

KIN 103: GOLF

Citrus College Course Outline of Record

Heading	Value
Effective Term:	Winter 2021
Credits:	1
Total Contact Hours:	36
Lecture Hours :	18
Lab Hours:	18
Hours Arranged:	0
Outside of Class Hours:	36
Strongly Recommended:	ENGL 101.
District General Education:	E3. Kinesiology Activity
Transferable to CSU:	Yes
Transferable to UC:	Yes - Approved
Grading Method:	Standard Letter, Pass/No Pass

Catalog Course Description

This course will offer a non-competitive environment in which the student can develop the basic fundamentals of golf. Instruction will emphasize woods, long and short irons, bunker play, putting, golf terminology, rules and etiquette. 18 lecture hours, 18 lab hours.

Course Objectives

- Analyze use of proper equipment
- Demonstrate the basic stance, grip and swing
- Use of driver - long irons, short irons and putting
- Analyze basic shot and determine ball placement

Major Course Content

1. Knowledge of History and Rules
2. Terminology
3. Development of Fitness Components for Golf
4. Equipment
 - a. Woods (Diver and Fairway)
 - b. Irons (Long and Short)
 - c. Putters
 - d. Golf Bags
 - e. Shoes
 - f. Gloves
 - g. Golf Balls
5. Golf Swing
 - a. Grip
 - i. Baseball or Natural
 - ii. Overlapping
 - iii. Interlocking
 - b. Stance
 - i. Feet
 - ii. Knees
 - iii. Back
 - iv. Balance
 - v. Alignment

- vi. Shoulders
 - vii. Arms
- c. Swing
 - i. Take Away
 - ii. Back Swing
 - iii. Shoulder Turn
 - iv. Down Swing
 - v. Ball Strike
 - vi. Follow Through
6. Putting
 - a. Set-up and Stroke
 - b. Targeting
 - c. Green and Putt Reading
 - d. Tempo and Touch
 7. Bunker Shots
 - a. Greenside Bunkers
 - b. Fairway Bunkers
 - c. Pot Bunkers
 - d. Explosion Shots
 - e. Pitching and Chipping from Bunkers
 - f. Using the Putter
 8. Official Scoring
 - a. Penalty Strokes
 - b. Etiquette
 9. Mental Preparation
 10. Competition
 - a. Course Management
 - b. Tee Times

Lab Content

1. Development of Health Related Components
 - a. Cardiorespiratory Endurance
 - b. Muscular Strength
 - c. Muscular Endurance
 - d. Flexibility
 - e. Body Composition
2. Development of Fitness Components
 - a. Agility
 - b. Balance
 - c. Coordination
 - d. Power
 - e. Swing Speed
3. Crosstraining
 - a. Swimming
 - b. Jogging/Running
 - c. Cycling
 - d. Stair Climber
 - e. Elliptical Machine
4. Development of Golf Swing
 - a. Grip (Natural, Overlapping, Interlocking)
 - b. Stance
 - i. Feet (Shoulder Width)
 - ii. Knees (Bent)
 - iii. Back (Straight)

- iv. Balance (Balls of Feet)
- v. Alignment (Target Line)
- vi. Shoulders (Right Shoulder Lower)
- vii. Arms (Hanging, Triangle)
- c. Swing
 - i. Take Away (Slow, Face Opens)
 - ii. Back Swing (Hinge Arm, Wrist Cock-90 Degrees)
 - iii. Shoulders (Upper Body Turn)
 - iv. Down Swing (Trigger Hips)
 - v. Ball Strike (Sweet Spot)
 - vi. Follow Through (Transfer Weight, Turn-Face)
- 5. Skill Enhancement
 - a. Woods
 - b. Short Irons
 - c. Long Irons
 - d. Putting
 - e. Pitch Shots
 - f. Chip and Run
 - g. Bunker Shots
 - h. Correcting a Slice
 - i. Correcting a Hook
 - j. Ball Striking
- 6. Mental Preparation
 - a. Relaxation and Breathing Techniques
 - b. Club Selection
 - c. Concentration
 - d. Developing Rhythm and Tempo

Suggested Reading Other Than Required Textbook

Instructor handouts

Examples of Required Writing Assignments

Completing scorecards for different courses. Collecting scores to figure handicap.

Examples of Outside Assignments

Complete rounds of golf at a 3 par course or an 18 hole golf course.
Practice golf skills at the driving range.

Instruction Type(s)

Lecture, Lab, Online Education Lecture, Online Education Lab