Bemidji State University

PHED 1454: Skills for Life: Golf

A. COURSE DESCRIPTION

Credits: 1
Lecture Hours/Week: 0
Lab Hours/Week: 0
OJT Hours/Week: *.*
Prerequisites: None
Corequisites: None
MnTC Goals: None

An activity course that examines and applies the fundamentals and skills of golf. Selection and care of equipment, history and rules of the game, safety, etiquette, instruction and practice will be included. [BSU Focus: Performance and Participation]

B. COURSE EFFECTIVE DATES: 08/22/1997 - Present

C. OUTLINE OF MAJOR CONTENT AREAS

1. Equipment and when to use each club
2. Grip/Approach
3. Pitching, putting, driving, chipping, and sand shots
4. Rules and history of golf
5. The golf swings: back, down, full swings, follow through

D. LEARNING OUTCOMES (General)

1. learn and demonstrate a variety of shots used in golf. Examples include: putting, short, medium and long shots.
2. understand the basic rules and etiquette of golf.
3. demonstrate knowledge of the proper grip, stance, address, back swing, hip/shoulder turn, contact, follow through and results.
4. understand the basic history and equipment of golf.
5. demonstrate safe behavior in the skill target setting and the elements of effective skill execution.
6. demonstrate knowledge and experience the benefits of course's "Skill for Life" as a lifetime skill/physical activity.
7. use their newly acquired knowledge to work collaboratively with an assigned class partner and/or to give quality of performance feedback.

E. Minnesota Transfer Curriculum Goal Area(s) and Competencies

None

F. LEARNER OUTCOMES ASSESSMENT

As noted on course syllabus

G. SPECIAL INFORMATION

None noted