

COURSE SYLLABUS BEGINNING GOLF 1120

Instructor: Dr. Michael O'Connor, Ramsey Center, Room 363, 542-4456, E-Mail: mjo@uga.edu. Office hours: 8:00-9:00 AM, M-F or by appointment.

Course Description: A course designed to introduce basic golf skills and promote physical activity and fitness knowledge.

Course Objectives:

1. To develop basic golf skills including chipping, driving, and putting.
2. To develop an understanding for the importance of exercise to overall health.

Class Policies and Procedures:

1. The course syllabus is a general plan for the course; deviations announced to the class by the instructor may be necessary
2. Students should read the "Clearance for Safe Exercise Participation" form. Students with existing medical conditions should discuss those conditions with the instructor. Students with medical conditions for which they do not have medical clearance will need to see a physician prior to starting the class.
3. I encourage you to read the policy on academic honesty in the College Catalog. All academic work must meet the standards contained in "A Culture of Honesty." Students are responsible for informing themselves about those standards before performing any academic work. More information at <http://www.uga.edu/ovpi/honesty/acadhon.htm>
4. Athletic clothing and shoes are required.
5. A one time payment of \$90 is required for the use of range balls during class.

Textbook: Hoeger, W.W., S.A. Hoeger & Hales, D., (2007). Fitness and Wellness. UGA Edition. Thomson/Waldsworth, Belmont, CA. (If taking course for graduation)

Course Outline:

Grip, stance, posture, ball position
Chipping
Putting
Pitching
Full swing
Iron play
Wood play
Rules of golf

Attendance: Regular attendance and class participation are required and are important factors in your final grade. Ten points are deducted for each absence after the first two. More than four absences will result in a grade of unsatisfactory. Absences due to illness must be verified by a Physician, the Student Health Service, or by talking with the instructor and getting approval in advance.

Course Evaluation: The following criteria will be used to evaluate and grade the student's performance in this class. A combined score of 70 is required to receive a grade of satisfactory. Participation is worth 40 points; the Fitness Knowledge Component is worth 40 points (only if you are taking this course as a graduation requirement); and the golf self practice sheets are worth 20 points. There are 100 possible points in this class. *For those of you who have already met your PE graduation requirement* 42 out of 60 points (participation and self practice sheet) are required to receive a grade of satisfactory. **Those who have met the PE graduation requirement must provide the instructor oasis documentation.**

Extra Credit: Playing a round of golf can be substituted for an absence (limit two). Turn in your score card to the instructor for credit.

Name: _____

Putting Self-Check

| | Block 1 | Block 2 | Block 3 | Block 4 | Block 5 | Block 6 | Block 7 | Block 8 | Block 9 | Block 10 |
|----|---------|---------|---------|---------|---------|---------|---------|---------|---------|----------|
| T1 | ___/10 | ___/10 | ___/10 | ___/10 | ___/10 | ___/10 | ___/10 | ___/10 | ___/10 | ___/10 |
| T2 | ___/10 | ___/10 | ___/10 | ___/10 | ___/10 | ___/10 | ___/10 | ___/10 | ___/10 | ___/10 |
| T3 | ___/10 | ___/10 | ___/10 | ___/10 | ___/10 | ___/10 | ___/10 | ___/10 | ___/10 | ___/10 |
| T4 | ___/10 | ___/10 | ___/10 | ___/10 | ___/10 | ___/10 | ___/10 | ___/10 | ___/10 | ___/10 |

Select any three of the following:

Task 1

1. Distance from hole: Two feet
2. Target: Holed putt
3. Criterion: Make 10 consecutive putts, 2 times

Task 2

1. Distance from hole: 4 feet
2. Target: Holed putt
3. Criterion: Make 6 of 10 putts, 3 times

Task 3

1. Distance from hole: 8 feet
2. Target: Holed putt or stop within 1 foot of hole
2. Criterion: Inside target 7 of 10 putts, 3 times

Task 4

1. Distance from hole: 12 feet
2. Target: Holed putt, or stop within 2 feet of hole
3. Criterion: Inside target 7 of 10 putts, 3 times

Your initials _____ Date completed _____

Chipping Self-Check

| | Block 1 | Block 2 | Block 3 | Block 4 | Block 5 | Block 6 | Block 7 | Block 8 | Block 9 | Block 10 |
|----|------------|------------|------------|------------|------------|------------|------------|------------|------------|-------------|
| T1 | ___/10 | ___/10 | ___/10 | ___/10 | ___/10 | ___/10 | ___/10 | ___/10 | ___/10 | ___/10 |
| T2 | ___/10 | ___/10 | ___/10 | ___/10 | ___/10 | ___/10 | ___/10 | ___/10 | ___/10 | ___/10 |

Task 1

1. Place the ball: 5 feet off the green, 25 feet from the cup
2. Target: Stop the ball within 6 feet of the cup (any direction)
3. Criterion: Inside target 5 of 10 chips, 3 times

Task 2

1. Place the ball: 10 feet off the green, 40 feet from the cup
2. Target: Stop the ball within 6 feet of the cup (any direction)
3. Criterion: Inside target 4 of 10 chips, 3 times

Your initials _____ Date completed _____

Approach Shot with Irons Self-Check

| | Block 1 | Block 2 | Block 3 | Block 4 | Block 5 | Block 6 | Block 7 | Block 8 | Block 9 | Block 10 |
|----|------------|------------|------------|------------|------------|------------|------------|------------|------------|-------------|
| T1 | ___/10 | ___/10 | ___/10 | ___/10 | ___/10 | ___/10 | ___/10 | ___/10 | ___/10 | ___/10 |
| T2 | ___/10 | ___/10 | ___/10 | ___/10 | ___/10 | ___/10 | ___/10 | ___/10 | ___/10 | ___/10 |

Task 1

4. Distance: 72 yards from center of target
5. Target: Hit target on the fly or with no more than a short roll
6. Criterion: 5 of 10 shots on target, 2 times

Task 2

1. Distance: 120 to 130 yards from center of target
2. Target: Marked target on the fly or with no more than 20 yards of roll
3. Criterion: 3 of 10 shots on target, 3 times

Your initials _____ Date completed _____

Sand Shot From Around the Green Self-Check

| | Block 1 | Block 2 | Block 3 | Block 4 | Block 5 | Block 6 | Block 7 | Block 8 | Block 9 | Block 10 |
|----|------------|------------|------------|------------|------------|------------|------------|------------|------------|-------------|
| T1 | | | | | | | | | | |

1. Distance: Sand trap around green
2. Target: 10 feet in all directions from hole
3. Criterion: Each shot is worth up to 3 points. Score 1 point if the ball gets out of the sand trap on the fly. Score another point if the ball stops on the green outside the target circle. Score a third point if the ball stops on the green inside the target circle. Your block score is the sum total for each set of 10 shots. Try to get as many points as you can in each block until your scores are consistently at or above 10.

Your initials _____ Date completed _____