

**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.