

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

RECR 169 (001) – Golf: Introduction (1)
I Credit, Fall 2018

Monday 1:30pm – 4:00pm 8/27/2018 – 10/15/2018, Burke Lake Golf Course

Faculty

Name: Kate Via, M.S
Office Hours: By Appointment
Office Location: Burke Lake Golf Course
Office Phone: 703 300 1844
Email Address: cvia2@gmu.edu

Prerequisites/Corequisites

None

University Catalog Course Description

Teaches basic golf terms, rules, and techniques for the full swing, putting, chipping, and pitching, as well as playing on a golf course. Offered by Recreation, Health & Tourism. May not be repeated for credit.

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 9 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 the clubs, the length of the swings, and the complexity of the strokes.

Course Delivery Method

This course will be delivered using a face-to-face-format. This is an activity based course.

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/or Examinations**

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).

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.

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 – 5 points will be given each day with a deduction of 1 point for each five-minutes that a student is late. Please allow time to arrive safely at the course.

- o Students must attend the entire class period and participate in the daily activities to receive full credit for the class. The first day of class will count in the attendance / participation score. Please come prepared to participate.

- o Students are required to participate with good sportsmanship, teamwork, and cooperation with instructor and classmates. Points will be deducted for each time a student's behavior must be corrected.

- o Unexcused absences and late arrivals will significantly affect the grade. Emailing the instructor does not excuse a student from class or participation. A doctor's note is required to excuse students from injury or illness. The note must be presented immediately after the missed class either upon returning to class or sent via email. Each unexcused absence will result in 3 points being deducted from their final score.

- **Course Performance Evaluation Weighting**

- Attendance – 40 points
- Written exam – 100 points
- Swing skills assessment – 60 points

Grading Policies:

A+ = 187 - 200

A- = 179 – 200

B+ = 175 – 178

B = 167 – 174

B- = 159 – 166

C+ = 155 – 158

C = 147 – 154

C- = 139 – 146

D = 119 – 138

F = 0-118

Professional Dispositions

Students are expected to exhibit professional behaviors and dispositions always. Proper course etiquette is required.

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

Class Schedule

DAY	TOPIC	REQUIRED ITEMS
Mon Aug 27	Introduction to golf; Putting and Chipping. Please bring 7,8,9, PW if you have clubs.	Please bring syllabus and be prepared to take notes.
Tues Sept 4	Half and full swings with irons. No class on Monday Sept 3 – Labor Day	Today is the deadline to pay the \$70 golf ball fee and return consent form.
Mon Sept 10	Iron shots and hybrid introduction.	Bring clubs if you own them. Loaner clubs will be made available.
Mon Sept 17	Introduction of tee shots with irons, hybrids, and woods.	Bring clubs if you own them. Loaner clubs will be made available.
Mon Sept 24	Pitch shots and written test review. Skills assessment I <u>Putting and chipping.</u>	Bring clubs if you own them. Loaner clubs will be made available.
Mon Oct 1	On course walk to illustrate shot selection, rules, etiquette. Written exam preview. Skills assessment II. Full swings with irons, hybrids and woods.	Bring a notebook and clubs.
Sept 24-8 Oct	Play at least 9 holes of golf. Email instructor a one paragraph reflection on how you did.	Your grade will be reduced by a letter grade if not received by 8 pm Oct 8th.
Mon Oct 8 Columbus	Written Exam Aquatic Center Fairfax Campus	No scantron required. Just a pen or pencil.
Oct 14		

Note: Faculty reserves the right to alter the schedule as necessary, with notification to students.

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/>).
- 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 silence all sound emitting devices 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. 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. 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! Meeting places: Our first class will meet at Burke Lake golf center Golf Complex, 6915 Ox Road, Fairfax Station, Virginia unless specified in the class schedule. 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.

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 all students. 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.

Fees: Golf Ball Fee: The golf course will provide balls for all putting and chipping classes. The golf ball lab fee of \$70 covers all other classes that require golf balls at the driving range. The lab fee deadline is Tuesday September 4th, 2018. 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 September 24th and Oct 8th, 2018.

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.

George Mason University

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 2018 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

