

COURSE SYLLABUS BEGINNING GOLF 1120

Instructor: Dr. Michael O'Connor, Ramsey Center, Room 363, 542-4456, E-Mail: mjo@uga.edu. Office hours: 8:30-9:30 AM, M/W/TH/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 will read and sign an assumption of risk form. Students with medical conditions should inform the instructor so he is prepared to provide assistance if required. Students 35 years or over see the instructor and complete a Medical History Form.
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 \$85 is required for the use of range balls during class.

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. 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 60 is required to receive a grade of satisfactory. Participation is worth 40 points; self-checks are worth 40 points; and a written exam is worth 20 points. There are 100 possible points.

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
T5	___/10	___/10	___/10	___/10	___/10	___/10	___/10	___/10	___/10	___/10
T6	___/10	___/10	___/10	___/10	___/10	___/10	___/10	___/10	___/10	___/10

Name: _____

Task 1

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

Your initials _____ Date completed _____

Task 2

1. Distance from hole: 4 feet
2. Target: Holed putt
3. Criterion: Make 7 of 10 putts, 3 times

Your initials _____ Date completed _____

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

Your initials _____ Date completed _____

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 _____

Task 5

1. Distance from hole: 15 feet
2. Target: Holed putt, or stop within 2 feet of hole
3. Criterion: Inside target 6 of 10 putts, 3 times

Your initials _____ Date completed _____

Task 6 (Instructor - Check)

1. Distance from hole: 30-35 feet
2. Target: Holed putt, or stop within 2 feet of hole
3. Criterion: Inside target 7 of 10 putts, 3 times

Instructor 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
T3	___/10	___/10	___/10	___/10	___/10	___/10	___/10	___/10	___/10	___/10
T4	___/10	___/10	___/10	___/10	___/10	___/10	___/10	___/10	___/10	___/10
T5	___/10	___/10	___/10	___/10	___/10	___/10	___/10	___/10	___/10	___/10

Name: _____

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

Your initials _____ Date completed _____

Task 2 (Instructor - Check)

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 6 of 10 chips, 3 times

Instructor initials _____ Date completed _____

Task 3

1. Place your ball: 5 feet of the green, 15 feet from the cup
2. Target: Stop the ball within 6 feet of the cup (any direction)
3. Criterion: Inside target 6 of 10 pitches, 3 times

Your initials _____ Date completed _____

Task 4

1. Place your ball: 10 feet off the green, 35 feet from the cup
2. Target: Stop the ball within 8 feet of the cup (any direction)
3. Criterion: Inside target 5 of 10 pitches, 3 times

Your initials _____ Date completed _____

Task 5 (Instructor – Check)

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

Instructor 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
T3	___/10	___/10	___/10	___/10	___/10	___/10	___/10	___/10	___/10	___/10
T4	___/10	___/10	___/10	___/10	___/10	___/10	___/10	___/10	___/10	___/10

Name: _____

Task 1

4. Distance: 60 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

Your initials _____ Date completed _____

Task 2 (Instructor - Check)

1. Distance: 90 to 100 yards from center of target
2. Target: Longer hitters: Marked target on the fly
Shorter hitters: Marked target on the fly or with no more than 20 yards of roll
3. Criterion: 5 of 10 shots on target, 3 times

Instructor initials _____ Date completed _____

Task 3

1. Distance: 120 to 130 yards from center of target
2. Target: Longer hitters: Marked target on the fly
Shorter hitters: Marked target on the fly or with no more than 20 yards of roll
3. Criterion: 5 of 10 shots on target, 3 times

Your initials _____ Date completed _____

Task 4 (Instructor – Check)

1. Distance: 150 to 160 yards from the center of the target
2. Target: Longer hitters: Marked target on the fly
Shorter hitters: Marked target on the fly or with no more than 20 yards of roll
3. Criterion: Inside target 5 of 10 shots, 2 times

Instructor initials _____ Date completed _____

Tee Shot 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

Name: _____

1. Distance: Longer hitters: 180 to 200 yards
 Shorter hitters: 160 to 180 yards
2. Target Longer hitters: 30 yards left or right of target
 Shorter hitters: 25 yards left or right of target
3. Criterion: Hit 5 of 10 shots that go past your assigned distance and
 within you indicated target width area, 2 times

Instructor 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	___/10	___/10	___/10	___/10	___/10	___/10	___/10	___/10	___/10	___/10

1. Distance: Sand trap around green (no one should be on green)
2. Target: Place eight tees on the green around the target, 10 feet in all
 directions
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 15.

Your initials _____ Date completed _____