

GEORGE MASON UNIVERSITY
School of Recreation, Health, and Tourism

PHED 140—Golf for Beginners (1)
FALL 2010

DAY/TIME:	M/W 10:30 – 11:45	LOCATION:	Oak Marr Golf Complex
PROFESSOR:	Scott King, PGA	EMAIL ADDRESS:	skingf@gmu.edu
OFFICE LOCATION:	Field House - Room 159	PHONE NUMBER:	703-774-8736 (cell)
OFFICE HOURS:	N/A	FAX NUMBER:	N/A

PREREQUISITES

None

COURSE DESCRIPTION - PHED 140 is a practical course designed for students with little or no golf knowledge. The course will involve activities to help you learn basic golf terms, rules, and techniques for putting, chipping, and pitching, the full swing, and playing on the course.

COURSE OBJECTIVES - At the completion of this course students should be able to:

1. Explain the relationship between stance and posture in maintaining stability and generating power in executing a golf swing.
2. Explain basic golf rules and demonstrate an understanding of these rules by playing at least 9 holes with no errors during application of these rules.
3. Demonstrate proper golf course etiquette.
4. Develop the level of playing fitness and mental focus necessary to play a round (9 holes) of golf.

READINGS AND OTHER TEXT -Additional information will be provided to you via websites, hand-outs, and other links - no additional books required. There will be suggested reading, but nothing required.

ATTENDANCE (70%) – It is stated that it takes 21 days to form a new habit or break an old one. The golf swing requires muscle memory, which is only formed by practicing under professional supervision. To establish a repeating swing, you need to be there.

WRITTEN EXAM (10%) – Exam questions are multiple choice or True/False. Typical topics include basic swing principles, scoring, etiquette, basic course strategy, and general golf terms. Bonus points for the class can be earned by individual practice sessions on your own. There will be a log book @ Oak Marr to log your practice time.

SWING/SKILLS ASSESSMENT (15%) –You will be subjectively graded on grip, setup, aim, & basic swing fundamentals.

ON-COURSE PERFORMANCE (5%) – You will not be graded on how you play or the score(s) you shoot. Evaluation will be on etiquette, rules as they apply, basic procedures to playing the game, and being able to play in timely fashion.

Grading Scale

- A 90 - 100
- B 80 - 99
- C 70 - 89
- D 60 - 79
- F below 60

DRESS CODE - Please wear comfortable clothing suitable for most outdoor athletic activity during the season. Golf specific shoes are not required, but boots, sandals/flip-flops, slick soled shoes, or heels of any kind are prohibited, as are metal spiked shoes of any kind. General golf course attire includes a collared/polo type shirt, khaki pants or shorts - please no denim or jeans, no cut-offs, tank-tops, explicit hats or shirts, etc. Please contact me if you have questions regarding this matter.

PRE-EXISTING CONDITIONS - Students with injuries or pre-existing conditions that may affect performance must inform the instructor.

WEATHER - the class will go on as scheduled even if the weather is suspect - the hitting area are covered.

EQUIPMENT - golf clubs are not required and will be provided - please bring your own if you have them.

GOLF GLOVE(S) ARE HIGHLY RECCOMENDED! BLISTERS RUIN GOLF!

TENTATIVE COURSE SCHEDULE: The following schedule is a general idea of a daily class - content subject to change due to course/practice facility availability and severe weather. A portion of each class will be dedicated to golf etiquette and the rules of golf, as well as practical understanding of the golf facility.

DAY	TOPIC	Club(s)	LOCATION	READINGS	COMMENTS
1	Introduction to PHED 140 and Intro to Sport of Golf	yes	Oak Marr Golf Complex	N/A	The objective of this class is to get acquainted, form car pools, get familiar with the surroundings, get basic class info, etc.
2	Grip, Stance, Basic Swing Fundamentals Swing, Distance control	yes	Oak Marr	N/A	Get the ball in the air!
3	Grip, Stance, Basic Swing Fundamentals - add Aim/Driver	yes	Oak Marr	N/A	Get the ball in the air
4	Full swing review, introduce putting	yes	Oak Marr	N/A	Get the ball in the hole
5	Full swing review, reading greens, intro to chipping	yes	Oak Marr	N/A	Get the ball on the ground
6	Full Swing, chipping review, intro to pitching	yes	Oak Marr	N/A	Get the ball in the air

7	Station work - Full Swing, Short game, Putting	yes	Oak Marr	N/A	Basic understanding of all 3 principles
8	Warm up - Introduction to Golf Course	yes	Oak Marr	N/A.	Taking it to the Course
9	Warm - up Club selection, Course Conditions	yes	Oak Marr	N/A	Recognizing playing conditions
10	Play 3 holes	yes	Oak Marr	N/A	Playing for score
11	Skills/Written Test/ Play	yes	Oak Marr	N/A	A game for a lifetime!
12					

Note: Faculty reserves the right to alter the schedule as necessary.



- ❖ All students are held to the standards of the George Mason University Honor Code [See <http://www.gmu.edu/catalog/apolicies/#Anchor12>]
- ❖ University policy states that all sound emitting devices shall be turned off during class unless otherwise authorized by the professor
- ❖ Students with disabilities who seek accommodations in a course must be registered with the Office of Disability Services (ODS) and inform the instructor, in writing, at the beginning of the semester [See www.gmu.edu/student/drc]
- ❖ For additional School of Recreation, Health, and Tourism information, please visit the website at <http://rht.gmu.edu>

OAK MARR GOLF COURSE INFORMATION AND DIRECTIONS: _

<http://www.fairfaxcounty.gov/parks/golf/oakmarr>

FEES: The fee for PHED 140 is \$51.00 payable the first day of class.

DIRECTIONS TO OAK MARR GOLF COMPLEX: From GMU: Drive north on Rt. 123 through the city of Fairfax. After crossing over I-66, turn left at the second traffic light onto Jermantown Rd. Turn right at the next traffic light into Oak Marr. Keep left at the junction with the road to the Oak Marr Recreation Center, carefully avoiding traffic exiting the Rec Center parking lot on your right; those drivers seem to have limited visibility. If you get lost, just phone the Oak Marr golf complex at 703-255-5391, ext. 4. Here is a map link with directions from the Fairfax campus: .