

## GOLF 10

### I. Course Description

This course is a continuation and is designed to further the student's ability to play the game of golf. It will involve private sessions with, a golf professional learning swing mechanics, physics of swing speed, swing plane, ball flight, tempo, timing and rhythm of the game. There will be several tournaments in which to put into practice all that has been learned as well as proper etiquette, course management and PGA rules of the game.

### II. Instructional Materials

- A. Backyard net, mats, sand bunker, chipping green, putting green
- B. *Golf Digest* magazines
- C. *The Rules of Golf and the Rules of Amateur Status*, USGA, 2003
- D. Videos
  1. *Maximizing Your Game and Everything About It*. Wally Armstrong Golf Inc., 1992
    - a. Vol. One: The Clinic: The Full Swing
    - b. Vol. Two: The Short Game
    - c. Vol. Three: Playing the Game
  2. *Ken Venturi 's Encycolpedia of Golf* Newbury Park, MasterGrip 1990
    - a. The Short Game
    - b. The Long Game
  3. Lohren, Carl. *One Move to Better Golf* New York, Best Film & Video Corp., 1985
  4. Palmer, Arnold. *Play Great Golf Course Strategy*. Stamford, High Ridge Productions, 1987
  5. Lawrence, Duff, *Putting with Confidence*. New York, Austin Assoc. Inc. 1989
  6. Mann, Bob. *Automatic Golf, the Method*, Valencia, Video Reel Inc. 1983

### III. Goals and Objectives

- A. Student will examine their own golf swing with a professional golf instructor.
- B. Student will start a strength program in order to play the game competitively as well as documenting the average length increase of each club derived from the strength program.
- C. Student will examine information from magazines, books and television on improving their own performance in golf.
- D. Student will practice driving, pitching, chipping and putting to improve them and relate the improvement in each to overall score documenting fairways hit, greens hit, putts made, up and downs made and sand percentage.
- E. Student will examine course management techniques from playing and practicing on course.
- F. Student will be able to shoot even par 36 for 9 holes at a Championship length

golf course and shoot under 80 for 18 holes on same course.

- G. Student will maintain or better a handicap of 7.
- H. Student will be able to play tournament golf and place in the top 3 in a Southern California PGA jr tournament.

#### **IV. Course Outline**

- A. The full swing
- B. The pitching game
- C. The chipping game
- D. Putting
- E. Course Management
- F. Rules
- G. Swing dynamics
  - 1. Proper swing mechanics
  - 2. Swing faults and causes

#### **V. Teaching Methods**

- A. Private instruction with Lee Breckenridge, PGA professional, Valencia CA
- B. Driving range, putting green, chipping practice with supervision
- C. On course instruction/ discussion/ problem solving
- D. Daily golf practice.

#### **VI. Evaluation**

- A. Methods
  - 1. Golf scores
  - 2. Chipping game scores
  - 3. Putting contest scores
  - 4. Successful problem solving
  - 5. Golf Tournament scores
- B. Grading Method
  - 1. Scores on golf rounds
  - 2. Scores in golf tournaments 2.  
Handicap index from Playerlink
- C. Grading Scale
  - Handicap @ 7 or less = A
  - 8 to 8.9 = B
  - 9 to 9.9 =C
  - 10 to 10.9=D
  - 11 or greater =F