

KINC 227: WOMEN'S VARSITY GOLF

Citrus College Course Outline of Record

| Heading | Value |
|-------------------------|---|
| Effective Term: | Fall 2021 |
| Credits: | 3 |
| Total Contact Hours: | 162 |
| Lab Hours: | 162 |
| Hours Arranged: | 0 |
| Outside of Class Hours: | 0 |
| Strongly Recommended: | Advanced golf skills to participate in a competitive collegiate experience. |
| Transferable to CSU: | Yes |
| Transferable to UC: | Yes - Approved |
| Grading Method: | Standard Letter, Pass/No Pass |

Catalog Course Description

Intercollegiate competition in women's varsity golf. This course may be taken four times. 162 lab hours.

Course Objectives

- demonstrate an ability to participate in a recreational and competitive sport of golf
- understand the sport as an effective means of social contact and personal character development
- analyze the different theories and specific techniques used in playing the sport
- exhibit the proper mental attitude needed to compete effectively

Major Course Content

All lab content.

Lab Content

Women's Varsity Golf includes instructor guided practice and demonstration in the following content areas:

1. Advanced Skill Instruction
 - a. Woods
 - i. driver
 - ii. fairway
 - b. Iron play
 - i. long
 - ii. short
 - c. Putting
 - d. Challenge shots
2. Mental Preparation
 - a. Relaxation and breathing skills
 - b. Mental imagery
 - c. Pre-performance routines
 - d. Self-control methods
3. Swing Theory Evaluations

- a. Pre-swing principles
 - b. In-swing principles
 - c. Ball flight laws
 - d. Drills
4. Match Strategy
 - a. Course analysis
 - b. Weather factors
 - c. Opponents strength and weaknesses
 - d. Team rankings
 5. Golf Rules and Etiquette
 6. Competition
 - a. Pre-conference Competition
 - b. Conference Competition
 - c. Post Conference Competition

Suggested Reading Other Than Required Textbook

Instructor Handouts

Examples of Required Writing Assignments

Complete written summaries of golf strategies.

Examples of Outside Assignments

Practice skills. Participate in activities related to course lab. The student is expected to observe high level competition, analyze these performances and attempt to apply the observations in competition.

Instruction Type(s)

Lab, Online Education Lab