

George Mason University
College of Education and Human Development
Physical activity for Lifetime Wellness
RECR 169 (001) Golf: Introduction (1)
1 Credit, Spring2017
MW 1:30pm-2:45pm/3/20 AFC 112, 3/22 -5/17 Burke Lake Golf
Course

Faculty

Name: Kate Via, M.S.

Office hours: By Appointment

Office location: Burke Lake Golf Course

Office phone: 703.300.1844

Email address: evia2@gmu.edu

Prerequisites/Corequisites

None

University Catalog Course Description

Teaches basic golf terms, rules, and technique for the full swing, putting, chipping, and pitching, as well as playing on a golf course.

Course Overview

Although the emphasis of this curriculum is on skill building, RECR 169 is about more than learning to hit golf balls far and straight. The course is a mixture of theory and practice. The written exam review class is a lecture/discussion of swing principles, scoring rules, etiquette, strategy, trouble shots, club selection, key professionals in the industry, and more. You will also walk the golf course with the instructor to bring the learning points to life and to prepare for playing at least nine holes of golf as the final course requirement. RECR 169 begins with an overview of the sport, then builds swing skills by gradually increasing the length of clubs, the length of swings, and the complexity of strokes.

Course Delivery Method

This course will be delivered using a face-to-face format.

Learner Outcomes or Objectives

This course is designed to enable students to do the following:

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.

Professional Standards

Upon completion of this course, students will have met the following professional standards:

N/A

Required Texts

Various required readings which are not widely available free on the internet are provided by the instructor at no charge.

Course Performance Evaluation

Students are expected to submit all assignments on time in the manner outlined by the instructor (e.g., Blackboard, Tk20, hard copy).

- **Assignments and Examinations**
 - Exam questions are almost exclusively short answer with very few multiple choice types, and they are subjectively graded. Most exam questions will come from class lectures. Typical topics include swing principles, scoring rules, etiquette, strategy, club selection, names of famous players, coaches, courses, authors, and information sources. You can earn bonus points toward this exam according to the number of times you practice your skills at a driving range or short-game practice area **on days between classes**. (Playing rounds of golf, does not satisfy this requirement.) Keep a log of your outside-of-class practice sessions. You will have to turn in that log in order to receive the bonus points to your overall score. One bonus point for each additional practice session.
 - Swing Skills Assessment - Your score in this category will be subjective, based on evidence of competency or at least significant improvement in putting, chipping, pitching, and full swings.
 - On-Course Play - RECR 169 is designed to prepare you to play this wonderful sport on a golf course, not just at a skills learning facility. Thus, you must play at least nine holes following USGA scoring rules and etiquette conventions during the period indicated on the Class Schedule. Email your instructor at least one paragraph of reflections on your experience. RECR 169 students who choose to play this round together must each submit a report of your individual

experience. Your comments are not graded, but **if you fail to report completion by the date indicated on your Course Schedule, your grade will be reduced by one letter.**

- **Other Requirements**

- *Attendance* – Each student may miss one class. Beyond that, each unexcused absence will result in 3 points being deducted from their final score. Because of the distances from campus classrooms to parking spaces and travel time to our off-campus class location, tardiness is tolerable. Therefore, you may arrive late from a previous on-campus class or leave early to insure your timely arrival at the next one without affecting your attendance score. Drive carefully to and from the golf facility!

- **Course Performance Evaluation Weighting**

- Attendance – 50 points
- Written Exam – 40 points
- Swing Skills Assessment – 10 points

- **Grading Policies**

| | | | |
|--------------|--------------|--------------|-------------|
| A = 94 – 100 | B+ = 88 – 89 | C+ = 78 – 79 | D = 60 – 69 |
| A- = 90 – 93 | B = 84 – 87 | C = 74 – 77 | F = 0 – 59 |
| | B- = 80 – 83 | C- = 70 – 73 | |

Professional Dispositions

Students are expected to exhibit professional behaviors and dispositions at all times.

CLASS SCHEDULE

WATCH FOR ANY SCHEDULE CHANGE ANNOUNCEMENTS VIA EMAIL AND BLACKBOARD SITE.

| DATE | TOPIC | CLUBS | LOCATION | READINGS | COMMENTS |
|-------------|--|---------------------------------------|--|---|---|
| Mon, Mar 20 | Introduction to PHED 140 and the Royal and Ancient Game of Golf | None | Fairfax Campus Aquatic Center, Room 112 | Please read all materials on blackboard, syllabus, and this schedule, before class. | We will get acquainted, form car pools, answer class member questions about the course, and introduce the sport--its equipment and terminology. Please do not bring any golf equipment to this class. Please bring this syllabus. Be prepared to take notes! |
| Wed, Mar 22 | Putting: Target Selection, Alignment, Swing | Putter, but if hard rain, bring Wedge | Burke Lake practice putting green. If hard rain, sheltered driving range for Chipping. | Putting notes in blackboard. | Do not bring rental balls to this class; the golf school will furnish them unless we move to the sheltered driving range because of hard rain. If that happens, you can acquire them then. |

| | | | | | |
|---------------------------------|---|--|---|---|--|
| | | | | | Today is the deadline to pay the \$35 golf ball fee and turn in the Photo Release and Syllabus Acknowledgment forms. |
| Mon, Mar 27 | Chipping | 7, 8, 9 iron and pitching wedge | Burke Lake short game practice area. If rain, sheltered driving range. | Chipping notes in blackboard | Do not bring rental balls to this class; the golf course will furnish them, unless we move to the sheltered driving range because of hard rain. If that happens, you can rent balls then. |
| Wed, Mar 29 | Full swing with short irons | 7,8,9 iron or pitching wedge | Burke Lake Golf Center driving range. | Pitching notes in blackboard | Please bring rental balls to class. |
| Mon, Apr 3 | Full Swings medium clubs | 5,6,7 iron and any hybrid club | Burke Lake Golf Center driving range | Full Swing notes in blackboard | Please bring rental balls to class. |
| Wed, Apr 5 | Full Swings with Long Clubs, And Skills Assessment Preview | Any iron or hybrid longer than a 7 iron and any metal/wood except #1 ("Ringers" may use a driver.) | Burke Lake golf center driving range | Full swing with long clubs in blackboard | Please bring rental balls to class. |
| Mon, Apr 10 | Scoring Rules, Etiquette, Club Selection, Strategy, etc., via On-Course Walk | None, unless schedule is changed, due to hard rain. In that case, watch your email for possible schedule change or class cancellation. | Burke Lake golf center golf course. If hard rain, see next class, below | Course Walk notes in blackboard | Quite a few written exam questions come from this class. If you arrive very late for the on-course walk, you may not be able to join the class on the golf course. Remember, no open-toed shoes allowed on the course. Please do not bring clubs onto the course. If light rain, bring rain gear. Be prepared to take notes during this class! |
| Wed, Apr 12 | Review and Written Exam Preview | None | Fairfax campus Aquatic Center, Room 112 | "Review/Pre-Test Handout" in blackboard | Please bring to class a printed copy of the "Review/Pre-Test Handout" from "Resources" page of the class web site. |
| During the period Apr 19- May 1 | Play at least one round of nine holes or more | At least Putter, Wedge, Medium Iron, and any long club. | Burke Lake golf center golf course or any comparable or more difficult course. | On-Course Final Preparation material on Blackboard. Review all previous reading assignments | Make your own tee time. Play with pleasure, skill, courtesy, and speed. Email instructor at least one paragraph of your reflections on the experience. Your comments are not graded, but if you fail to report completion by midnight, May 2, your grade in the course will be reduced by one letter grade. |
| Mon, Apr 17 | Bunker | 7 iron, putter and sand wedge | Burke Lake Golf Center short game practice area | Review bunker notes | No golf balls required for this class. |
| Wed, Apr 19 | Skills Assessment I | All | Burke Lake golf short game practice area | Review all previous short game swing notes and class discussions. | No golf balls required for this skills assessment. Bring all clubs to class. |

| | | | | | |
|-------------|------------------------------|-------------------------------|---|--|---|
| Mon, Apr 24 | Written Exam | None | Fairfax campus Aquatic Center, Room 112 | Review all previous reading assignments, class discussions and personal class notes. | You will not need Scantron sheets; you will need a pencil or pen. |
| Wed, Apr 26 | Skills Assessment II | All irons, hybrids and woods. | Burke Lake driving range | Review all notes and class discussions of basic golf swings with full swings. | Golf balls and clubs required. |
| Mon, May 1 | Written Exam Feedback | None | Fairfax campus Aquatic Center, Room 112 | Review all previous reading assignments, class discussions and personal class notes. | Please bring pencil or pen with black ink for Course Evaluation form. |

Core Values Commitment

The College of Education and Human Development is committed to collaboration, ethical leadership, innovation, research-based practice, and social justice. Students are expected to adhere to these principles: <http://cehd.gmu.edu/values/>.

GMU Policies and Resources for Students

Policies

- Students must adhere to the guidelines of the Mason Honor Code (see <http://oai.gmu.edu/the-mason-honor-code/>).
- Students must follow the university policy for Responsible Use of Computing (see <http://universitypolicy.gmu.edu/policies/responsible-use-of-computing/>).
- Students are responsible for the content of university communications sent to their Mason email account and are required to activate their account and check it regularly. All communication from the university, college, school, and program will be sent to students **solely** through their Mason email account.
- Students with disabilities who seek accommodations in a course must be registered with George Mason University Disability Services. Approved accommodations will begin at the time the written letter from Disability Services is received by the instructor (see <http://ods.gmu.edu/>).
- Students must follow the university policy stating that all sound emitting devices shall be silenced during class unless otherwise authorized by the instructor.

Campus Resources

- Support for submission of assignments to Tk20 should be directed to tk20help@gmu.edu or <https://cehd.gmu.edu/aero/tk20>. Questions or concerns regarding use of Blackboard should be directed to <http://coursessupport.gmu.edu/>.
- The George Mason University Writing Center staff provides a variety of resources and services (e.g., tutoring, workshops, writing guides, handbooks) intended to

support students as they work to construct and share knowledge through writing (see <http://writingcenter.gmu.edu/>).

- The George Mason University Counseling and Psychological Services (CAPS) staff consists of professional counseling and clinical psychologists, social workers, and counselors who offer a wide range of services (e.g., individual and group counseling, workshops and outreach programs) to enhance students' personal experience and academic performance (see <http://caps.gmu.edu/>).
- The George Mason University Office of Student Support staff helps students negotiate life situations by connecting them with appropriate campus and off-campus resources. Students in need of these services may contact the office by phone (703-993-5376). Concerned students, faculty and staff may also make a referral to express concern for the safety or well-being of a Mason student or the community by going to <http://studentsupport.gmu.edu/>, and the OSS staff will follow up with the student.

For additional information on the College of Education and Human Development, please visit our website <https://cehd.gmu.edu/>.

Supplemental information

Burke Lake Golf Facility: <http://www.fairfaxcounty.gov/parks/golf/blgc/>

Attendance: Class attendance is important in any academic course, but as a motor skill, obviously the golf swing is not something you can enhance very well in the library or on the internet. In order to obtain good results you must do it physically and get immediate feedback from an instructor; obviously, you cannot do so without attending class. The manager of the Fairfax County Park Authority course where we meet has historically been very accommodating for GMU students. However, certain events can take precedence over our classes. Moreover, the facility manager cannot control the weather; so, before departing for class it will be your responsibility to check the latest class schedule, email, and blackboard for any activity changes. **If in doubt show up for class!** As indicated previously, tardiness on arrival and early departure is acceptable because of the distances from campus classrooms to parking spaces and travel time to our off-campus class location. When necessary, we delay the start of formal instruction until the arrival of students we know have to come late; and, if many students have to leave early for the next class we typically dismiss class a little early. While tardiness is administratively acceptable, you may not be expecting certain questions on the exam that are relevant to the coursework on those occasions. You will find broad learning points in blackboard, but other testable targets of opportunity do emerge from the dynamics of various classes; so, if you miss part of any class, obviously you should find out from other students what you missed. Group study sessions are also a good idea, especially for the written exam. Taking notes on class topics during each session is highly recommended. Recording of classes is not permitted. Because of the sheltered hitting

stations on the driving range classes usually **do** meet in inclement weather. If lightening is in the area, we move indoors until it passes. However classes **will** be canceled in the event of forecasts of severe storms or sustained periods of lightening. Look for notices of cancellation in your GMU email box and on blackboard. If weather deteriorates near class start time, and you do not have internet access, and you have doubts about the class being held, phone the instructor's cell at 703-300-1844, but **when in doubt, come out!** When you do, be sure you **initial the Class Attendance Sheet** to receive attendance credit. **Meeting places:** Our first class will meet in Room 112 of the Aquatic Center on the Fairfax Campus. This meeting is an orientation to RECR 169 and to the ancient and popular sport of golf. Most other classes meet at the Burke Lake golf center Golf Complex, 7315 Ox Road, Fairfax Station, Virginia unless specified in the class schedule.

For directions see <http://www.fairfaxcounty.gov/parks/golf/blgc/>. If you get lost, just phone the Burke Lake golf center golf complex at 703-323-1641, ext. 4.

If you arrive late for class, meet us wherever we will be learning, as indicated in the class schedule.

Transportation: Although we will make every attempt to form car pools, you may choose to arrange your own transportation to Burke Lake golf center Golf Complex. Incidentally, if you have not done so already, you should consider signing up for the Mason Alert system, alert.gmu.edu, which provides emergency information of various sorts, including traffic problems in the vicinity. Your drive from the Fairfax campus should take about fifteen minutes. In any case, as indicated previously, tardiness is **not** an issue--safety is!

Emails: Expect several emails from the instructor during the course. You must have an active GMU e-mail account that is not over quota, for no emails will be sent to a different account. Please reply to all emails so I know you have read the information and you understand it.

Dress: Please wear comfortable clothing suitable for most outdoor athletic activity during the season. Umbrellas often come in handy, too, of course. Athletic shoes are fine, but general street shoes do not provide adequate support for the golf swing. Moreover, sports shoes with metal spikes are prohibited at Burke Lake golf center, as are open-toed shoes. **Please do not wear sandals or flip-flops!** If you play your required on-course performance round at another course, be sure to ask about the dress code there. For example, although all courses allow non-PGA Tour professionals to wear shorts, many courses **other than** Fairfax County Park Authority courses like Burke Lake golf center prohibit jeans and require a collared shirt that is tucked in. **The weather at the golf course is usually about 5 to 8 degrees cooler than in town – be prepared to wear layers to stay warm.** Wearing gloves is highly recommended!

Golf Clubs: You may use your own clubs or loaner clubs. The instructor will have loaner clubs available at no charge for both men and women and for left and right handers. For practicing between lessons you may borrow clubs at no charge in the Burke Lake golf center club house. **The loaner clubs must be returned to the facility after each practice session.** However, loaner clubs are not provided for your on-course play at the end of the term, but rental clubs are available for a modest price - \$5. You should probably not buy clubs until the end of the term, for your swing will change significantly. Your instructor can answer all club purchase questions after the class has concluded.

Fees:

Golf Ball Fee: The Burke Lake golf course provides valuable services for GMU students, such as lending golf clubs and reserving hitting stations. The golf course will provide balls for all putting and chipping classes. You must pick up the balls at the end of class and return them to the

clubhouse personnel. If you leave before the end of class, you must arrange for a fellow student to pick them up for you. Your golf ball lab fee of \$35 covers all other classes that require golf balls at the driving range. **The lab fee deadline is Wednesday March 22nd, 2017 in order to receive attendance credit thereafter. Pay it at the clubhouse.** The lab fee does not include golf balls used in any practice sessions between classes.

Green Fee: To satisfy the one time on-course play requirement of RECR 169 you may choose to play either at Burke Lake golf center or any course that is at least as challenging as Burke Lake golf center. To see current green fee rates at Burke Lake
<http://www.fairfaxcounty.gov/parks/golf/blgc/rates.htm>

A completed scorecard (bring to your next class) and the required paragraph describing your experience must be emailed to the instructor between April 17th and May 1st, 2017.

Forms:

Photograph Permission or Declination. Photos of the class members who provide permission may be posted to blackboard. Moreover, some pictures might also be used by the university in promoting classes. Please sign and return the form attached to this syllabus by the date indicated on your Class Schedule. If you do not want your image in the photos, simply indicate that on the form.

Syllabus Acknowledgment. Because this syllabus is long and detailed there will be a natural tendency for you to stop reading or to gloss over important parts. Therefore, please read everything carefully, ask questions about anything you do not understand or about anything related to the course that is not covered in the syllabus. Then, please sign and turn in the statement attached to the end of this syllabus, assuring that you have read and understood everything herein and on the class web site.

Instructor note: Welcome to RECR169! If you have any questions, contact me at cvia2@gmu.edu or 703-300-1844.

See Forms on next two pages.

George Mason University

PHOTO, AUDIO, VIDEO, AND COMMENT RELEASE

Event: RECR 169_____

Name: _____

Address: _____

Phone: _____ Email: _____

Faculty Staff Student Visitor

GENERAL RELEASE

I, _____ hereby grant permission to George Mason University the absolute and irrevocable right and permission, with respect to photographs, videos, and audio recordings, taken or made of me and /or comments made by me or in which I may be included with others; to use, re-use, and publish the same in whole or in part in any and all media including use on the world wide web, now or hereafter, and for any purpose whatever for illustration, promotion, art, recruitment, publication, advertising, and trade, and if appropriate, to use my name and pertinent education and/or biographical facts as George Mason University chooses. Use of photographs, videos, comments, and audio recordings is granted without any restriction as to changes or alterations (including but not limited to composite or distorted representations or derivative works made in any medium) and I waive any right to inspect or approve the finished versions incorporating the photograph, video, audio recording, and/or comments including written copy that may be created and appear in connection therewith.

I agree that George Mason University owns the copyright in these photographs, videos, and/or audio recordings and I hereby waive any claims I may have based on any usage of the works derived therefrom. I release and discharge George Mason University and its employees, assigns, licensees, successor in interest, and legal representatives from any and all claims and demands arising out of or in connection with the use of these photographs, videos, audio recordings, and/or comments, including without limitation any and all claims for libel or invasion of privacy. The photographs, videos, audio recordings, and/or comments will not be sold to any other firm or organization.

I am not a minor and have the right to contract in my own name. I have read the foregoing and fully understand its contents. This release shall be binding on me and my heirs, legal representatives, and assigns.

Signed _____ Date _____

Witness _____ Date _____

George Mason University

SYLLABUS ACKNOWLEDGEMENT

Name:

I have read thoroughly the entire Spring 2016 GMU RECR 169 syllabus and class web site; and, if needed, I have obtained sufficient clarification from the professor. I understand everything I have read. For example, I have no doubts about where the class will meet each time, what I need to do to prepare for class, and what to bring to class.

Signature