

PHYSICAL EDUCATION LEARNING PACKET # 9

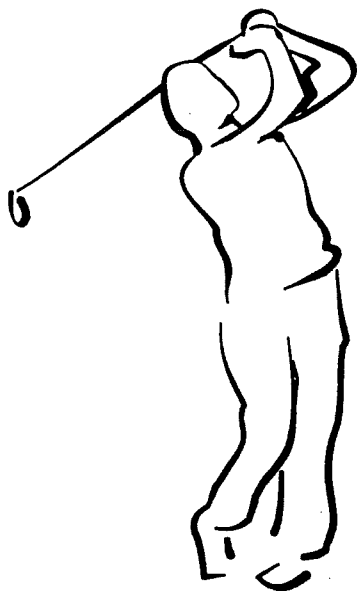
GOLF

INSTRUCTIONS

This Learning Packet has two parts: (1) text to read and (2) questions to answer.

The text describes a particular sport or physical activity, and relates its history, rules, playing techniques, scoring, notes and news.

The Response Forms (questions and puzzles) check your understanding and appreciation of the sport or physical activity.



INTRODUCTION

Golf is the most popular and fastest-growing sport in many countries today. People of all ages can (and do) play golf, at many different levels of skill.

Why is golf so popular? It's relaxing, it's good exercise and it's played in pleasant surroundings. It presents challenges, yet isn't too taxing to be played at an amateur level.

Golf is also a great spectator sport. Thousands of viewers watch the sport on television, while thousands more follow their favorite golf pro to tournaments.

HISTORY OF GOLF

According to legend, a shepherd in Scotland hit a stone with a stick and watched the stone soar in the air. Thus the game of golf was born!

Golf flourished first in Scotland and later in England. The first golf balls used in England around the fifteenth century were called "feathery" because they were made of leather and stuffed with feathers.

The game of golf grew in popularity, especially among the wealthy because it was seen as a game played and controlled by the upper classes. Although many people still con-

Eagle is possible on any hole above par 3.

ACE

Hitting the ball into the hole with one stroke. An "ace" is also called a "hole in one."

According to golfing rules, once the ball is placed on a tee, it cannot be touched by anything other than a golf club until it is taken out of the hole. Most golfers strive to keep the ball on the fairway, the area between the teeing ground and putting green. If a ball is hit badly, it may end up "in the rough," or the area near the fairway with bushes, trees and tall grass. Balls which are hit inaccurately also may end up in bunkers or sand traps.

GOLF ETIQUETTE

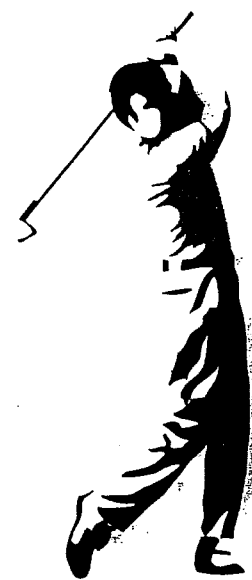
All sports require that the participant practice sportsmanlike behavior. Part of the goal of sports is learning how to be both a good winner and a good loser. Golf is no exception. Always observe the following six rules of golf etiquette:

1. Don't talk or move around when a player is about to hit the ball. All players should keep their distance from the golfer who is about to hit the ball. She or he should not be distracted by talking or movements by other players.
2. Replace any damage done to the course. If your golf club digs up a chunk of grass (a "divot," in golfing terminology) on a shot, put the grass back where it came from. Also, rake a sand trap smooth after stepping out of it.
3. When a group of players is particularly slow, the group behind should be allowed to move ahead.
4. Technically, each group should be allowed to finish the hole before the next group starts. No one can tee off when another group is finishing up on the putting green. On holes of great distance, a group may tee off when the party in front of them is still on the fairway, but at a safe distance.
5. Help keep the putting green in immaculate condition. Keep carts and golf



tinuous smooth motion:

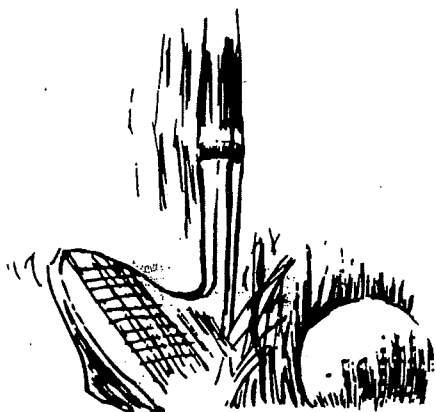
1. Stand before the ball with the face (flat area) of the golf club head positioned next to the ball. This is called "addressing the ball". If you are right-handed, your left side will be turned toward the green. The opposite is true if you are left-handed. Keep your eye on the ball as you start your backward swing.
2. Swing the club in an arc backward away from the ball. When the club is at about waist height, your wrists will remain stable as you grip the club. The shoulder facing the green will come up under the chin and the hips will begin to rotate away from the green. Keep your eye on the ball.
3. When the golf club is brought back as far as it can go in the backswing, your shoulders should be turned about 90 degrees from the direction your toes are pointing. Your hips should be turned about 45 degrees. Don't take your eye off the ball.
4. Start the downward motion of the club with a rotation of your hips toward the direction of the green. Keep your eye on the ball.
5. Follow the hip motion with the arms coming down with the wrists still stable. Do NOT lead the motion with the arms; lead with the hips. Keep your eye on the ball.
6. As the arms straighten, the club face hits the ball. Follow the ball with your eyes.
7. The swing does not stop at this point. The club continues to follow its path in the direction of the green as you finish off the swing. This is called the "follow-through."
8. Make every swing a full swing.



If a golf swing is properly done, it should look and feel smooth, effortless, and powerful, accomplished in a single smooth motion in the backswing, then a single smooth motion

the ball long distances, and are usually used on the teeing ground. Drivers are made of wood or composition material. "Irons" (which are made of plated brass and/or steel, not iron) are usually used on the fairway. Putterers are used on the green.

Golf clubs have varying degrees of angles on their faces. This angle is called "loft." The angle is measured from the vertical. Hence:



A **wedge** has the greatest loft and a very severe angle, and is used to scoop a ball out of the sand.

A **nine iron** has a large loft or angle, so it can propel a ball upwards in an arc over obstacles.

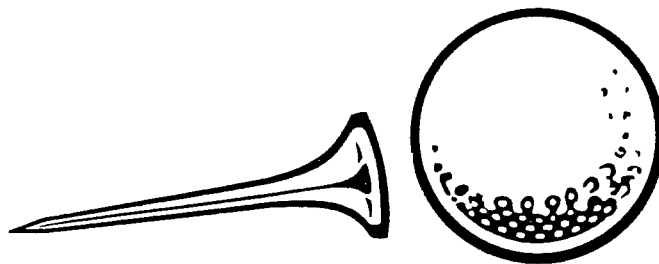
The **five iron** has less loft and a shallower angle, and is commonly used to hit the ball on down the fairway toward the green.

A **driver** has little angle and loft, and is used to drive the ball from the tee down the fairway.

A **putter** has almost no angle, since it is used for short, precise shots on the green.

A professional golfer usually owns four different wood clubs and ten different iron clubs. An amateur, however, can usually play with about half that number. A good amateur bag could carry the following clubs: Driver, Five iron, Seven iron and Putter

Golf balls weigh slightly over an ounce in weight. They are made of rubber and silicone, and other synthetic materials. The surface of golf balls are covered with tiny round indentations, spaced at regular intervals. These indentations are aerodynamic, and give the ball accuracy in flight—a far cry from the old feather-stuffed balls first used in the game!



GOLF NOTES AND NEWS

One doesn't ordinarily associate golf with strong emotional experiences. Instead, golfers seem cool and detached as they walk the links, concentrating on the ball and honing

STUDENT RESPONSE PACKET

GOLF

NAME _____

DATE _____

WHAT TO DO

The following questions will help you to have a greater appreciation and understanding of golf. Write your answers in the spaces below the questions. If there is not enough room, write on the backs of these sheets. Be neat, spell correctly, and write in complete sentences.

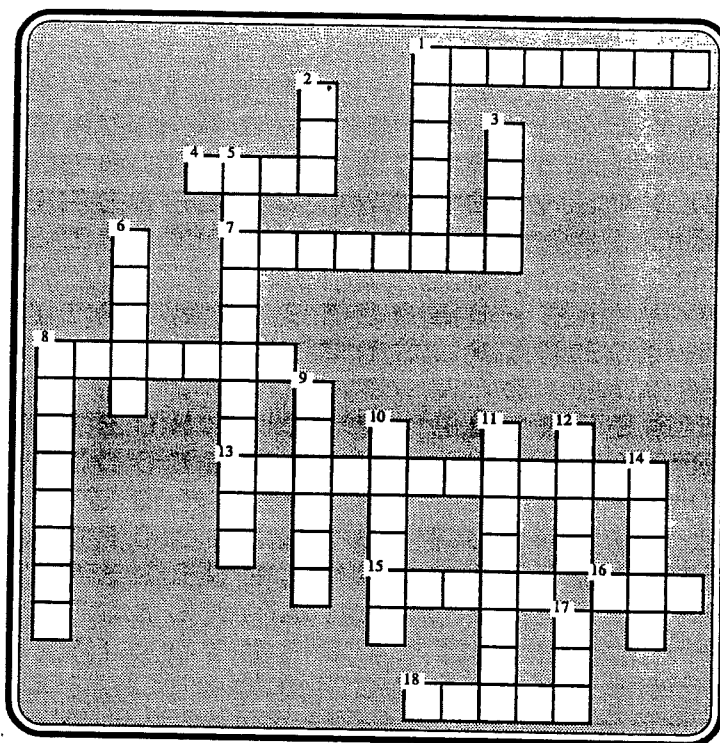
1. What physical benefits can be derived from playing golf?

2. Is golf really just “a rich person’s game?” Explain your answer.

3. What is a birdie? a bogey? an eagle?

4. What does it mean to say that a ball ends up “in the rough?”

Name: _____ Date: _____

**Across:**

1. This grip reminds one of holding a bat
4. The number of clubs in a good amateur golf bag
7. Usual number of holes on golf courses
8. The area between the tee and the green
13. Type of grip where fingers are entwined
15. Hitting a ball into a hole two strokes under par
16. Name of gadget on which the golf ball is placed
18. The club with the greatest loft

Down:

1. Hitting a ball into a hole one stroke under par
2. Rated strokes for a particular hole
3. The first US _____ tournament was held in 1995
5. Type of grip where fingers of one hand are on top of fingers of the other
6. Hitting a ball into a hole one stroke over par
8. A fifteenth century English name for golf balls
9. This club is used on the green
10. Wood used to hit the ball off the tee
11. Where legend says golf was invented
12. The highest par rating on a hole
14. The hole is located here
17. Hitting a ball into a hole with one stroke