San José State University
Kinesiology
SP20: KIN 25A SEC 02 Beginning Golf

Course and Contact Information

Instructor: Don Allio
Office Location: Spartan Golf Complex
579 E. Alma Avenue
San José, CA 95112

Telephone: (408) 426-0256
Email: donald.allio@sjsu.edu
Office Hours: Thursdays 12:30-2:30pm or by Appt.
Class Days/Time: Tu 8:30-10:20

Classroom: Classes will be held at the North Tee Spartan Golf Complex
532 East Humboldt Street.
San José, CA 95112
Located between 11th and 12th Street on E. Humboldt

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 Goals and Student Learning Objectives
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
Activity Program 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.

Faculty Web Page and MYSJSU Messaging

Course materials can be found at: Canvas Learning Management System course login website at http://sjsu.instructure.com. You are responsible for regularly checking with the messaging system through MySJSU at http://my.sjsu.edu to learn of any updates.

Required Texts/Readings

The basic golf rules and etiquette found at the website Http://www.usga.org

Course Notes

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 at our second class meeting, 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

Course Requirements, Assignments, and Grading

Participation in class = 30%
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.

Improvement = 30% skills test
Midterm = 20%
Final examination – 20% skills test

LAST DAY OF CLASS = FINAL

Attendance is critical to participation.

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.”

University Policies

Per University Policy S16-9, university-wide policy information relevant to all courses, such as academic integrity, accommodations, etc. will be available on Office of Graduate and Undergraduate Programs’ Syllabus Information web page
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Schedule is subject to change with fair notice by announcement in class and/or email.

Course Schedule

<table>
<thead>
<tr>
<th>Week</th>
<th>Topics, Readings, Assignments, Deadlines</th>
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</thead>
<tbody>
<tr>
<td>1</td>
<td>YUH 106 First Class meeting, course policies, and syllabus review</td>
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<tr>
<td>2</td>
<td>Holding the golf club. Standing next to the golf ball. Body Motion.</td>
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<tr>
<td>3</td>
<td>Grip-Stance-Ball Position-Hip Hinge-Alignment- P2 to P5 drill</td>
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<tr>
<td>4</td>
<td>Putting – Chipping – Pitching – Golf Etiquette – P1 to P4 drill</td>
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<tr>
<td>5</td>
<td>P1-P4/P2-P5 Swing sequence. Rules of Golf</td>
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<tr>
<td>6</td>
<td>Putting – Chipping - Pitching</td>
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<tr>
<td>7</td>
<td>Midterm – Skills Test</td>
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<tr>
<td>8</td>
<td>Full Swing P2-P6 swing sequence.</td>
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<tr>
<td>9</td>
<td>Drills – How to practice your swing using drills</td>
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<tr>
<td>10</td>
<td>Full Swing Practice. Demo- playing the course</td>
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<tr>
<td>11</td>
<td>Putting-Chipping-Pitching. Games to enhance practice</td>
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<tr>
<td>12</td>
<td>Full Swing – How to structure a practice session</td>
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<td>13</td>
<td>Play a hole</td>
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<td>14</td>
<td>Review all clubs – Body Motion</td>
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<tr>
<td>15</td>
<td>Full Swing Review</td>
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<tr>
<td>16</td>
<td>FINAL – Skills test</td>
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