

UNITED STATES MILITARY ACADEMY  
DEPARTMENT OF PHYSICAL EDUCATION  
WEST POINT, New York 10996

**COURSE SYLLABUS: GOLF**

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**DPE GOLF WEBSITE:** <http://www-internal.dpe.usma.edu/courses/GOLF/gohome.htm>

**CLASS LOCATION:** Daly Field (The inclement weather site is the large Boxing Room in Arvin Cadet Physical Development Center) some lessons will be taught at the West Point Golf Course driving range. Cadets will meet the bus behind the review stands on the plain on the days class will be held at the golf course. The inclement weather site will be the West Boxing Room in Arvin Cadet Physical Development Center.

**CLASS SCHEDULE:**

E Hour Classes: Start time 1355 and end time is 1440  
F & L Hour Classes: Start time is 1500 and end time is 1545.

**UNIFORM:** Gym Alpha (black shorts, gray T-shirt), and athletic shoe. On inclement weather days, running suit can be worn over Gym Alpha. Uniforms will be clean and presentable without undue signs of wear.

**PREREQUISITES:** This is a fundamentals golf class; No golf experience is necessary and cadets with considerable golf experience are not permitted to take the course. If you have played golf before and shoot regularly below 110 strokes for 18 holes, this class is not for you.

**Text:** **Golf, Steps to Success** by Owens and Bunker

**COURSE DESCRIPTION:**

Golf (PE 424) is a golf fundamentals course consisting of eighteen lessons for second and first class cadets (junior and senior year at USMA). Lesson 1 and 2 cover course administration, golf equipment, the grip, the stance, and the basic swing. During Lessons 3-17, students will learn the fundamentals of Putting, Chipping, Pitching, and the full swing. For most lessons the class will be divided in half with one group taking the bus to the West Point Golf Course driving range while the other group stays at Daly field and the putting green. The course does have a written final exam, an instructor evaluation, and some out of class golf enhancement activities.

**COURSE OBJECTIVES:** At the end of Golf, each cadet will be able to:

- Hold a club with an Overlapping, Interlocking or Ten Finger Grip.
- Assume a correct stance, which includes addressing the ball.
- Putt and Chip golf ball after evaluating Green Condition, Length, and Break.
- Perform 60-yard Pitch Test & a Full-Swing Test IAW test protocol.

- Demonstrate, on a written exam, an understanding of basic rules, etiquette, terms and golf techniques.

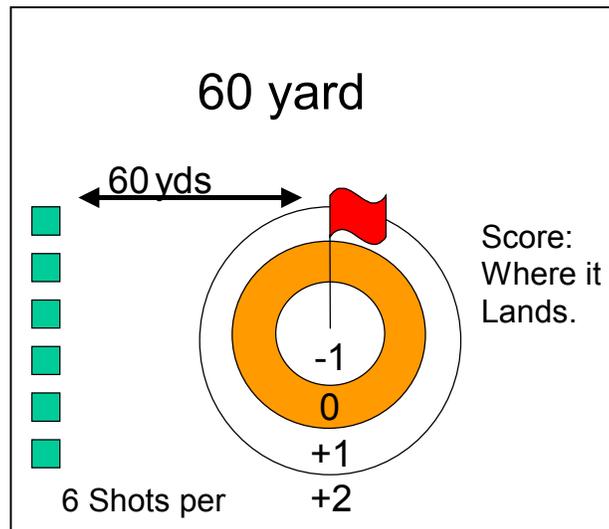
**LESSON OUTLINE:**

	<b>A</b>	<b>B</b>	<b>Assignment</b>	<b>Dates</b>
Lesson	Clubs/Equipment Area Task	Clubs/Equipment Area Task	Text: Golf, Steps to Success	#1 Day - #2 Day -
#1	9 Iron & Mat Daly field Admin/Grip/Stance	9 Iron Mat Daly Field Admin/Grip/Stance	Text: 20-24, 35-38	#1 Day - 8/20 #2 Day - 8/21
#2	9 Iron & Mat Daly field Review & Basic Swing	9 Iron & Mat Daly field Review & Basic Swing	Text: 43-48, 67-69	#1 Day - 8/22 #2 Day - 8/23
#3	9 Iron & Mat Daly Field 60-yard Pitch	7 & 9 Iron & Putter Putting Green Chipping & Putting	Text: 73-76, 82-86	#1 Day - 8/24 #2 Day - 8/27
#4	7 & 9 Iron & Putter Putting Green Chipping & Putting	9 Iron & Mat Daly Field 60-yard Pitch	Text: 25-34, 39-42	#1 Day - 8/28 #2 Day - 8/29
#5	7&9 Irons & Mat Putting Green Chip & Putt Skills Test Practice	9 Iron & Mat Daly Field 60-yard Pitch Skills Test Practice	Text: 70-72, 77-81, 86-93	#1 Day - 8/30 #2 Day - 8/31
#6	9 Iron & Mat Daly Field 60-yard Pitch Skills Test Practice	7&9 Irons & Mat Putting Green Chip & Putt Skills Test Practice	Text: 70-72, 77-81, 86-93	#1 Day - 9/4 #2 Day - 9/5
#7	9 Iron & Mat Daly Field <b>60-yard Pitch Test</b>	5 Iron WP Driving Range Full Swing	Text: 54-55	#1 Day - 9/6 #2 Day - 9/7
#8	5 Iron WP Driving Range Full Swing	9 Iron & Mat Daly Field <b>60-yard Pitch Test</b>	Text: 56-66	#1 Day - 9/10 #2 Day - 9/11
#9	9 Iron & Mat Daly Field <b>60-yard Pitch Test</b>	3 Wood WP Driving Range Full Swing	Text: 11-19	#1 Day - 9/12 #2 Day - 9/13
#10	3 Wood WP Driving Range Full Swing	9 Iron & Mat Daly Field <b>60-yard Pitch Test</b>	Text: 1-10	#1 Day - 9/14 #2 Day - 9/21

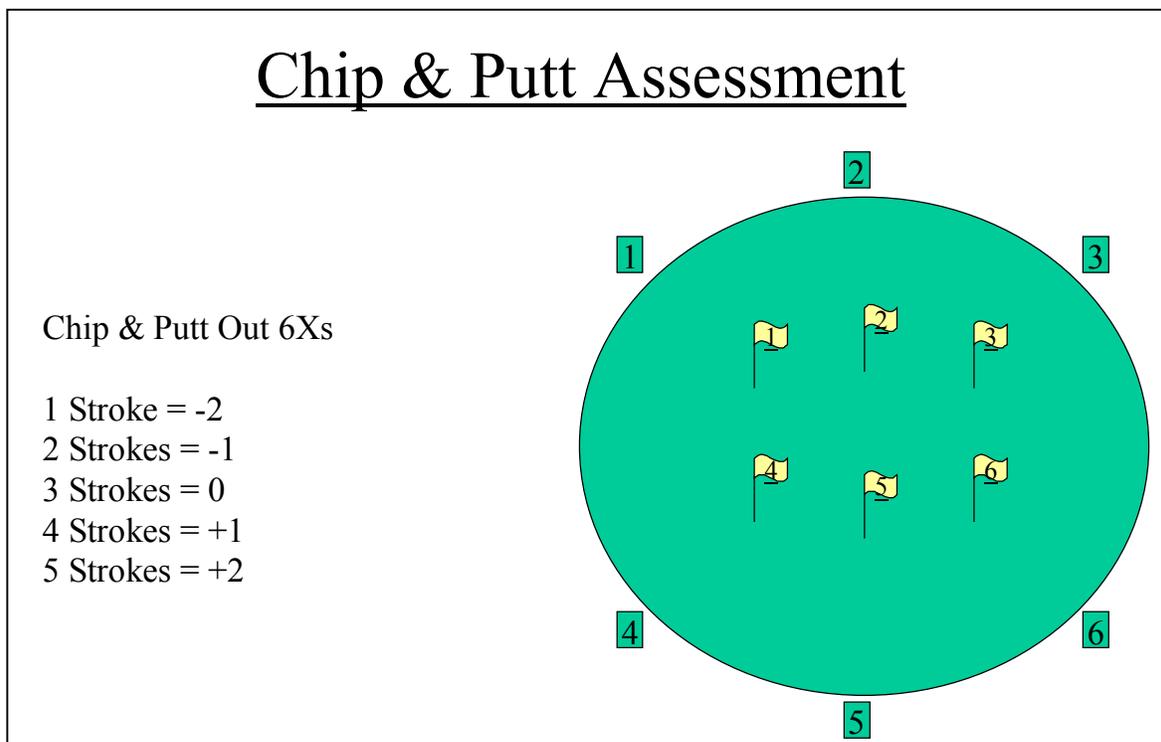


- Instructor Swing Analysis 100 points
- Golf Enhancement Activities 100 points

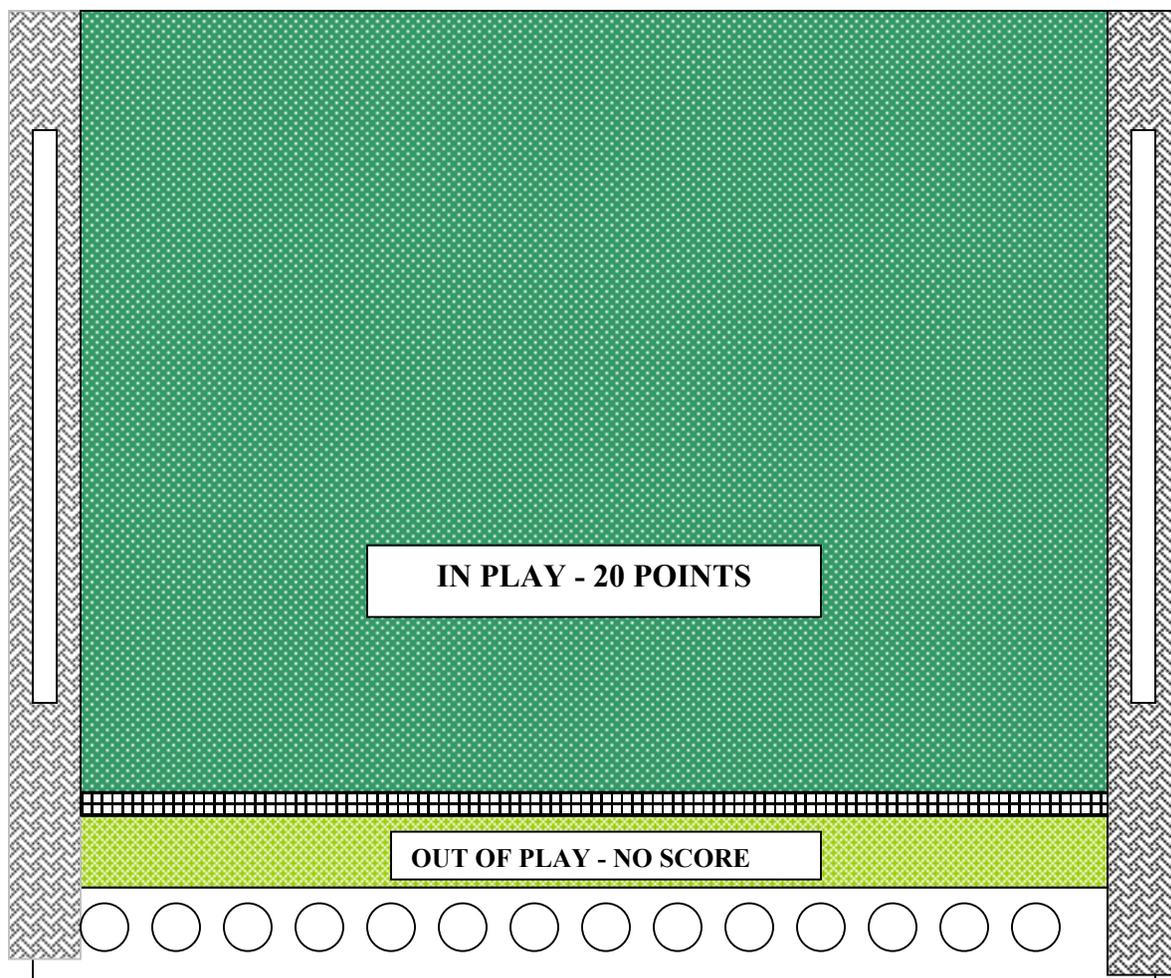
**The 60-yard Pitch Test (200 points)** requires pitching 6 golf balls from the same location at a flag with three concentric circles around it. The innermost circle is a radius of 5 yards from the flag. The next circle has a 10-yard radius. The outermost circle has a radius of 15 yards. Scoring is determined by observing where the ball lands. If the ball lands in the innermost circle, score is -1; the middle circle, 0; the outermost circle, +1; outside all circles, +2.



**Chip & Putt Skills Test (200 points)** requires chipping 6 golf balls from 6 different locations around the green. Once the ball is chipped the ball is then putted into the designated hole on the green. Scoring: If the ball is chipped into the designated hole, score is -2. If 1 putt is required, -1; 2 putts, 0; 3 putts, +1; 4 putts or more, +2.



**Full Swing Test (200 points)** requires each cadet to hit 5 shots with a #5 Iron and 5 shots with a #3 Wood. Any shot landing on the fly in the "IN PLAY" area and never contacts the retaining fence is counted as "20 points". Any shots that fail to clear the netted area over the creek on the fly or hits the retaining screens, either on the fly or rolling, will count as a score of "zero" for that attempt.



**Final Exam (200 points)** focuses on Rules, Etiquette, golf technique and Glossary Terms. The test is based on material covered on class and in the text readings.

**Instructor Stroke Evaluation** involves the instructor evaluating the cadet's grip, stance, and swing during practice, skill testing, and/or on videotape. Scores will be determined using the following rubric:

**Golf Swing Analysis Rubric**

SWING ANALYSIS	WEAK	GOOD	EXCELLENT
GRIP	<13	14-17	18-20
20 Points	<ul style="list-style-type: none"> <li>• Fails to control club at impact</li> <li>• Grip restricts swing</li> <li>• Multiple grip errors</li> </ul>	<ul style="list-style-type: none"> <li>• Conforms to most grip check points</li> <li>• Too tight or too loose</li> </ul>	<ul style="list-style-type: none"> <li>• Left thumb down left center of shaft</li> <li>• 2 knuckles visible on left hand</li> <li>• V of thumb and index finger over R shoulder</li> <li>• Fingers extended down shaft. (No choke)</li> <li>• Interlock or overlap</li> <li>• L hand covers R thumb</li> <li>• R thumb across shaft</li> </ul>
STANCE	<13	14-17	18-20
20 Points	<ul style="list-style-type: none"> <li>• Multiple uncorrected errors</li> <li>• Unorthodox Stance</li> <li>• Off balance</li> </ul>	<ul style="list-style-type: none"> <li>• Conforms to most stance check points</li> <li>• Stands too close or too far from the ball</li> <li>• Contrived stance</li> </ul>	<ul style="list-style-type: none"> <li>• Square to target</li> <li>• Club head flat on ground &amp; facing target</li> <li>• Legs Flexed</li> <li>• Balanced &amp; Athletic</li> <li>• Straight line from L shoulder to club head</li> <li>• Bent at the waist</li> </ul>
SWING	<48	48-53	54-60
60 Points	<ul style="list-style-type: none"> <li>• Fails to make solid contact regularly</li> <li>• Multiple uncorrected errors</li> <li>• Excessive head and body movement</li> <li>• Unorthodox swing pattern</li> </ul>	<ul style="list-style-type: none"> <li>• Conforms to most swing checkpoints</li> <li>• Coordinated swing motion</li> <li>• Usually makes solid ball contact</li> </ul>	<ul style="list-style-type: none"> <li>• Club straight back from the ball</li> <li>• Blended wrist flex</li> <li>• Head pivots only</li> <li>• Left Arm straight</li> <li>• Top of back swing - club parallel to ground &amp; pointing to target</li> <li>• Makes consistent solid contact</li> <li>• Follow-through balances &amp; toward pin</li> <li>• Most shots straight toward target</li> <li>• Fluid coordinated swing</li> </ul>

**Golf Enhancement Activities (Any 2 @ 50 Points each = 100 Points)**

- Play golf, 9 holes or more (not miniature Golf!)
- Hit balls at driving range
- Extra lesson with experienced golfer
- Review Golf article or magazine (3X5 card bullet summary)

- Internet golf resource summary  
(3X5 card bullet summary)
- Approved AI session with instructor
- Report on recent golf competition  
(3X5 card bullet summary)
- Give a lesson to a friend  
(3X5 card bullet summary)
- Price golf equipment in store or on web and identify equipment features and selection criteria. (3X5 card bullet summary)
- Other instructor approved activity

### **DPE GOLF SKILL TEST CONVERSION SCALES**

Chip & Putt		Pitch (60 Yards)		Full Swing	
Points	Grade	Points	Grade	In Play	Grade
-6	200	-6	200	10	200
-5	192	-5	190	9	180
-4	184	-4	182	8	160
-3	178	-3	176	7	140
-2	174	-2	172	6	120
-1	168	-1	168	5	100
0	164	0	164	4	80
+1	160	+1	160	3	60
+2	156	+2	156	2	40
+3	152	+3	152	1	20
+4	146	+4	146	0	0
+5	142	+5	142		
+6	140	+6	140		
+7	132	+7	132		
+8	130	+8	130		
+9 >	120	+9 >	120		

#### **SAFETY (RISK ASSESSMENT):**

Golf has inherent risks for injury. A golf ball can be hit at velocity over 100 miles per hour. If a ball strikes a person, injuries can result. Additionally, muscle pulls are common if a golfer fails to prepare adequately with a warm-up routine. As a result, it is required that instructors and students conduct a thorough risk assessment prior to each class session to minimize the possibility of injuries being incurred. The following risk assessment matrix will be used to minimize risk in Golf Class.

<b>RISK IDENTIFICATION</b>	<b>REDUCTION STRATEGIES</b>
<b>Muscle pulls, strains, ligament sprains</b>	<b>Adequate warm-up, stretch and cool-down.</b>
<b>Injuries due to impact of golf ball during grading of 60-yard pitch and 100 yard full swing.</b>	<b>Only one student strikes a ball at a time. Student partners grading shots stand outside the outermost concentric circle. No one stands inside outermost circle. Students hitting balls, yell "four" if a ball travels toward a student grader.</b>
<b>Proper position when a golfer yells "four."</b>	<b>DO NOT look up to see the approaching golf ball. The proper position is to look down, huddle and put forearms overhead.</b>
<b>Blisters from improper grip</b>	<b>Blisters result if a club is gripped too tightly. Proper grip is described using analogies. Hold club as if it is a tube of toothpaste with the lid removed. During a swing, the golfer does not want any toothpaste to be squeezed from tube.</b>
<b>Injury may result if a student walks too closely behind a golfer preparing to swing a club.</b>	<b>Students not hitting golf balls must be vigilant in watching students hitting golf balls. A good safety zone is 3 yards behind students swinging clubs. Everyone is a safety officer and must be prepared to command, "stop".</b>