



GRADE 10

Golf Academy

SD53 Okanagan Similkameen

The course has been developed to support and encourage students to explore new ways of developing physical and mental fitness in a unique and fun manner. In addition, students will learn about their environment, safety, respect of others and further develop their social skills which will be needed while playing on the course.

Credits: 4

Approval Date: May 2018

Hours: 120

Trax Code: YLRA

GOALS AND RATIONALE

Golf 10 part 1 of the Learn, Practice and Play series of golf instruction that the South Okanagan Golf Academy offers. This course leads students through a natural progression of instruction, & sequence the parts of the golf swing. The swing will be broken down into segments, & take into account mechanics and physiological differences for different body types. Next various shots will be taught. Students are expected to know the golf swing, its mechanics affecting shots - extension of basic swing

BIG IDEAS

Physical activity is an important part of overall health and well-being. Participating and learning an enjoyable activity can motivate people to participate more regularly in physical activity. Understanding our strengths, weaknesses, and personal preferences helps us plan and achieve all goals. Knowing how our bodies move and function helps us to stay safe during golf and leads to healthy decisions. Making healthy choices can help us to reach our health and personal goals.

ADDITIONAL INFORMATION

Special Training, Facilities or Equipment Required: CPGA Professional Certification, First Aid Certification, Fitness Training Certification & NCCP Coaching Certification, Royal & Ancient Referee. Classroom equipped with a DVD/VCR, TV, Overhead Projector Screen and seating to accommodate 25 students for theory portion of the course.