

COURSE OUTLINE

LFIT-125

Golf

1 Semester Hour

HOWARD COMMUNITY COLLEGE

Description

This course is designed to introduce the student to the various aspects of golf. The use of the different types of clubs including the various woods and irons. Proper stroke and putting skills will also be covered. Scoring, course etiquette, and golfing safety will be covered. Students will receive instruction time on the driving range and one session of playing time on a regulation golf course.

Overall Course Objectives

Upon completion of this course, the student will be able to:

1. Demonstrate the proper grips and stances for woods and irons.
2. Demonstrate the proper body mechanics for woods and irons, including the backswing and follow-through.
3. Demonstrate proper and appropriate putting mechanics.
4. Describe appropriate golf etiquette.
5. Demonstrate understanding and awareness of golfing safety practices.
6. Develop an understanding of golf course design.
7. Demonstrate knowledge of golf and golf course regulations.

Major Topics

1. Grips
2. Body Mechanics
3. Driving
4. Putting
5. Safety
6. Course regulations and etiquette.

Course Requirements

Grading/Exams: Grading procedures will be determined by the individual faculty member. To include, but not limited to attendance, participation, skill and knowledge exams.

Writing: Specific writing assignments will be determined by the individual faculty member.