

COURSE SYLLABUS INTERMEDIATE GOLF 1130

Instructor: Dr. Michael O'Connor, Ramsey Center, Room 373, 542-4456, E-Mail: mjo@uga.edu. Office hours: 8-9 AM MWF, 7:30-8:30 TR and 10-11 TR or by appointment.

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

Course Objectives:

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

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

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 the Clearance for Safe Exercise Participation form. Students with medical conditions should inform the instructor. A waiver or physician clearance may be required.
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 footwear are required.
5. A one time payment of \$90 is required for the use of range balls during class.

Course Outline:

Grip, stance, posture, ball position
Chipping, putting and pitching
Iron & 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 unexcused absence. More than four absences and 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; 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.

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.

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

Task 1

1. Distance from hole: 8 feet
2. Target: Holed putt or stop within 1 foot of hole
2. Criterion: Inside target 6 of 10 putts, 3 times

Task 2

1. Distance from hole: 12 feet
2. Target: Holed putt, or stop within 2 feet of hole
3. Criterion: Inside target 6 of 10 putts, 3 times

Task 3

1. Distance from hole: 30-35 feet
2. Target: Holed putt, or stop within 3 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
T3	___/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 6 of 10 chips, 3 times

Approach Shots 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

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 yards from center of target
2. Target: Marked target on the fly
3. Criterion: 5 of 10 shots on target, 3 times

Task 3

1. Distance: 150 yards from center of target
2. Target: Marked target on the fly
3. Criterion: 5 of 10 shots on target, 3 times

Your 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

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

Your initials _____ Date completed _____

Sand Shots 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 15.

Your initials _____ Date completed _____