



## Higher National Unit specification

### General information for centres

**Unit title:** Golf Coaching: An Introduction

**Unit code:** F3CM 34

**Unit purpose:** This Unit introduces candidates to the basic principles of golf coaching at an introductory level. The Unit provides candidates with the relevant underpinning knowledge and offers situations where this can be applied in the practical environment in order to develop their competence and ability to diagnose errors in the performance of the golf swing.

On completion of the Unit the candidate should be able to:

- 1 Describe the factors influencing the 'Set Up' position for golf.
- 2 Describe the components of an effective golf swing.
- 3 Identify and explain the factors which influence ball flight.
- 4 Observe and identify faults in a practical performance.

**Credit points and level:** 1 HN credit at SCQF level 7: (8 SCQF credit points at SCQF level 7\*)

*\*SCQF credit points are used to allocate credit to qualifications in the Scottish Credit and Qualifications Framework (SCQF). Each qualification in the Framework is allocated a number of SCQF credit points at an SCQF level. There are 12 SCQF levels, ranging from Access 1 to Doctorates.*

**Recommended prior knowledge and skills:** Access to this Unit will be at the discretion of the centre. However, it would be beneficial for candidates to possess an understanding and/or practical experience in sports leadership or coaching. This may be evidenced by achievement of NC Units:

D687 11 *Leading Sporting Activities*  
D0V9 12 *Basic Sports Coaching Techniques*  
D720 12 *Sporting Activity Golf (Higher)*  
or equivalent

**Core Skills:** There are opportunities to develop the Core Skills of *Communication*, *Working with Others* and *Problem Solving* at SCQF level 5 in this Unit, although there is no automatic certification of Core Skills or Core Skills components.

**Context for delivery:** If this Unit is delivered as part of a Group Award, it is recommended that it should be taught and assessed within the subject area of the Group Award to which it contributes.

## **General information for centres (cont)**

**Assessment:** This Unit could be assessed in various ways, however due to the necessity of accurate information, specific formats should be encouraged. This Unit could be assessed by restricted response question papers for Outcomes 1 and 2. Outcome 3 could be assessed by an extended response assessment and Outcome 4 by a practical exercise supported by questioning.

## **Higher National Unit specification: statement of standards**

**Unit title:** Golf Coaching: An Introduction

**Unit code:** F3CM 34

The sections of the Unit stating the Outcomes, Knowledge and/or Skills, and Evidence Requirements are mandatory.

Where evidence for Outcomes is assessed on a sample basis, the whole of the content listed in the Knowledge and/or Skills section must be taught and available for assessment. Candidates should not know in advance the items on which they will be assessed and different items should be sampled on each assessment occasion.

### **Outcome 1**

Describe the factors influencing the 'Set Up' position for golf

#### **Knowledge and/or Skills**

- ◆ Grip
- ◆ Aim
- ◆ Ball position
- ◆ Stance and alignment
- ◆ Posture

#### **Evidence Requirements**

Evidence for the Knowledge and/or Skills in this Outcome will be provided on a sample basis. This evidence may be provided in response to specific questions. Each candidate will need to demonstrate that they can answer questions based on a sample of the items shown above. In any assessment three out of the five Knowledge and/or Skills items should be sampled.

To ensure that candidates will not be able to foresee which items they will be questioned on, a different sample of three out of the five Knowledge and/or Skills items is required each time the Outcome is assessed. Candidates must provide a satisfactory response to all three items.

Evidence should be generated through assessment in supervised conditions.

Candidates will need to provide evidence to demonstrate their Knowledge and/or Skills by showing that they can describe:

- ◆ a minimum of two aspects which influence grip
- ◆ the process of aiming
- ◆ forward, back and preparedness of ball position
- ◆ stance and alignment
- ◆ posture relating to weight distribution, alternatives and balance

## **Higher National Unit specification: statement of standards (cont)**

**Unit title:** Golf Coaching: An Introduction

### **Assessment Guidelines**

The assessment of this Outcome may be by restricted response questions requiring candidates to produce responses that clearly demonstrate their understanding of the importance and reasons for each aspect of the 'Set Up' position.

### **Outcome 2**

Describe the components of an effective golf swing

#### **Knowledge and/or Skills**

- ◆ Swing building
- ◆ Swing plane
- ◆ Balance in the swing
- ◆ Lever systems
- ◆ Post swing phase

#### **Evidence Requirements**

Evidence for the Knowledge and/or Skills in this Outcome will be provided on a sample basis. This evidence may be provided in response to specific questions. Each candidate will need to demonstrate that they can answer questions based on a sample of the items shown above. In any assessment, three out of the five Knowledge and/or Skills items should be sampled.

To ensure that candidates will not be able to foresee which items they will be questioned on, a different sample of three out of the five Knowledge and/or Skills items is required each time the Outcome is assessed.

Evidence should be generated through assessment in supervised conditions.

Candidates will need to provide evidence to demonstrate their Knowledge and/or Skills by showing that they can describe:

- ◆ the importance of good technique in swing building
- ◆ the target line, axis and body position of swing plane
- ◆ balance in the swing
- ◆ the post swing phase

#### **Assessment Guidelines**

The assessment of this Outcome may be by restricted response questions requiring candidates to produce responses that clearly demonstrate their understanding of the importance and function of each aspect of an effective golf swing.

## Higher National Unit specification: statement of standards (cont)

**Unit title:** Golf Coaching: An Introduction

### Outcome 3

Identify and explain the factors which influence ball flight

#### Knowledge and/or Skills

- ◆ The nine different ball flights:
  - square clubface (on plane/in to out path/out to in path)
  - open clubface (on plane/in to out path/out to in path)
  - closed clubface (on plane/in to out path/out to in path)
- ◆ Impact factors:
  - centeredness of strike
  - swing speed
  - swing path
  - angle of attack
  - static analysis

#### Evidence Requirements

Candidates will need to provide evidence to demonstrate their Knowledge and/or Skills by showing that they can:

- ◆ identify the nine different ball flights
- ◆ explain a minimum of three of the nine ball flights in detail
- ◆ explain how impact factors (at least three) influence ball flight

#### Assessment Guidelines

This Outcome could be assessed by an extended response assessment. Evidence could be presented in the form of a report of around 500 words or equivalent. Candidates could be required to produce evidence that demonstrates their understanding of the factors which influence ball flight.

### Outcome 4

Observe and identify faults in a practical performance

#### Knowledge and/or Skills

- ◆ Observation skills
- ◆ Set Up position
- ◆ Components of golf swing
- ◆ Ball flight causes

#### Evidence Requirements

Candidates will need to provide evidence to demonstrate their Knowledge and/or Skills by observing a golf performance and identifying faults. Candidates should identify:

- ◆ the Set Up position
- ◆ a minimum of two of the four components of the golf swing

## **Higher National Unit specification: statement of standards (cont)**

### **Unit title:** Golf Coaching: An Introduction

- ◆ set up component
- ◆ a minimum of two of the nine impact factors that cause ball flight

Candidates must observe and identify faults relative to one practical performance (all aspects relative to the Knowledge and/or Skills must be addressed and included in the candidate's observations and responses).

Evidence of this practical assessment should be recorded on an observation checklist.

### **Assessment Guidelines**

It is recommended that the assessment be of a practical format and recorded by means of an observation checklist and/or video. Oral questioning could also be used so that the candidate can observe and identify the causes of faults in golf swing and ball flights.

## Administrative Information

**Unit code:** F3CM 34  
**Unit title:** Golf Coaching: An Introduction  
**Superclass category:** MA  
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### History of changes:

Version	Description of change	Date

**Source:** SQA

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## Higher National Unit specification: support notes

### Unit title: Golf Coaching: An Introduction

This part of the Unit specification is offered as guidance. The support notes are not mandatory.

While the exact time allocated to this Unit is at the discretion of the centre, the notional design length is 40 hours.

### Guidance on the content and context for this Unit

This Unit introduces candidates to the basic principles of golf coaching. It gives them underpinning knowledge which can be applied in a practical environment.

#### Outcome 1

This Outcome looks at the factors influencing the 'Set Up' position for golf.

- ◆ **Grip**
  - Hand and wrist function
  - Requirements of a good grip
  - Points of consensus for the grip
  - Grip basics, Overlap grip, Interlock grip, two handed (ten finger or baseball) grip
  - Grip alternatives
  - Grip choice
- ◆ **Aim** — clubface, body and pre-shot routine
  - The aiming process
  - Aiming the club face
  - Aiming the body
  - Alternative approaches
  - Basic pre-shot routine
- ◆ **Ball position**
  - Forward and back
  - Ball position: Away from and towards body
  - Preparedness
- ◆ **Stance and Alignment**
  - Weight distribution
  - Alternatives (shot shaping, draw, fade)
  - Left-right balance
- ◆ **Posture**

#### Outcome 2

This Outcome looks at the components of an effective golf swing.

- ◆ Swing building — importance of good technique
- ◆ Swing plane — target line/axis/body position
- ◆ Balance in the swing — set up/top of backswing/impact/finish
- ◆ Lever systems — 1st class/2nd class/3rd class
- ◆ Post swing phase



## Higher National Unit specification: support notes (cont)

**Unit title:** Golf Coaching: An Introduction

### Outcome 3

This Outcome looks at the factors which influence ball flight.

- ◆ **The 9 different ball flights:**
  - square clubface with an on plane swing path = straight ball flight
  - square clubface with an outside to in swing path = a ball that is pulled
  - square clubface with an inside to out swing path = a ball that is pushed
  - open clubface with an on plane swing path = a ball that is pushed
  - open clubface with an inside to out swing path = a ball that is pushed right of the target without slicing spin
  - open clubface with an outside to in swing path = a ball that will slice away from the golfer
  - closed clubface with an on plane swing = a ball that is pulled and drawing
  - closed clubface with an outside to in swing plane = a ball that is pulled and hooking
  - closed clubface with an inside to out swing plane = a ball that is pushed and hooks back to the target
- ◆ **Impact Factors:**
  - **centeredness of strike** — clubface/swing path/angle of attack
  - **swing speed** — clubface
  - **swing path**
  - **angle of attack** — clubhead speed, swing speed/club alignment/golf stance
  - **static analysis** — club head speed/swing speed

### Outcome 4

This Outcome involves the observation and identification of faults in a practical performance.

- ◆ **Observation Skills** — practical identification
- ◆ **Set Up position** — practical application
- ◆ **Components of golf swing** — practical identification (set up, backswing, impact, follow-through)
- ◆ **Ball flight causes** — practical identification

## Guidance on the delivery and assessment of this Unit

This Unit is likely to form part of a Group Award and is designed to provide candidates with the knowledge relating to the preparation and performance of the golf swing. It is therefore expected that this Unit would be delivered during the first year of an HND programme, and should ideally be sequenced to be at the start of the HNC year.

Candidates on completion, should be able to describe, from a coaching perspective the distinctive factors which influence a player's golfing set up and how having the correct components can create a more effective golf swing. In addition, candidates will be given the opportunity to learn why it is advantageous, from a golf coaching perspective to be able to explain to the client why their ball may be flying at a specific height. The candidate can express this understanding when assessed in both Outcomes 3 and 4.

## Higher National Unit specification: support notes (cont)

### Unit title: Golf Coaching: An Introduction

Delivery centres should ensure that all information is sufficient enough to meet all of the assessment tasks, and, where possible, provide opportunities for candidates to gain as much practical experience (observation and analysis) as possible.

Candidates completing this Unit are expected to further extend their knowledge on golf coaching to include areas which are specific to golf swing performance.

#### *Opportunities for developing Core Skills*

There are opportunities to develop the Core Skills components *Oral* and *Written* of *Communication* at SCQF level 5, *Working with Others* at SCQF level 5 and all aspects of the Core Skill of *Problem Solving* at SCQF level 5 in this Unit, although there is no automatic certification of Core Skills or Core Skills components.

*Oral* and *Written Communication* will be undertaken during lecturer led and class/practically based discussions surrounding Unit topics. The availability of suitable software packages to support accuracy and professional presentation of written work could be advantageous. There may be opportunities to develop the key elements of *Problem Solving* and *Working with Others* at SCQF level 5 throughout the teaching of this Unit, as the candidates are expected to either describe or explain the many factors which influence various elements of golfing performance. Relative practical workshops, video analysis with group discussions and group tasks should be encouraged to specifically help develop this. As a result, candidates will be in a better position to, in Outcome 4, justify their recommendations when observing a golfing performance.

### Open learning

The Unit could be delivered by distance learning. However, it would require planning by the centre to ensure the sufficiency and authenticity of candidate evidence, from both a theoretical and practical perspective.

For further information and advice, please refer to the SQA guide: *Assessment and Quality Assurance for Open and Distance Learning*.

### Candidates with disabilities and/or additional support needs

The additional support needs of individual candidates should be taken into account when planning learning experiences, selecting assessment instruments, or considering alternative Outcomes for Units. Further advice can be found in the SQA document *Guidance on Assessment Arrangements for Candidates with Disabilities and/or Additional Support Needs* ([www.sqa.org.uk](http://www.sqa.org.uk)).

## **General information for candidates**

### **Unit title: Golf Coaching: An Introduction**

This Unit introduces you to the basic principles of golf coaching at an introductory level. The Unit provides you with the relevant knowledge and offers situations where you can apply them in a practical environment. This will help you develop your abilities when diagnosing errors in the performance of the golf swing.

Outcome 1 looks at the factors which influence the set up position, including:

- ◆ grip choices such as overlap, interlock or baseball type grips
- ◆ a player's pre-shot routine
- ◆ ball position
- ◆ the player's stance and alignment

In Outcomes 2 and 3 you will look closely at areas relating to components of an effective golf swing and factors influencing ball flight. This will involve you doing research on these areas. The knowledge and understanding gained will help you with your practical assessment in Outcome 4.

Outcome 4 — through practical workshops and group type activities, you will be required to observe a golf performance and distinguish which factors are at fault. It is advisable to gain as much practical experience as possible to aid your evaluation. Your response to this practical assessment may be recorded by observational checklist and/or video and be supported by oral questioning.