

# Virginia Western Community College

## PED 133

### Golf I

#### **Prerequisites**

None

#### **Course Description**

Teaches basic skills of golf, rules, etiquette, scoring, terminology, equipment selection and use, and strategy. Part I of II. (VCCS MCR Description)

A study of the history of golf, ethics of golf, rules of golf and the golf swing. Students must purchase his/her range balls from the pro-shop, and be ready to start class on time.

**Semester Credits: 1**

**Lecture Hours: 0**

**Lab/Clinical/Internship Hours: 2**

#### **Required Materials**

##### **Textbook:**

Swing Like a Pro. Mann. Broadway Books. ISBN: 9780767902366

##### **Other Required Materials:**

#### **Course Outcomes**

**At the completion of this course, the student should be able to:**

- Recognize the major elements of the golf swing
- Understand a brief history of the game
- Have knowledge of the ethics and rules of the game
- Demonstrate the golf swing
- Enjoy the game of golf

**Topical Description**

1	History of the Game
2	Course Management and Club Selection
3	Proper Care of Equipment
4	Golf Swing Development
5	Grips
6	Posture
7	Terminology of the Game
8	Rules of the Game
9	Health Benefits of the Game

**Note to Instructors**

1. Written work may accompany reading assignments
2. Recommended reading for the serious golfer: Swing Like a Pro