

# Bemidji State University

## PHED 1454: Skills for Life: Golf

### A. COURSE DESCRIPTION

Credits: 1

Lecture Hours/Week: \*.\*

Lab Hours/Week: \*.\*

OJT Hours/Week: \*.\*

Prerequisites: None

Corequisites: None

MnTC Goals: None

An activity course that examines and applies the fundamentals and skills of golf. Selection and care of equipment, history and rules of the game, safety, etiquette, instruction and practice will be included. Liberal Education Goal Area 11.

**B. COURSE EFFECTIVE DATES:** 08/22/1997 - Present

### C. OUTLINE OF MAJOR CONTENT AREAS

1. Equipment and when to use each club
2. Grip/Approach
3. Pitching, putting, driving, chipping, and sand shots
4. Rules and history of golf
5. The golf swings: back, down, full swings, follow through

### D. LEARNING OUTCOMES (General)

1. learn and demonstrate a variety of shots used in golf.  
Examples include: putting, short, medium and long shots.
2. understand the basic rules and etiquette of golf.
3. demonstrate knowledge of the proper grip, stance, address, back swing, hip/shoulder turn, contact, follow through and results.
4. understand the basic history and equipment of golf.

### E. Minnesota Transfer Curriculum Goal Area(s) and Competencies

None

### F. LEARNER OUTCOMES ASSESSMENT

As noted on course syllabus

### G. SPECIAL INFORMATION

None noted