

George Mason University
College of Education and Human Development
Physical activity for Lifetime Wellness

RECR 169 (003) Golf: Introduction (1)
1 Credit, Spring 2018
M 1:30pm-4pm 3/19/2018 – 5/07/2018, Burke Lake Golf Course

Faculty

Name: Kate Via, M.S.

Office hours: By Appointment

Office location: Burke Lake Golf Course

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Prerequisites/Corequisites

None

University Catalog Course Description

Teaches basic golf terms, rules, and technique for the full swing, putting, chipping, and pitching, as well as playing on a golf course.

Course Overview

Although the emphasis of this curriculum is on skill building, RECR 169 is about more than learning to hit golf balls far and straight. The course is a mixture of theory and practice. The written exam review class is a lecture/discussion of swing principles, scoring rules, etiquette, strategy, trouble shots, club selection, key professionals in the industry, and more. You will also walk the golf course with the instructor to bring the learning points to life and to prepare for playing at least nine holes of golf as the final course requirement. RECR 169 begins with an overview of the sport, then builds swing skills by gradually increasing the length of clubs, the length of swings, and the complexity of strokes.

Course Delivery Method

This course will be delivered using a face-to-face format.

Learner Outcomes or Objectives

This course is designed to enable students to do the following:

1. Explain the relationship between stance and posture in maintaining stability and generating power in executing a golf swing.

2. Explain basic golf rules and demonstrate an understanding of these rules by playing at least 9 holes with no errors during application of these rules.
3. Demonstrate proper golf course etiquette.
4. Develop the level of playing fitness and mental focus necessary to play a round (9 holes) of golf.

Professional Standards

N/A

Required Texts

Various required readings which are not widely available free on the internet are provided by the instructor at no charge.

Course Performance Evaluation

Students are expected to submit all assignments on time in the manner outlined by the instructor (e.g., Blackboard, Tk20, hard copy).

- **Assignments and Examinations**
 - o Exam questions are almost exclusively short answer with very few multiple-choice types, and they are subjectively graded. Most exam questions will come from class lectures. Typical topics include swing principles, scoring rules, etiquette, strategy, club selection, names of famous players, coaches, courses, authors, and information sources. You can earn bonus points toward this exam per the number of times you practice your skills at a driving range or short-game practice area **on days between classes**. (Playing rounds of golf, does not satisfy this requirement.) Keep a log of your outside-of-class practice sessions. You must turn in that log to receive the bonus points to your overall score. One bonus point for each additional practice session (max awarded 5 points).
 - o Swing Skills Assessment - Your score in this category will be subjective, based on evidence of competency or at least significant improvement in putting, chipping, pitching, and full swings.
 - o On-Course Play - RECR 169 is designed to prepare you to play this wonderful sport on a golf course, not just at a skill learning facility. Thus, you must play at least nine holes following USGA scoring rules and etiquette conventions during the period indicated on the Class Schedule. Email your instructor at least one paragraph of reflections on your experience. RECR 169 students who choose to play this round together must each submit a report of your individual experience. Your comments are not graded, but **if you fail to report completion by the date indicated on your Course Schedule, your grade will be reduced by one letter.**

- **Other Requirements**

- *Attendance* – Each student may miss one class. Beyond that, each unexcused absence will result in 3 points being deducted from their final score. Absences are excused through a doctor note presented immediately following an absence. Emails and texts to the instructor do not excuse absences. Because of the distances from campus classrooms to parking spaces and travel time to our off-campus class location, tardiness is tolerable within reason. Therefore, you may arrive late from a previous on-campus class or leave early to insure your timely arrival at the next one without affecting your attendance score. Drive carefully to and from the golf facility! Please call or email your instructor if you are going to be late. Do not text, email, or call while operating a moving vehicle. Please follow VA state driving regulations. Please discuss with your instructor on the first day of class.

- **Course Performance Evaluation Weighting**

- Attendance – 130 points
- Written Exam – 50 points
- Swing Skills Assessment – 20 points
- On course play

- **Grading Policies**

A	= 187-200	B+	= 175-178	C+	= 155-158	D	= 119-138
A-	= 179-186	B	= 167-174	C	= 147-154	F	= 0-118
		B-	= 159-166	C-	= 139-146		

Professional Dispositions

See <https://cehd.gmu.edu/students/policies-procedures/>

CLASS SCHEDULE

WATCH FOR ANY SCHEDULE CHANGE ANNOUNCEMENTS VIA EMAIL AND BLACKBOARD SITE.

DATE	TOPIC	CLUBS	LOCATION	READINGS	COMMENTS
Mon, Mar 19	Introduction to RECR 169. Putting and chipping: Target Selection, Alignment, Swing development.	Putter, and 7, 8, 9iron and pitching wedge for chipping.	Burke Lake practice putting green. If hard rain, sheltered driving range for Chipping. Initial meeting will be in the clubhouse grill area.	. Putting and chipping notes on blackboard Please read the syllabus, and this schedule, before class	We will be learning basic terminology and also how to putt, and chip during this session... Please bring this syllabus. Be prepared to take notes!
Mon, March 26th	No class this week	Take this opportunity to practice your putting and chipping.			
Mon, April 2nd	½ and full swing with short irons	7,8,9 iron or pitching wedge	Burke Lake Golf Center driving range.	Full swing notes on blackboard	Today is the deadline to pay the \$70 golf ball fee and turn in the Photo Release and Syllabus Please bring rental balls to class.

Mon April 9th	Full Swings with irons and hybrids.	5,6,7 iron and any hybrid club	Burke Lake Golf Center driving range	Full Swing notes in blackboard	
Mon, April 16th	Tee shots with hybrids and woods. Skills Assessment Preview	Any hybrid and any metal/wood.	Burke Lake golf center driving range	Full swing with long clubs in blackboard	Please bring to class a notebook to class as we will be reviewing in details topics to be addressed in the putting and chipping skills assessment.
Mon, Apr 23rd	Pitch shots and written test review. Skills Assessment I – putting and chipping.	Bring all clubs.	Burke Lake golf center driving range.	Review/all info in blackboard. Review all previous short game swing notes and class discussions.	Quite a few written exam questions come from this class.
Mon, Apr 30 th	Scoring Rules, Etiquette, Club Selection, Strategy, etc., via On-Course Walk. Review and Written Exam Preview. Skills Assessment II – for full swings with irons, hybrids and woods.	A notebook is recommended for note taking while out on the course. Skills assessment II will cover long game aspects of golf. Bring your golf clubs.	Burke Lake Golf Center	Course Walk notes in blackboard. Review all notes and class discussions of basic golf swings with full swings.	. If you arrive very late for the on-course walk, you may not be able to join the class on the golf course. Remember, no open-toed shoes allowed on the course. Please do not bring clubs onto the course. If light rain, bring rain gear. Be prepared to take notes during this class! by one letter grade.
During the period April 23 rd to May 7th	Play at least nine holes of golf	Please rent clubs at the clubhouse if you do not own a set of clubs. Each player must have their own bag of golf clubs.	Burke Lake golf center golf course or any comparable or more difficult course.	On-Course Final Preparation material on Blackboard. Review all previous reading assignments	Make your own tee time. Play with courtesy, and speed. Email instructor at least one paragraph of your reflections on the experience. Your comments are not graded, but if you fail to report completion by midnight on May 7, your grade in the course will be reduced. You will not need Scranton sheets; you will need a pencil or pen.
Mon, May 7th	Written Exam	None	Fairfax campus Aquatic Center, Room 112	Review all previous reading assignments, class discussions and personal class notes.	

Core Values Commitment

The College of Education and Human Development is committed to collaboration, ethical leadership, innovation, research-based practice, and social justice. Students are expected to adhere to these principles: <http://cehd.gmu.edu/values/>.

GMU Policies and Resources for Students

Policies

- Students must adhere to the guidelines of the Mason Honor Code (see <https://catalog.gmu.edu/policies/honor-code-system/> <http://oai.gmu.edu/the-mason-honor-code/>).

- Students must follow the university policy for Responsible Use of Computing (see <http://universitypolicy.gmu.edu/policies/responsible-use-of-computing/>).
- Students are responsible for the content of university communications sent to their Mason email account and are required to activate their account and check it regularly. All communication from the university, college, school, and program will be sent to students **solely** through their Mason email account.
- Students with disabilities who seek accommodations in a course must be registered with George Mason University Disability Services. Approved accommodations will begin at the time the written letter from Disability Services is received by the instructor (see <http://ods.gmu.edu/>).
- Students must follow the university policy stating that all sound emitting devices shall be silenced during class unless otherwise authorized by the instructor.

Campus Resources

- Support for submission of assignments to Tk20 should be directed to tk20help@gmu.edu or <https://cehd.gmu.edu/aero/tk20>. Questions or concerns regarding use of Blackboard should be directed to <http://coursessupport.gmu.edu/>.
- For information on student support resources on campus, see <https://ctfe.gmu.edu/teaching/student-support-resources-on-campus>

For additional information on the College of Education and Human Development, please visit our website <https://cehd.gmu.edu/students/> .

Supplemental information

Burke Lake Golf Facility: <http://www.fairfaxcounty.gov/parks/golf/blgc/>

Attendance: Class attendance is important in any academic course, but as a motor skill, obviously, the golf swing is not something you can enhance very well in the library or on the internet. To obtain good results, you must do it physically and get immediate feedback from an instructor; obviously, you cannot do so without attending class. Before departing for class, it will be your responsibility to check the latest class schedule, email, and blackboard for any activity changes. **If in doubt show up for class!** As indicated previously, tardiness on arrival and early departure is acceptable because of the distances from campus classrooms to parking spaces and travel time to our off-campus class location. You will find broad learning points in blackboard, but other testable targets of opportunity do emerge from the dynamics of various classes; so, if you miss part of any class, obviously, you should find out from other students what you missed. Group study sessions are also a good idea, especially for the written exam.

Taking notes on class topics during each session is highly recommended. **Recording of classes is not permitted.** Because of the sheltered hitting stations on the driving range classes usually **do** meet in inclement weather. If lightening is in the area, we move indoors until it passes. However, classes **will** be canceled in the event of forecasts of severe storms or sustained periods of lightning. Look for notices of cancellation in your GMU email box and on blackboard. If weather deteriorates near class start time, and you do not have internet access, and you have doubts about the class being held, phone the instructor's cell at 703-300-1844, but **when in doubt, come out!** Our first class will meet at the Burke Lake driving range 6915 Ox Road, Fairfax Station, Virginia.

For directions see <http://www.fairfaxcounty.gov/parks/golf/blgc/>. If you get lost, just phone the Burke Lake golf center golf complex at 703-323-1641, ext. 4.

If you arrive late for class, meet us wherever we will be learning, as indicated in the class schedule.

Transportation: Although we will make every attempt to form car pools, you may choose to arrange your own transportation to Burke Lake golf center Golf Complex. Incidentally, if you have not done so already, you should consider signing up for the Mason Alert system, alert.gmu.edu, which provides emergency information of various sorts, including traffic problems in the vicinity. Your drive from the Fairfax campus should take about fifteen minutes. In any case, as indicated previously, tardiness is **not** an issue--safety is!

Emails: Expect several emails from the instructor during the course. You must have an active GMU email account that is not over quota, for no emails will be sent to a different account. Please reply to all emails so I know you have read the information and you understand it.

Dress: Please wear comfortable clothing suitable for most outdoor athletic activity during the season. Umbrellas often come in handy, too, of course. Athletic shoes are fine, but general street shoes do not provide adequate support for the golf swing. Moreover, sports shoes with metal spikes are prohibited at Burke Lake golf center, as are open-toed shoes. **Please do not wear sandals or flip-flops!** If you play your required on-course performance round at another course, be sure to ask about the dress code there.

Golf Clubs: You may use your own clubs or loaner clubs. The instructor will have loaner clubs available at no charge for both men and women and for left and right handers. For practicing between classes, you may borrow clubs at no charge in the Burke Lake golf center. **The loaner clubs must be returned to the facility after each practice session.** However, loaner clubs are not provided for your on-course play at the end of the term, but rental clubs are available for a modest price - \$8. You should probably not buy clubs until the end of the term, for your swing will change significantly. Your instructor can answer all club purchase questions after the class has concluded.

Fees:

Golf Ball Fee: The Burke Lake golf course provides valuable services for GMU students, such as lending golf clubs and reserving hitting stations. The golf course will provide balls for all putting and chipping classes. You must pick up the balls at the end of class and return them to the clubhouse personnel. If you leave before the end of class, you must arrange for a fellow student to pick them up for you. Your golf ball lab fee of \$70 covers all other classes that require golf balls at the driving range. **The lab fee deadline is Monday April 2nd to receive attendance credit thereafter. Pay it at the clubhouse.** The lab fee does not include golf balls used in any practice sessions between classes.

Green Fee: To satisfy the one time on-course play requirement of RECR 169 you may choose to play either at Burke Lake golf center or any course that is at least as challenging as Burke Lake golf center. To see current green fee rates at Burke Lake <http://www.fairfaxcounty.gov/parks/golf/blgc/rates.htm> A completed scorecard (bring to your next class) and the required paragraph describing your experience must be emailed to the instructor between April 23rd and May 7th.

Forms:

Photograph Permission or Declination. Photos of the class members who provide permission may be posted to blackboard. Moreover, some pictures might also be used by the university in promoting classes. Please sign and return the form attached to this syllabus by the date indicated on your Class Schedule. If you do not want your image in the photos, simply indicate that on the form.

Syllabus Acknowledgment. Because this syllabus is long and detailed there will be a natural tendency for you to stop reading or to gloss over important parts. Therefore, please read everything carefully, ask questions about anything you do not understand or about anything related to the course that is not covered in the syllabus. Then, please sign and turn in the statement attached to the end of this syllabus, assuring that you have read and understood everything herein and on the class web site.

Instructor note: Welcome to RECR169! If you have any questions, contact me at cvia2@gmu.edu or 703-300-1844.

See Forms on next two pages.

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PHOTO, AUDIO, VIDEO, AND COMMENT RELEASE

Event: RECR 169_____

Name: _____

Address: _____

Phone: _____ Email: _____

Faculty Staff Student Visitor

GENERAL RELEASE

I, _____ hereby grant permission to George Mason University the absolute and irrevocable right and permission, with respect to photographs, videos, and audio recordings, taken or made of me and /or comments made by me or in which I may be included with others; to use, re-use, and publish the same in whole or in part in any and all media including use on the world wide web, now or hereafter, and for any purpose whatever for illustration, promotion, art, recruitment, publication, advertising, and trade, and if appropriate, to use my name and pertinent education and/or biographical facts as George Mason University chooses. Use of photographs, videos, comments, and audio recordings is granted without any restriction as to changes or alterations (including but not limited to composite or distorted representations or derivative works made in any medium) and I waive any right to inspect or approve the finished versions incorporating the photograph, video, audio recording, and/or comments including written copy that may be created and appear in connection therewith.

I agree that George Mason University owns the copyright in these photographs, videos, and/or audio recordings and I hereby waive any claims I may have based on any usage of the works derived therefrom. I release and discharge George Mason University and its employees, assigns, licensees, successor in interest, and legal representatives from all claims and demands arising out of or in connection with the use of these photographs, videos, audio recordings, and/or comments, including without limitation any and all claims for libel or invasion of privacy. The photographs, videos, audio recordings, and/or comments will not be sold to any other firm or organization.

I am not a minor and have the right to contract in my own name. I have read the foregoing and fully understand its contents. This release shall be binding on me and my heirs, legal representatives, and assigns.

Signed _____ Date _____

Witness _____ Date _____

George Mason University

SYLLABUS ACKNOWLEDGEMENT

Name:

I have read thoroughly the entire FALL 2017 GMU RECR 169 syllabus and class blackboard site; and, if needed, I have obtained sufficient clarification from the professor. I understand everything I have read. For example, I have no doubts about where the class will meet each time, what I need to do to prepare for class, and what to bring to class.

Signature