

**PE 34C**  
**Out of Season Conditioning for Golf**  
**John W. Perkins**  
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**Course Objectives:**

1. To provide the student with a detailed knowledge of the fundamentals of golf.
2. To provide the student with an insight into some of the problems of teaching golf.

**Method of Instruction:**

1. Lecture and Demonstration/Student Participation
  1. Introduction
  2. Philosophy of Golf
  3. Teaching the Golf Swing
    - (A) Sequence of the Grip
    - (B) Alignment
    - (C) Correct Set-Up
    - (D) Backswing and Full Take Away
    - (E) Sequence of the Forward Swing
  - Short Game Analysis
    - (A) Chipping and Pitching
    - (B) Bunker Play
    - (C) Art of Putting
  4. Putting the Entire Game Together
    - (A) Playing 9 Holes
    - (B) Playing 18 Holes
  5. Scorecard Analysis
  6. Practicing the Game with a Purpose
2. Must Play 18 Holes of Golf Every Week and Practice 4 Times Per Week

**Evaluation and Grading:**

**1. Attendance:**

Regular attendance is a must. Requirements will be mandated as prescribed by college policy. A student will be dropped at the discretion of the instructor if he feels that at any time the student is not making satisfactory progress.

**2. Testing:**

A written final covering all materials discussed in class. The student will be expected to scout a high school tournament of his choosing and with another classmate working as a team, turn in a brief report of the tournament prior to the end of class.