

**San José State University**  
**Kinesiology**  
**SP21: KIN 25A Sec 03 Beg Golf**

**Course and Contact Information**

Instructor:	Don Allio
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Office Hours:	Tuesdays 12:30pm–1:30pm by appointment
Class Days/Time:	TuTh 11:35am – 12:20pm
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](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 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**

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.

Attendance is critical to participation.

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 Tuesday, February 16th. Due to Covid-19 protocols students will only be required to attend only once per week. 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.

Class will begin at 11:35am each day to allow time for safety protocols related to Covid-19.

Note: Each student will attend class once each week, either on Tuesday or Thursday. Students with last names starting with A through L will meet on Tuesdays and students with last names starting with M through Z will meet on Thursdays.

A-L Tuesdays

M-Z Thursdays

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.

If a serious illness or an accident occurs that requires an extended absence, the student should obtain a medical statement and withdraw from the class.

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 Exam 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 recommend. 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 review
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 - Online, Inside-out & Outside in swings – Stance width
12	Position 9 - Centered head, Loading and Unloading
13	Position 10 - High and low shots, feet alignment

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

Note: First 3 Weeks, Class will be held online only.