Course: Golf
Class: Sophomore
Hours: 2

I. Teaching Objectives:
1. Introduce golf
2. Learning golf basic skills
3. Practice in difference clubs
4. Explain rules and manners
5. Game for 18 holes

II. Evaluation:
1. Paper test 10%
2. Attitude and learning spirit 30%
3. Examination 60%

III. Class Schedule:
Week 1: Introduce golf and equipment, explain basic skills
Week 2: Introduce golf’s cloths, explain handicap and fair principle
Week 3: Introduce rules and stroke manners
Week 4: How to warm up.
   Explain grip, stance and swing
Week 5: Correct grip and stance.
   Swing practice
Week 6: Repeatedly practice of backswing and downswing
Week 7: Individual correction of grip, stance and swing
Week 8: Explain the gist of backswing, downswing and stroke
Week 9: Explain different clubs’ function
Week 10: Introduce pitching wedge and sand wedge
Week 11: Explain different putter
Week 12: Comprehensive practice of different iron clubs
Week 13: Explain different wood clubs’ function
Week 14: Repeatedly practice of wood and iron
Week 15: Explain different effect of courses
Week 16: Comprehensive test
   Watching games
   Play in course
Course: Sport
Class: Freshman

I. Course Description:

II. Teaching Objectives:

III. Class Schedule
   Week 1: Explain schedule and items of class
   Week 2: Introduce physical fitness: sit and reach, sit-ups, standing long jump
   Week 3: Fitness examination: male 1600m, female 800m
   Week 4: Introduce badminton: explain basic movement and equipments
   Week 5: Forehand grip and forehand practice
   Week 6: Backhand grip and backhand practice
   Week 7: Correction grip and practice
   Week 8: One on one practice
   Week 9: Group contest
   Week 10: Introduce volleyball: explain basic movement
   Week 11: Overhand practice
   Week 12: Underhand practice
   Week 13: Overhand and underhand repeatedly practice
   Week 14: Explain rules and passing practice
   Week 15: Explain serve and serve practice
   Week 16: Group practice
   Week 17: Group contest
   Week 18: Comprehensive test

V. References: 