Course Prefix and Number: PED 133  
Credits: 1

Course Title: Golf I

Course Description: Teaches basic skills of golf, rules, etiquette, scoring, terminology, equipment selection and use, and strategy. Part I of II. Laboratory 2 hours per week.

General Course Purpose: The course serves as a personal wellness general education elective.

Course Prerequisites and Co-requisites:  
None

Course Objectives:  
Upon completing the course, the student will be able to  
a. Demonstrate appropriate golf safety practices;  
b. Demonstrate knowledge of golf rules, terminology, equipment, and etiquette;  
c. Demonstrate a progression of golf skills to include chipping and pitching, putting, club selection, swing (slice, hook, fly high, fly low);  
d. Demonstrate putting skills within two feet of hole;  
e. Demonstrate on-course play according to the United States Golf Association (USGA); and  
f. Develop and/or identify personal wellness goals (using the SMART method), focused on the improvement of golf.

Major Topics to Be Included:  
a. SMART planning method  
b. Golf safety  
c. Gold golf rules, terminology, equipment, and etiquette  
d. Chipping/pitching  
e. Putting skills  
f. Sand play  
g. Alignment  
h. Full swing  
i. Club selection  
j. On-course play  
k. Self-assessment

Effective Date of Course Content Summary: August 14, 2015

Inclement Weather: Since this is an outdoor course, bad weather may force class cancellation.