan, PGA Golf Professional
Email: colby.cowan@sgcity.org
Southgate Golf Center
Phone: 435-627-4643

PEHR1130 01

Course Description:

The class will teach each student skills of the golf swing, knowledge of basic golf rules and etiquette on the golf course. The golf skills will include proper golf grip, golf posture, ball position, swing plane, two body turns, and energy transfer to the golf ball in full swing, chipping, pitching, and putting.

Department Objectives:

All PEHR courses have the following objectives:

- A. Enhance development of physical, mental, social, and emotional well-being through physical education;**
- B. Be supported to develop personal, lifelong commitment to physical activity for the long range health benefits;**
- C. Develop competencies in athletic activities that will bring greater satisfaction to participation in athletics;**
- D. Demonstrate an understanding of physiology that promotes safety in physical exercise;**
- E. Develop a fitness plan pertinent to the physical activity of the course, as applicable**

Course objectives:

Upon successful completion of this class, students will be able to:

- 1. Explain golf etiquette and how using proper etiquette enhances the golf experience for all golfers on the course.**
- 2. Understand basic rules of the game and how to apply those rules to situations on the golf course.**
- 3. Define and use terminology associated with the golf course and the equipment use to play the game.**
- 4. Learn the skills of pitching the ball.**

5. Learn the skills of chipping the ball.
6. Learn the skills of the full swing.
7. Learn the skills of putting the ball.
8. Communicate to the instructor proper swing technique, etiquette and terminology of the game through quizzes and final exam.

Class Time:

Class will be held each Wednesday at 1:00 p.m. The format for each class time will be to meet at The St. George Golf Center at Southgate. There will be a lecture and class discussion on the terminology, rules of the game, etiquette, ball flight laws, and mental focus. Also, a group golf instruction of golf fundamentals will be discussed including golf posture, correct grip and function, and proper alignment techniques in putting, chipping, pitching and full swing.

Equipment:

If you do not have clubs, The St. George Golf Center at Southgate will provide them. The course fee provides students with **one bucket of range balls on the instructional days** of the class. Additional range balls may be purchased at the regular rate posted at the Southgate Golf Center.

Grading:

Attendance	60%
Final Exam	20%
Skills challenge	15%
Random Quizzes	5%

Final grades will be calculated as a percentage of the total points earned as follows.

A 95-100%	B+ 88-90%	C+ 78-80%	D+ 68-70%
A-91-94%	B 84-87%	C 74-77%	D 64-67%
	B- 81-83%	c- 71-73%	D- 60-63%

Academic Integrity

- 1. Failure to comply with academic standards and honesty will result in course failure.**
- 2. Inappropriate behavior or failure to use proper safety precautions will result in the following.**
 - A. A verbal request to comply with proper precautions.**
 - B. One written warning**
 - C. Administrative withdrawal.**

Attendance make up:

Since attendance is 60% of your grade, there is a solution to make up 5 missed class periods. The option is practice for 1 hour at the Southgate Golf Center, other than class time, paying for the use of range balls for each class period missed.

American With Disabilities Act.

In the event that you are a student with a disability or think you might have a disability in accordance with the American With disabilities Act, please contact the Disability Resource Center at 652 7516 in the student support center.