J. Sargeant Reynolds Community College
Course Content Summary

Course Prefix and Number: PED 134  Credits: 1

Course Title: Golf II

Course Description: Teaches basic skills of golf, rules, etiquette, scoring, terminology, equipment selection and use, and strategy. Part II of II. Prerequisite: PED 133. Laboratory 2 hours per week.

General Course Purpose: Provides students with a one-credit general education personal wellness elective and offers students the opportunity to continue from Golf I. Serves as a personal wellness general education elective.

Course Prerequisites and Co-requisites:
Prerequisite: PED 133

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, and swing (slice, hook, fly high, fly low);
d. Demonstrate putting skills within two feet of hole;
e. Refine personal wellness goals;
f. Teach and critique golf demonstrations by peers; and
g. Develop and/or identify a personalized exercise program that includes golf as a lifetime physical activity choice and uses the SMART planning method.

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. Peer-assessment

Effective Date of Course Content Summary: August 14, 2015

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