

BERGEN COMMUNITY COLLEGE
Division of Arts Humanities & Wellness
Wellness Exercise Science Department
Departmental Policy Syllabus

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| COURSE TITLE: | Beginners Golf (WEX-171) |
| COURSE CREDITS/HOURS | 2 labs; credit |
| PREREQUISITE: | None |
| SEMESTER & YEAR: | All |
| COURSE NUMBER: | None |
| MEETING TIMES & LOCATIONS: | To be announced |
| INSTRUCTOR: | All |
| OFFICE LOCATION: | G-207 |
| PHONE: | 201-447-7899 |
| DEPARTMENTAL SECRETARY: | Betty Highkal |
| OFFICE HOURS: | Vary |
| EMAIL ADDRESS: | bhighkal@bergen.edu |

COURSE DESCRIPTION:

Beginner Golf is a study of the fundamental theories, skills, etiquette and rules need to play the game of golf.

STUDENT LEARNING OBJECTIVES

- A. To explore the meaning of the “address routine” in golf.
- B. To analyze the 5 basic components that make up the golf swing, which include the grip, aim and alignment, stance and posture, ball position, and swing plane.
- C. To acquire skills used while on the putting green, which includes: various styles of putting, different grips, and “reading” the green.
- D. To investigate basic rules and etiquette in the game of golf.
- E. To apply the terminology, scoring and etiquette of singles and doubles play.

ASSESSMENT CRITERIA

- A. To physically demonstrate the “address routine”.
- B. To physically perform the different components of the swing, i.e. proper grip, aim and alignment, stance and posture, ball position and swing plane.
- C. To show various grips and styles of putting, and to demonstrate how to “read” the green.
- D. Through oral or written exam, to be able to define the basic rules, terminology and etiquette of golf.
- E. To demonstrate the appropriate use of different types of golf clubs, i.e. the putter, short iron, middle iron, and wood.

CONTENT OUTLINE

- A. General orientation
 - 1. Learning to abide by and to follow class rules and procedures.
 - 2. To show an understanding of the proper use of golf equipment.
 - 3. Learning the cost involved in the purchase and maintenance of golf equipment.
- B. To demonstrate and perform the following golf skills at a basic beginner level:
 - 1. Wood play – use of 5 wood, 3 wood
 - 2. Iron play - Progression from short irons, middle irons and long irons.
 - 3. Chipping – when to use the “bump & run” shot.
 - 4. Pitch - Elevating shots to the green i.e. over sand traps
 - 5. Putting – various grips and styles of putting
- C. Strategy and rules
 - 1. Will recognize and be able to show how to play a golf hole.
 - 2. Will be able to know how to interpret the basic rules of golf.
 - 3. Learn how to practice and prepare for the game of golf, i.e. warm-up
- D. Lifetime sport for Good Health & Fitness
 - 1. The student will perform stretching and warm-up exercises geared towards improving his/her muscle and joint flexibility.
 - 2. The student will be able to play for increasing duration of time thereby experiencing an improvement in both cardiovascular as well as muscular endurance for the game of golf.
 - 3. The student shall demonstrate improvement in muscular strength by golf swing. He/she will also improve touch and feel around the greens essential for putting and chipping.
 - 4. The student will participate with other students in a cooperative learning atmosphere whereby they will:
 - a. Get an appreciation for each other’s skills and limitations
 - b. Share in the presence in good etiquette
 - c. Experience the pressure of playing

ATTENDANCE POLICY

Students are expected to attend punctually every scheduled meeting of each course in which they are registered. Attendance and lateness policies and sanctions are to be determined by the instructor for each section of the course. These will be established in writing on the individual course outline. Attendance will be kept by the instructor for administrative and counseling purposes.

RULES & REGULATIONS

At the beginning of the academic year, each student is expected to obtain a copy of the College Catalog, Student Handbook, and the Academic Calendar. The catalog contains information about the regulations and procedures essential to student life on campus. Every student is responsible for knowing the information included in the catalog and academic calendar.

ACADEMIC & STUDENT FACILITIES

Students are referred to the College Catalog which contains a complete listing and description of available facilities and services including but not limited to: the Silverman Library, Office of Specialized Services, Bookstore, Graphics lab, Tutoring Center, Athletic and Exercise facilities, etc.

SUGGESTED READING:

Twelve Comprehensive Professional Golf Lessons.

GRADING POLICY

A final grade in the course is based on the student's participation, performance tests and written exam.

METHODS OF INSTRUCTION

- A. Lecture
- B. Demonstration of skills
- C. Video tape (press box)
- D. Student practice
- E. Match play

PROPOSED COURSE CALENDAR (sequence is subject to change based on weather conditions)

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| Week 1 | Orientation – introduction to the game of golf: etiquette |
| Week 2 | Putting & chipping; the “bump & run shot” |
| Weeks 3-5 | Chipping & putting – use short irons |
| Week 6 | Full swing – using short and middle iron |
| Weeks 7-8 | Hitting a wood off the tee & long irons |
| Week 9 | Playing 9 holes using “best ball” match play, stroke play. |
| Week 10 | Skill evaluation & written exam |

Course sequence and content are subject to change without notice as emphasis on course content may vary.