Contact Information

Instructor: Michelle Watson, M.A.
Email: Michelle.watson@sjsu.edu

Class Meetings & location: Wednesdays 9:30am-11:20am (rain or shine)
San Jose Municipal Golf Course
1560 Oakland Road
San Jose, CA 95131
*meet at driving range unless otherwise noted
(approximately 20 minute drive from SJSU)

Office Hours: Mondays 11:20am-1:45pm
or email me to schedule an appointment

Course Description
This course is designed for students who are true beginners to the game of golf or to individuals with very rudimentary golf skills. The focus of this course will be on developing a straight and repeatable golf swing that makes frequent contact with the golf ball. The class will introduce you to the history of golf, the basic equipment and rules of golf. It will also cover golf course etiquette and physical fitness benefits of golf.

Course Goals and Student Learning Objectives
Following activities and assigned reading, students will be able to demonstrate through class activities/assignments, skill tests, and written exams,

- Knowledge of fundamental skills, technique, progressions, etiquette, injury prevention, and safety related to golf.
- Proficiency in the execution of golf skills.
- History, current research, principles, terminology, and exercises related to golf
- An understanding of the mental and physical health benefits to be derived from golf.
Activity Program Learning Outcomes (APLO)

After completion of the physical activity graduation requirement, students shall be able to:

• Demonstrate proficiency in the execution of the motor/sport skills appropriate to golf.
• Identify and/or explain the applicable history, rules, strategies, current research, safety, and etiquette related to golf.
• Identify and/or explain the benefits of golf as related to physical and mental health.

Text/Readings and Fees

Instructor-assigned readings/handouts will be distributed in class or via email. A semester fee of $50.00 payable to San Jose Municipal Golf Course entitles you to 10 large buckets of range balls, access to and use of the practice facilities for the class.

Equipment and Clothing

Golf clubs will be provided for any student without clubs. Please wear appropriate golf clothing (“layered” for weather changes) (no cut off shorts, short shorts, tank tops for females are acceptable if they have a collar), tennis type shoes, and golf visor /hat/ sunglasses for sun protection. SJSU apparel is encouraged! Bring a bottle of water and sunscreen. Soft spike golf shoes are permissible. No sandals or shoes with elevated heels.

Course Notes

• If you have pre-existing medical or physical problems you should consult your physician before participating in this class and alert the instructor to any required limitations.
• Class protocol: Students are expected to arrive on time and participate fully in all activities throughout the class period. This includes arriving to class on time and in appropriate attire for swinging a golf club. Regular active participation is essential to acquiring the course objectives. Turn cell phone off and put away for the duration of the class. Interactions with classmates and the instructor are expected to be respectful at all times.
• Report any accidents/injuries to the instructor immediately.
• Exams/quizzes cannot be made up (serious and compelling problems considered).
• Drop requests will not be accepted after the SJSU drop deadline.
• Course grades will be posted before the University’s official deadline. No incomplete grades or extra credit will be provided.
• Recording class: Instruction may not be recorded. If classmates ask you to record their performance for later review make sure it is done before or after class rather than during class. Do not post or otherwise share the recording.
• Intellectual property: Course materials developed by the instructor (e.g., exam/quiz items, videos, lecture notes/handouts) are the instructor’s intellectual property and cannot be shared or uploaded in any form publicly without the instructor’s approval.
Course Requirements and Grading Policy

Grading Plan

20% Participation - assessed through observation of skills and engagement in class activities (APLO 1) 20 points
20% Skills Test 1 (APLO 1) 20 points
20% Skills Test 2 (APLO 1) 20 points
15% Quizzes (APLO 2 & 3) (3 quizzes at 5% each) 15 points (5 pts each)
25% Written Final Exam (APLO 2 & 3) 25 points
100% 100 points

Tests/Quizzes:

Written Exams and Quizzes will cover:
- History, current research, principles, terminology, and exercises related to golf
- Etiquette of golf
- Mental and physical health benefits to be derived from golf
- Safety
- Injury prevention
- Techniques related to golf skills

Skills Exams:

Skills Exams will cover execution of skills in the areas of:
- Golf Swing Setup
- Golf Swings:
  - full-swing woods
  - full-swing irons
  - wedges and partial swing shots
  - putting
- Making good contact with the ball
- Hitting the ball straight
- Clubhead speed

Success in this course is based on the expectation that students will spend, for each unit of credit, a minimum of forty-five hours over the length of the course. This would include preparing for class, participating in course activities, and preparation for exams.
Grading Scale used to determine letter grade for each item listed in the Grading Plan and Final Course Grade.

<table>
<thead>
<tr>
<th>Percentage</th>
<th>Equivalent Grade</th>
</tr>
</thead>
<tbody>
<tr>
<td>97% - 100%</td>
<td>A+</td>
</tr>
<tr>
<td>93% - 96%</td>
<td>A</td>
</tr>
<tr>
<td>90% - 92%</td>
<td>A-</td>
</tr>
<tr>
<td>87% - 89%</td>
<td>B+</td>
</tr>
<tr>
<td>83% - 86%</td>
<td>B</td>
</tr>
<tr>
<td>80% - 82%</td>
<td>B-</td>
</tr>
<tr>
<td>77% - 79%</td>
<td>C+</td>
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<tr>
<td>73% - 76%</td>
<td>C</td>
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<tr>
<td>70% - 72%</td>
<td>C-</td>
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<td>67% - 69%</td>
<td>D+</td>
</tr>
<tr>
<td>63% - 66%</td>
<td>D</td>
</tr>
<tr>
<td>60% - 62%</td>
<td>D-</td>
</tr>
<tr>
<td>below 60%</td>
<td>F</td>
</tr>
</tbody>
</table>

University Policies

Dropping and Adding

Students are responsible for understanding the policies and procedures about add/drop, grade forgiveness, etc. Refer to the current semester’s Catalog in the policies section at http://info.sjsu.edu/static/catalog/policies.html. Add/drop deadlines can be found on the current academic year calendars document at http://www.sjsu.edu/provost/services/academic_calendars/. The late drop policy is available at http://www.sjsu.edu/aars/policies/latedrops/policy/. Students should be aware of the current deadlines and penalties for dropping classes.

Information about the latest changes and news is available at the Advising Hub at http://www.sjsu.edu/advising/.
Academic integrity

Your commitment as a student to learning is evidenced by your enrollment at San Jose State University. The University’s Academic Integrity policy at http://www.sjsu.edu/senate/S07-2.htm, requires you to be honest in all your academic course work. Faculty members are required to report all infractions to the office of Student Conduct and Ethical Development. The Student Conduct and Ethical Development website at http://www.sjsu.edu/studentconduct/.

Instances of academic dishonesty will not be tolerated. Cheating on exams or plagiarism (presenting the work of another as your own, or the use of another person’s ideas without giving proper credit) will result in a failing grade and sanctions by the University. For this class, all assignments are to be completed by the individual student unless otherwise specified. If you would like to include your assignment or any material you have submitted, or plan to submit for another class, please note that SJSU’s Academic Integrity policy at http://www.sjsu.edu/senate/S07-2.htm requires approval of instructors.

Note: Assignments completed for another class cannot be counted for this course.

Campus Policy in Compliance with the American Disabilities Act

If you need course adaptations or accommodations because of a disability, or if you need to make special arrangements in case the building must be evacuated, please make an appointment with me as soon as possible, or see me during office hours. Presidential Directive 97-03 at http://www.sjsu.edu/president/docs/directives/PD_1997-03.pdf requires that students with disabilities requesting accommodations must register with the Accessible Education Center (AEC) at http://www.sjsu.edu/aec/ to establish a record of their disability.

Accommodation to Students’ Religious Holidays

San José State University shall provide accommodation on any graded class work or activities for students wishing to observe religious holidays when such observances require students to be absent from class. It is the responsibility of the student to inform the instructor, in writing, about such holidays before the add deadline at the start of each semester. If such holidays occur before the add deadline, the student must notify the instructor, in writing, at least three days before the date that he/she will be absent. It is the responsibility of the instructor to make every reasonable effort to honor the student request without penalty, and of the student to make up the work missed. See University Policy S14-7 at http://www.sjsu.edu/senate/docs/S14-7.pdf.
### Course Calendar (subject to change with fair notice by announcement in class and/or email)

<table>
<thead>
<tr>
<th>Week</th>
<th>Date</th>
<th>Course Content (Lectures, Assignments, Exams/Quizzes)</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>2/1</td>
<td>Introduction: class policies, procedures; basic golf skills</td>
</tr>
<tr>
<td>2</td>
<td>2/8</td>
<td>Introduction to golf: golf equipment, the golf course, basic rules, golf etiquette, physical fitness benefits, and the golf swing (grip, stance, weight distribution, weight transfer and balance, the backswing, the downswing, the follow-through)</td>
</tr>
<tr>
<td>3</td>
<td>2/15</td>
<td>Partial-swing irons: making good contact</td>
</tr>
</tbody>
</table>
| 4    | 2/22 | **QUIZ #1**
Partial-swing irons: hitting the ball straight |
| 5    | 3/1  | Full-swing irons: increasing clubhead speed |
| 6    | 3/8  | Putting |
| 7    | 3/15 | **Skills Test 1 (irons and putting)** |
| 8    | 3/22 | **QUIZ #2**
Partial-swing woods: making good contact |
| 9    | 3/29 | NO CLASS (Spring Break) |
| 10   | 4/5  | Partial-swing woods: hitting the ball straight |
| 11   | 4/12 | Full-swing woods: increasing clubhead speed |
| 12   | 4/19 | **QUIZ #3**
Wedges: pitching and chipping |
| 13   | 4/26 | Scorecard/“Mock” Course Play or Skills Practice |
| 14   | 5/3  | **Skills Test 2 (woods and wedges)** |
| 15   | 5/10 | **WRITTEN FINAL EXAM**
(during last class meeting) |