

Golf Study Guide, Rubric, & Unit Outcomes

Connections to NASPE standards: (1,2,3,4,5,6,7)

Unit Outcomes:

- Cooperative:
 - Learner will practice golf skills with a partner, demonstrating cooperative skills and safety.
- Cognitive:
 - Learner will have a knowledge of basic golf etiquette, rules, and gameplay.
- Psychomotor:
 - Learner demonstrates correct grip, stance, back swing, and down swing during tee shot and iron practice.
 - Learner demonstrates correct putting stance and grip.

Rules:

- The game's objective is to complete the entire course using as few strokes as possible.
- Each swing shall be counted regardless whether or not contact with the ball was made.
- The ball must be hit as it lies.
- Strokes are figured after each hole and then are added together at the end of the completed round.

Equipment:

- The golf club set includes woods, irons (both names reflect the material originally used in making the club heads) and a putter.
- The 1 wood is a driver often used to hit the ball off the tee.
- 2, 3, 4, and 5 woods are more lofted clubs used generally off the fairway.
- Irons vary in length and angle of the blade. A typical set ranges from a 2 iron through 9 iron and a pitching wedge.

Skills and Techniques

- Grip- overlap, interlocking, baseball.
- Stance- Square, open, closed. (comfortable/ bent knees and waist)
- Swing- address, takeaway, downswing, follow-through.
- Shots- drive, long iron, medium iron, short iron, chip/ pitch, putt

Putting

- Keep feet shoulder width apart, head down, eyes directly over ball
- the index finger of the top hand overlaps between the little finger and the ring finger of the bottom hand; bottom hand palm cover the top hand thumb on the shaft.
- Take the putter back smoothly and keep it low to the ground.

Terminology:

- Ace- hole in one.
- Address- The position taken by a player in preparing to start a stroke.
- Approach- The shot to the green
- Birdie- One stroke under par
- Bogey- Generally considered one stroke over par.
- Eagle- Two strokes under par
- Fore- A warning cry to any person in danger of being hit with a golf ball.
- Honor- The right to play first, determined by lowest score on preceding hole.
- Hook- A ball which curves to the left for right-handed players
- Slice- A ball which curves to the right for right-handed player.
- Lie- The position of the ball, either good or bad.
- Match Play- Each hole is separate contest: player winning the most holes wins match.
- Par- Generally considered perfect playing for a hole.
- Round- A completed game of golf.
- Stance- The player's position in addressing the ball.
- Stroke Play- Player taking lowest number of strokes is winner of the match.
- Top- To hit the ball above the center
- Trap- A bed of sand which is a hazard.
- Whiff- To miss the ball completely.

History:

- Golf originated from a game played on the eastern coast of Scotland in the Kingdom of Fife during the 15th century.
- Various forms of games resembling golf were played as early as the fourteenth century by sportsmen in Holland, Belgium and France as well as in Scotland.
- The earliest balls were hand stitched leather, painstakingly stuffed with boiled feathers!
- The earliest clubs formed outside of Scotland was the Royal Blackheath Golf Club of England which came into existence in 1766,
- James II of Scotland, in an Act of Parliament dated March 6, 1457, had golf and football banned because these sports were interfering too much with archery practice sorely needed by the loyal defenders of the Scottish realm!

Golf Swing Rubric (20 points total)

Addressing the Ball

(Mastery=5 points) (Proficient=4) (Needs Improvement=3)

- Knees bent slightly
- Back is flat
- Head is down
- Arms straight
- Shoulders relaxed
- Ball is off the front inside heel.

Backswing

(Mastery=5 points) (Proficient=4) (Needs Improvement=3)

- Knees bent
- Back is flat
- Front knee collapses
- Maintains straight front arm
- Back arm bent at elbow
- Hips turned away from target.

Swing (Contact)

(Mastery=5 points) (Proficient=4) (Needs Improvement=3)

- Knees bent
- Back is flat, Head stays down
- As clubs fall arms straighten
- Upper and lower body work at same speed
- Clean contact is made with the ball $\frac{3}{4}$ of the time.

Follow-Through

(Mastery=5 points) (Proficient=4) (Needs Improvement=3)

- Knees bent slightly
- Back flat, head up
- Weight stays over the front foot
- Arms past front shoulder
- Hips pointed at target.