

San José State University
Kinesiology
SP21: KIN 25A Sec 01 Beg Golf

Course and Contact Information

Instructor:	Don Allio
Office Location:	Spartan Golf Complex
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Email:	Donald.allio@sjsu.edu
Office Hours:	Tuesdays 12:30pm–1:30pm by appointment
Class Day/Time:	Mondays 9:30am – 11:20am
Classroom:	Classes will be held at the Spartan Golf Complex 532 East Humboldt Street San Jose CA 95112

Course Description

This course is designed for those who have never played golf or who have played very little and have had no basic formal instruction. This course will provide the student with a sound set of fundamentals to prepare for further instruction if desired.

Course Format

Course will meet online (Zoom) for first class and until Monday, February 15th when we meet in person for the duration of the semester. The course may also move fully online at anytime during the semester in response to Covid-19.

MYSJSU Messaging

Course materials such as syllabus, handouts, notes, assignment instructions, etc. can be found on [Canvas Learning Management System course login website](http://sjsu.instructure.com) at <http://sjsu.instructure.com>. You are responsible for regularly checking with the messaging system through [MySJSU](http://one.sjsu.edu) on [Spartan App Portal](http://one.sjsu.edu) <http://one.sjsu.edu> (or other communication system as indicated by the instructor) to learn of any updates. **For help with using Canvas see [Canvas Student Resources page](http://www.sjsu.edu/ecampus/teaching-tools/canvas/student_resources)** (http://www.sjsu.edu/ecampus/teaching-tools/canvas/student_resources)

Course Goals

Following activities and assigned reading, students will be able to demonstrate through class activities/ assignments, skills tests, and written exams:

Knowledge of fundamental skills, technique, in the sport of golf. Proficiency in execution of the sport of Golf skills covered

An understanding of the history, rules, strategies, current research, safety and etiquette associated with the sport of Golf

An understanding of the mental and physical health benefits to be derived from the sport of Golf

Course Learning Outcomes

Upon successful completion of this course, students will be able to:

Demonstrate proficiency in the execution of the motor/sport skills appropriate to the specific activities completed

Identify and/or explain the applicable history, rules, strategies, current research, safety, and etiquette related to the specific activities completed.

Identify and/or explain the benefits of physical activity as related to physical and mental health.

Required Texts/Readings

The basic golf rules and etiquette found at the website [Http://www.usga.org](http://www.usga.org)

Course Requirements, Assignments and Grading

Attendance is critical to participation.

Participation in class = 40%

In person: Participation involves engaging in the activity. The daily participation grade will be based on a five point scale in which students are expected to: a) be on time (1 pt); b) participate in all class activities and discussion (3 pts); and c) remain for the full duration of the class period (1 pt). Deductions may be made for disruptive behavior, partial participation or lack of effort, not following directions, inattentiveness, late arrivals, and leaving early.

Online Quizzes = 20%

Midterm = 20%

Final examination – 20%

LAST DAY OF
CLASS = FINAL

Grading Percentage

Breakdown:

94% and above: A
90%-93%: A minus
87%-89%: B plus
84%-86%: B
80%-83%: B minus
77%-79%: C plus
74%-76%: C
70%-73%: C minus
67%-69%: D plus
64%-66%: D
60%-63%: D minus
Below 60%: F

“Success in this course is based on the expectation that students will spend, for each unit of credit, a minimum of 45 hours over the length of the course (normally three hours per unit per week) for instruction, preparation/studying, or course related activities, including but not limited to internships, labs, and clinical practice. Other course structures will have equivalent workload expectations as described in the syllabus.”

Final Examination or Evaluation

The final exam will be a skills test based on the mechanics of the golf swing learned in class.

Course Notes

Class will be held online until we meet in person starting Monday, February 15th. Due to Covid-19 protocols students will only be required to attend the first or last 50 minutes of each class session.. See below for more information.

Students are required to wear masks at all times during class and maintain, at minimum, a 6 foot distance from all other students.

Note: Each student will attend class either from 9:30am-10:15am or from 10:30am-11:15am each Monday. Students with last names starting with letters A-M will attend from 9:30am-

10:15am and students with last names starting with letters N-Z will attend class from 10:30am-11:15am.

A-M 9:30-10:15am

N-Z 10:30- 11:15am

Smaller class sizes are necessary for your safety related to Covid-19.

Students are expected to arrive on time and participate fully in all activities throughout the class period. 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.

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.

Intellectual property: Course materials developed by the instructor (e.g., exam/quiz items, videos, lecture notes), are the instructor's intellectual property and cannot be shared or uploaded in any form publicly without the instructor's approval.

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.

Report any accidents to the instructor immediately.

A semester class fee of \$60.00, payable to Spartan Golf Complex by credit card, check or cash, entitles you to practice balls, access to and use of Spartan Golf Complex during scheduled class times. Note: You will not have access to the Spartan Golf Complex outside of scheduled class times.

Course grades will be posted on Canvas by the end of finals week.

BRING TO EACH CLASS: Your own golf clubs. If you do not have golf clubs, clubs will be provided.

Written exams cannot be made up.

Drop requests will not be accepted after the SJSU drop deadline.

Cell phones turned off during class. Any student using a cell phone during class will be asked to leave.

Clothing – comfortable athletic gear recommended. “Layered” clothing is recommended for weather changes. Collared “polo” style shirts are encouraged. Tank tops are not acceptable. Tennis type shoes or soft spike golf shoes are permissible. Due to soft and wet grass conditions it is not recommended to wear shoes you would not like to get wet and dirty. No sandals or shoes with elevated heels. Hat, sunscreen, and sunglasses recommended. SJSU apparel is encouraged! Provide your own water.

University Policies

Per [University Policy S16-9](http://www.sjsu.edu/senate/docs/S16-9.pdf) (<http://www.sjsu.edu/senate/docs/S16-9.pdf>), relevant university policy concerning all courses, such as student responsibilities, academic integrity, accommodations, dropping and adding, consent for recording of class, etc. and available student services (e.g. learning assistance, counseling, and other resources) are listed on [Syllabus Information web page](http://www.sjsu.edu/gup/syllabusinfo) (<http://www.sjsu.edu/gup/syllabusinfo>), which is hosted by the Office of Undergraduate Education. Make sure to visit this page to review and be aware of these university policies and resources.

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Schedule is subject to change with fair notice by announcement in class

and/or email. Course Schedule – (If class is moved online this schedule will be used through Zoom)

Week	Topics, Readings, Assignments, Deadlines
1	Zoom - First Class Meeting, course policies, and syllabus reviews
2	Online: Position 1 - Grip – Stance – Ball position – Hip Hinge - IYAL Online: Video - Golf Terminology (Quiz)
3	Online: Position 2 - Ball First Contact - 9-3 Swings Online: Video - What clubs do you use on the course? (Quiz)
4	Position 3 - pitch, and chip – Aim the face
5	Rules of Golf – parts of golf course, equipment, etiquette, keeping score Online: Video - Top 5 Golf Rules you need to know (Quiz)
6	Position 4 - Stay under the ceiling (head position) – Impact and finish
7	Position 5 - Clubface rotation, ball position
8	Midterm – skills test
9	Position 6 - Drills – How to practice your swing using drills
10	Position 7 - Tuck the Chin, Rotation, Strong grip v. weak grip
11	Position 8 - Inline, Inside-out & Outside in swings – Stance width
12	Position 9 - Centered head, Loading and Unloading, trigger finger option
13	Position 10 - High and low shots, feet alignment.

	Online: Video - Indoor Putting Games (Quiz)
14	Centered Hips, Arm Structure, Grip pressure
15	Review
16	FINAL – Skills test