

## ATHPE121 : Off-Season Training for Intercollegiate Women's Golf

### General Information

Author:	<ul style="list-style-type: none"><li>Erin Calderone</li></ul>
Course Code (CB01) :	ATHPE121
Course Title (CB02) :	Off-Season Training for Intercollegiate Women's Golf
Department:	ATHPE
Proposal Start:	Fall 2025
TOP Code (CB03) :	(0835.50) Intercollegiate Athletics
CIP Code:	(31.0501) Sports, Kinesiology and Physical Education/Fitness, General.
SAM Code (CB09) :	Non-Occupational
Distance Education Approved:	No
Will this course be taught asynchronously?:	No
Course Control Number (CB00) :	CCC000574694
Curriculum Committee Approval Date:	11/27/2024
Board of Trustees Approval Date:	01/21/2025
Last Cyclical Review Date:	11/27/2024
Course Description and Course Note:	ATHPE 121 provides instruction and practice for intercollegiate women's golf, focusing on fundamental techniques of competitive women's golf. This course is designed to provide further advancement in individual skill, team strategies, effective communication, and conditioning for intercollegiate competition. Note: ATHPE 121 is off-season training for students who are interested in competing on an intercollegiate women's golf team. May be taken 4 times for credit. Each student-athlete must provide their own golf clubs.
Justification:	Mandatory Revision
Academic Career:	<ul style="list-style-type: none"><li>Credit</li></ul>
Mode of Delivery:	<ul style="list-style-type: none"><li>In-Person</li></ul>
Author:	No value
Course Family:	Golf

### Academic Senate Discipline

Primary Discipline:	<ul style="list-style-type: none"><li>Coaching</li></ul>
Alternate Discipline:	No value
Alternate Discipline:	No value

## Course Development

### Basic Skill Status (CB08)

Course is not a basic skills course.

Allow Students to Gain Credit by Exam/Challenge

### Course Special Class Status (CB13)

Course is not a special class.

### Pre-Collegiate Level (CB21)

Not applicable.

### Grading Basis

- Grade with Pass / No-Pass Option

### Course Support Course Status (CB26)

Course is not a support course

## General Education and C-ID

### General Education Status (CB25)

Not Applicable

### Transferability

Transferable to both UC and CSU

### Transferability Status

Pending

## Units and Hours

### Summary

<b>Minimum Credit Units (CB07)</b>	1
<b>Maximum Credit Units (CB06)</b>	2.5
<b>Total Course In-Class (Contact) Hours</b>	36 - 81
<b>Total Course Out-of-Class Hours</b>	18 - 54
<b>Total Student Learning Hours</b>	54 - 135

### Credit / Non-Credit Options

#### Course Type (CB04)

Credit - Degree Applicable

#### Noncredit Course Category (CB22)

Credit Course.

#### Noncredit Special Characteristics

No Value

#### Course Classification Code (CB11)

Credit Course.

Variable Credit Course

#### Funding Agency Category (CB23)

Not Applicable.

Cooperative Work Experience Education Status (CB10)

### Weekly Student Hours

	<b>In Class</b>
Lecture Hours	0.5 - 1.5
Laboratory Hours	1.5 - 3

<b>Out of Class</b>
1 - 3
0

### Course Student Hours

<b>Course Duration (Weeks)</b>	18
<b>Hours per unit divisor</b>	54
<b>Course In-Class (Contact) Hours</b>	



Maintain positive individual behaviors to enhance team dynamics.

No Value

## Course Limitations

Cross Listed or Equivalent Course

Description

No value

No value

## Specifications

### Methods of Instruction

Methods of Instruction

Collaborative Learning

Methods of Instruction

Demonstrations

Methods of Instruction

Lecture

Methods of Instruction

Laboratory

Methods of Instruction

Multimedia

### Out of Class Assignments

- Practice evaluation (e.g. written evaluations regarding positive and negative performances)
- Goal setting (e.g. written re-evaluation of goal performance every other week)
- Practice analysis (e.g. summary and review of practice film)

### Methods of Evaluation

### Rationale

Exam/Quiz/Test

Written exams

Evaluation

Demonstration evaluations

Writing Assignment

Video movement analysis

Other

Tournament play

### Textbook Rationale

No Value

### Textbooks

Author	Title	Publisher	Date	ISBN
No Value	No Value	No Value	No Value	No Value

### Other Instructional Materials (i.e. OER, handouts)

Description	Local Rules and Terms of the Competition for NCAA Women's Golf Tournaments
Author	National Collegiate Athletic Association
Citation	2024
Online Resource(s)	<a href="https://ncaaorg.s3.amazonaws.com/championships/sports/golf/d1/women/2023-24D1WGO_SpringHardCard.pdf">https://ncaaorg.s3.amazonaws.com/championships/sports/golf/d1/women/2023-24D1WGO_SpringHardCard.pdf</a>

Description	USGA Rules of Golf
Author	United States Golf Association
Citation	No value
Online Resource(s)	<a href="https://www.usga.org/rules-hub.html">https://www.usga.org/rules-hub.html</a>

### Learning Outcomes

#### Course Objectives

Identify and analyze concepts of individual and team personnel through film analysis and simulated game situations.

Demonstrate collegiate level technique for swing motion, putting, chipping, and etiquette.

Recognize the role of nutrition in athletic performance.

Demonstrate and apply practical and general knowledge of the game of golf and its rules.

Integrate conditioning and weight training into daily practices.

Demonstrate the ability to work with a team as a unit and develop team concepts.

Demonstrate an understanding of California Community College Athletic Association (CCCAA) and/or NCAA rules and policies as related to off-season training and competition.

#### SLOs

Perform advanced golf skills through individual and team practice. Expected Outcome Performance: 70.0

Develop a high level of physical conditioning inherent in competitive golf. Expected Outcome Performance: 70.0

Integrate cooperative skills needed to perform at a high level of play. Expected Outcome Performance: 70.0

Demonstrate and apply safety rules and procedures to effectively participate in a physical movement environment. Expected Outcome Performance: 70.0

### Additional SLO Information

**Does this proposal include revisions that might improve student attainment of course learning outcomes?**

No

**Is this proposal submitted in response to learning outcomes assessment data?**

No

**If yes was selected in either of the above questions for learning outcomes, explain and attach evidence of discussions about learning outcomes.**

No Value

**SLO Evidence**

No Value

### Course Content

#### Lecture Content

##### Team Philosophies and Rules (2-8 hours)

- Sportsmanship
- Team rules
- Individual/team goal setting
- NCAA rules and regulations
- CCCAA Decorum Policies
- United States Golf Association (USGA)

##### Safety for Women's Golf (2-5 hours)

- Proper warm-up
- Proper cool-down

##### Understanding Team Dynamics (2-7 hours)

- Creating a positive environment
- Effective communication under stress

##### Nutritional Aspects of Effective Training (2-6 hours)

**Definitions of Diversity, Inclusion, Inequality, and Discrimination in Sports Competition (1 hour)**

- Gender
- Race/ethnicity
- Sexuality
- Religion

**Total Hours: 9-27**

**Laboratory/Studio Content**

**Fundamental Conditioning Skills for Women's Golf lab (8-14 hours)**

- Coordination
- Muscular strength
- Muscular endurance
- Cardiovascular endurance
- Flexibility

**Advanced Fundamental Skills in Women's Golf (11-20 hours)**

- Swing fundamentals
  - Driving
  - Long distance shots
  - Short, middle, and long putting
  - Chipping
  - Sandshots
- Club choices
  - Wedges
  - Putters
  - Short irons
  - Middle irons, long irons, and woods
- Fundamental body mechanics
  - Stance
  - Foot positioning
  - Hip angle

**Advanced Game Strategy (8-20 hours)**

- Golf etiquette
  - Speed of play
  - Putting order
  - Driving orders
- Competitive strategy
  - Course variations
  - Weather conditions
- Mental skills
  - Mental offense
  - Mental defense

**Total Hours: 27-54**

**Additional Information**

**Repeatability**

Repeatable

**Justification (if repeatable was chosen above)**

Intercollegiate athletics (must have ATHPE prefix and intercollegiate TOP code of 0835.50)

Is it possible this course will have a material fee?

No Value

I have contacted my library liaison (<https://campusguides.glendale.edu/faculty/liasons>):

No Value

What term(s) will this course be offered?

No Value

Will any additional resources be needed for this course? (Click all that apply)

No Value

If additional resources are needed, add a brief description and cost in the box provided.

No Value

## Resources

Did you contact your departmental library liaison?

No

If yes, who is your departmental library liaison?

Becka Cooling (Kinesiology, Social Sciences)

Did you contact the DEIA liaison?

No

Were there any DEIA changes made to this outline?

No

If yes, in what areas were these changes made:

No Value

Will any additional resources be needed for this course? (Click all that apply)

- No

If additional resources are needed, add a brief description and cost in the box provided.

No Value