

RARITAN VALLEY COMMUNITY COLLEGE ACADEMIC COURSE OUTLINE

FITN 103 Beginning Golf

I. Basic Course Information

A. Course Number and Title: FITN 103 Beginning Golf

B. New or Modified Course: Modified

C. Date of Proposal: Semester: Fall Year: 2023

D. Effective Term: Fall 2024

E. Sponsoring Department: Health Science Education

F. Semester Credit Hours: 1

G. Weekly Contact Hours: 2 Lecture: 0
Laboratory: 2
Out of class student work per week: 1

H. ☐ Prerequisite (s): None
☐ Corequisite (s): None
☐ Prerequisite (s) and Corequisite (s): None

I. Additional Fees: None

J. Name and E-Mail Address of Department Chair and Divisional Dean at time of approval:

Chair: Linda Romaine, Linda.Romaine@raritanval.edu

Dean: Dr. Sarah Imbriglio, Sarah.Imbriglio@raritanval.edu

II. Catalog Description

This course is designed to introduce the student to the game of golf. Students will learn: the rules of the game; values and proper golf etiquette; types and proper use of equipment; the history of the game of golf and how to play the game, including practical instruction and practice of golf swing technique.

III. Statement of Course Need

- A. This course is an option for students who are interested in physical activity for a healthy lifestyle or for those interested in adding golf to their repertoire of sport skills. The skills learned in this course will also benefit those students preparing for a career in the field of fitness and wellness.
- B. The course is designed primarily as an activity course. The students will have to read a textbook to understand the basic rules and strategies of golf, but most of the class time is spent on demonstration and practice of the skills needed to be successful at the game.
- C. This course generally transfers as a general elective dependent on transfer institution.

IV. Place of Course in College Curriculum

- A. Free Elective
- B. To see course transferability: a) for New Jersey schools, go to the NJ Transfer website, www.njtransfer.org; b) for all other colleges and universities, go to the individual websites.

V. Outline of Course Content

- A. The history and development of Golf
- B. Terminology in Golf
- C. The Basic Procedure of Play
- D. Basic Rules of Golf
- E. Selection of Equipment
- F. Fundamentals of Play/Technique
 - 1. Drive
 - 2. Putt
 - 3. Chip
 - 4. Wedge

VI. A. Course Learning Outcomes:

At the completion of the course, students will be able to:

- 1. Evaluate basic swing technique and explain ways to improve it. (GE- 1)*
- 2. Determine and explain the proper club to use and the most effective stroke in game situations. (GE-1)*
- 3. Demonstrate a knowledge of the history of the sport as well as basic terminology and rules of the game.
- 4. Demonstrate gold swing technique.

*embedded critical thinking

B. Assessment Instruments

- A. Demonstrations
- B. Participation
- B. Written & Practical Tests

VII. Grade Determinants

- A. Practical Demonstrations
- B. Participation
- C. Tests

Given the goals and outcomes described above, LIST the primary formats, modes, and methods for teaching and learning that may be used in the course:

- A. Lecture/discussion
- B. Small group work
- C. Practical demonstrations
- D. Simulation/Role Playing

VIII. Texts and Materials

- A. SCHEMPP, GOLF, 2ND ED., 2014 HUMAN KINETICS, ISBN 9781450450027
- B. Exercise Clothes and Sneakers
- C. Golf Clubs

(Please Note: The course outline is intended only as a guide to course content and resources. Do not purchase textbooks based on this outline. The RVCC Bookstore is the sole resource for the most up-to-date information about textbooks.)

IX. Resources

- A. RVCC Gymnasium
- B. RVCC Fitness Center
- C. RVCC Fields

X. Check One: ☐ Honors Course ☐ Honors Options ☒ N/A