

Glendale College

Course Outline of Record Report

Course ID 010257
Revision - November 2025

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

General Information

Author:	• Erin Calderone
Attachments:	EMERG_DE Addendum_ATHPE_121_COR_11:23:24_CoDE_5:27:25.pdf
Course Code (CB01) :	ATHPE121
Course Title (CB02) :	Off-Season Training for Intercollegiate Women's Golf
Department:	ATHPE
Proposal Start:	Fall 2026
TOP Code (CB03) :	(0835.50) Intercollegiate Athletics
CIP Code:	(31.0501) Sports, Kinesiology and Physical Education/Fitness, General.
SAM Code (CB09) :	E - Non-Occupational
Distance Education Approved:	No
Will this course be taught asynchronously?:	No
Course Control Number (CB00) :	CCC000574694
Curriculum Committee Approval Date:	11/12/2025
Board of Trustees Approval Date:	12/09/2025
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:	Content Change
Academic Career:	• Credit
Mode of Delivery:	• In-Person
Author:	No value
Course Family:	Golf

Academic Senate Discipline

Primary Discipline:	• Coaching
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 CSU only

Transferability Status

Approved

GCC General Education Requirements

Area 8: Lifelong Learning

Area

Lifelong Learning

Status

Pending

Approval Date

No value

Comparable Course

No Comparable Course defined.

Units and Hours

Summary

Minimum Credit Units (CB07)

2

Maximum Credit Units (CB06)

4

Total Course In-Class (Contact Hours)

90 - 180

Total Course Out-of-Class Hours

18 - 36

Total Student Learning Hours

108 - 216

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

Course Student Hours

	In Class	Out of Class	Course Duration (Weeks)	18
Lecture Hours	0.5 - 1	1 - 2	Hours per unit divisor	54
Laboratory Hours	4.5 - 9	0	Course In-Class (Contact) Hours	
Studio Hours	0	0	Lecture	9 - 18
			Laboratory	81 - 162
			Studio	0
			Total	90 - 180
			Course Out-of-Class Hours	
			Lecture	18 - 36
			Laboratory	0
			Studio	0
			Total	18 - 36

Time Commitment Notes for Students

No value

Units and Hours - Weekly Specialty Hours

Activity Name	Type	In Class	Out of Class
No Value	No Value	No Value	No Value

Prerequisites, Corequisites, Recommended Corequisites, and Recommended Preparation

No Value

Entry Standards

Entry Standards	Description
Perform skills appropriate for intercollegiate golf.	No Value
Define National Collegiate Athletic Association (NCAA) women's golf rules.	No Value
Participate in rigorous physical activity.	No Value

Participate and interact in a team environment.

No Value

Maintain positive individual behaviors to enhance team dynamics.

No Value

Course Limitations

Cross Listed or Equivalent Course

Description

No value

No value

Requisite Validation

Upload Statistical Validation and/or other documents (if necessary)

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

Description of Activity/Interaction

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)	https://ncaaorg.s3.amazonaws.com/championships/sports/golf/d1/women/2023-24D1WGO_SpringHardCard.pdf

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

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 (1-3hours)

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

Safety for Women's Golf (2-4 hours)

- Proper warm-up
- Proper cool-down

Understanding Team Dynamics (3-6 hours)

- Creating a positive environment
- Effective communication under stress

Nutritional Aspects of Effective Training (2-4 hours)

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

- Gender
- Race/ethnicity
- Sexuality
- Religion

Total Hours: 9-18

Laboratory/Studio Content

Fundamental Conditioning Skills for Women's Golf lab (24-48 hours)

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

Advanced Fundamental Skills in Women's Golf (27-54 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 (30-60 hours)

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

- Mental skills
 - Mental offense
 - Mental defense

Total Hours: 81-162

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

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

No

What term(s) will this course be offered?

Fall

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