

CALIFORNIA STATE UNIVERSITY, NORTHRIDGE
Department of Kinesiology

Number and Title of Course: KIN 155A - Golf

Spring 2008

Instructor: Steve Paredes

Office: RE 110

Phone: 677-3205

Hours Mondays 6-7pm Tuesdays 4-5pm

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Text: *Golf*, 2nd ed., Hardy and Walsh

Course Description:

Course content is designed to develop skills in the realm of golf that includes history, etiquette/ rules, and appreciation.

Course Objectives:

By the end of the semester the student will be able to:

1. Show evidence of general ability.
2. Demonstrate proper techniques inherent in different golf shots including full swing, short game, and putting.
3. Describe the individual adjustments made to perform and become proficient in golf
4. Explain the different aspects of modern golf both as a spectator and participant
5. Recognize and implement basic safety precautions while participating in a golf environment.

Course Outline:

1. Introduction
 - a. History
 - b. Philosophy
2. Golf Skills
 - a. Grip
 - b. Address: Stance, Posture, and Alignment
 - c. Waggle
 - d. Backswing
 - e. Downswing and Follow-through
3. Short Game
 - a. Chip shots
 - b. Pitch shots
 - c. Sand shots
 - d. Putting
4. Mental Aspects
 - a. Attitude
 - b. Visualization
5. Rules, Strategy, Etiquette

Evaluation:

The student will be evaluated as followed:

- | | |
|---|-----|
| 1. Participation, performance, and attendance | 25% |
| 2. Mid term skills Test | 25% |
| 3. Final skills Test | 25% |
| 4. Written Final Exam | 25% |

Attendance Policy:

Students are permitted three absences with no effect on their grade. It is possible to make up an absence with prior approval of the instructor. Two tardies count as one absence.

Grade reduction is as follows:

- 4 absences lowers grade one full letter
- 5 absences lowers grade two full letters
- 6 absences lowers grade three full letters
- 7 absences receives a Fail**

Class Guidelines:

1. Casual clothes will be worn with closed-toe shoes
2. Safety is the most important factor....Please listen to your instructor.
3. All requirements must be met to pass the class
4. Bring bags, backpacks, electronics at your own risk (lockers are available).
5. Bring water to golf area.