

**J. Sargeant Reynolds Community College  
Course Content Summary**

**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.