

The Chinese University of Hong Kong
P.E. Unit
Golf Course Content

Week	First Period	Second Period
1	1. Course requirements 2. Briefing on the Course Contents and Examination Items 3. Introduction to and Practice of the Gripping, Stance, and Hitting	
2	1. Revision for the Gripping, Stance, and Hitting 2. Introduction to and Practice of the Short Game 3. Introduction to the Rules and Regulations of 9 holes Competitions	
3	1. Revision for the Gripping, Stance, 9 holes Competitions 2. Preparing the Golf Competition Course 3. Small-scale Competitions 4. Introduction to Competition Strategies	
4	1. Revision for the Gripping, Stance, Shooting, and Medium Distance Stroke 2. Introduction and Practice of the Long Distance Stroke 3. Relevant Activities and Games 4. Small-scale Competitions	
5	1. Revision for the Gripping, Stance, Shooting, Medium Distance Stroke and Long Distance Stroke 2. Small-scale Competitions 3. Introduction to the Rules and Regulations, also the Strategies commonly employed in Fairway Competitions	
6	1. Revision for the Gripping, Stance, Shooting, Medium Distance Stroke and Long Distance Stroke 2. Small-scale Competitions 3. Review of the Strategies in The 9 Basic Rules of Golf	
7	1. 9-Holes <u>Fairway</u> Competition 2. Review of the Techniques, Individual Skills and Strategies displayed in the Competition	
8	1. 9-Holes <u>Stroke</u> Competition 2. Review of the Techniques, Individual Skills and Strategies displayed in the Competition	
9	1. 9-Holes <u>Putting</u> Competition 2. Review of the Techniques, Individual Skills and Strategies displayed in the Competition	
10	1. Distance Control Competition 2. Review of the Techniques, Individual Skills and Strategies displayed in the Competition	
11	Revision for the Exam Items	
12	Examination	Examination
13	Examination	Examination & Course Evaluation