



IN-SCHOOL GOLF
ASSOCIATION

The In School Golf Association and National Standards for Physical Education

The In School Golf Association program (ISGA) was designed to ensure compliance with the National Physical Education Standards as outlined by the National Association for Sport and Physical Education (NASPE).

The NASPE standards act as an overriding structure as to what students should know and be able to do as a physically educated person regardless of which specific sport a student pursues. The ISGA provides a detailed curriculum outlining suggestions of what and how to teach each specific golf lesson. This document will first outline the NASPE standards and then describe the corresponding objectives and outcomes as detailed by the ISGA In-School Program.

NASPE Standards Overview

Standard 1

Demonstrates competency in motor skills and movement patterns needed to perform a variety of physical activities.

Simply stated, the development of an ever-maturing combination of fundamental movements and skills that allow for a competency in a sport – in this case, golf. This does include a deployment of sport-specific tactics.

Standard 2

Demonstrates understanding of movement concepts, principles, strategies, and tactics as they apply to the learning and performance of physical activities.

As students pass through middle and high school, they develop an increasingly complex vocabulary and application of concepts. In golf, this would relate to the way the student applies balance, weight shift, torque, and force to the activity. The ISGA development of this NASPE standard will allow students to learn and develop other sports more easily.

Standard 3

Participates regularly in physical activity.

The ISGA Program focuses on developing an enjoyment of physical activity for all participating students. Many, but not all of the students, will develop a love of the game of golf which will become a life-long basis for their physical activity.

Standard 4

Achieves and maintains a health-enhancing level of physical fitness.

The ISGA Program enhances the awareness of the importance of a student's overall fitness by underscoring the benefits of strength, endurance, flexibility, and body composition.

Standard 5

Exhibits responsible personal and social behavior that respects self and others in physical activity settings.

The ISGA Program utilizes the long-appreciated personal character development benefits golf provides to instill in students integrity, cooperation, and respect for others regardless of gender, ethnicity, size, strength or ability.

Standard 6

Values physical activity for health, enjoyment, challenge, self expression, and/or social interaction.

Golf is one of the ideal vehicles for students to learn the joy of physical activity and to anticipate in a lifetime of physical activity that enhances health, self confidence, and social relationships.