

CORE LESSON 22: STAY WELL FOR LIFE

This core lesson introduces PLAYers to the concept of overall health and well-being or wellness. Wellness includes physical, mental, emotional and social components. Core Lesson 22 focuses on the first three elements, which are represented for PLAYers as body, mind and heart. Coaches point out that having a Healthy Body, Mind and Heart can help a person perform better and get more enjoyment out of golf, as well as help him or her lead a more productive, satisfying life in general.

Dealing with topics such as exercise, nutrition, mental skills and emotional self-management, coaches engage PLAYers in interactive discussions and activities on why and how to incorporate wellness-promoting behaviors into their daily routines on and off the golf course. They also explore ways to resist unhealthy behaviors, such as using tobacco, drugs or alcohol, as well as practice adapting to challenging circumstances. PLAYers are then asked to commit to specific actions they will take to promote wellness in their lives.



GENERAL LEARNER OBJECTIVES

After completing all classes on Core Lesson 22, Eagle-level PLAYers should be able to:

- Understand the role of and utilize The First Tee Eagle Yardage Book
- Define the components of wellness as represented by the Healthy Body, Mind and Heart model and make the connection to The First Tee Nine Healthy Habits
- Identify and utilize behaviors that promote versus undermine wellness
- Describe the benefits of wellness in relation to playing golf
- List some general benefits of a healthy lifestyle
- Demonstrate and exhibit healthy behaviors to achieve and maintain wellness when practicing and playing golf, as well as away from The First Tee
- Set a reachable wellness goal (golf or non-golf) and build a goal ladder to match the goal; then, take steps toward achieving the goal

- Consistently use their method for each of The First Tee Nine Golf Fundamentals (distance-response, target awareness, get ready to swing, body balance, clubface and ball contact, swing rhythm, routines: preshot and postshot, ball flight and on-course strategies)
- Understand the importance of and commit to supporting friends, assisting teachers and contributing to a healthy community
- Exhibit the physical healthy habits of energy, play and safety

LIFE SKILL CATEGORIES ADDRESSED

- Self-management
- Goal-setting
- Resilience skills

SPECIFIC LIFE SKILL STRATEGY DEVELOPED THROUGH THIS CORE LESSON²

- Healthy Body, Mind and Heart

SUGGESTED EAGLE PROGRESSION FOR GOLF SKILL CATEGORIES AND GOLF FUNDAMENTALS

- Any of The First Tee Nine Golf Fundamentals (for putt, chip, pitch and full-swing)
 - All of the factors of influence—including those listed in the right-hand column—of the “fundamentals quick glance” (see the Golf Skills section, p. 118) should be seamlessly integrated at the Eagle level.

AT THE EAGLE LEVEL, COACHES MAY IDENTIFY THE INTERACTION BETWEEN SOME OF THE FUNDAMENTALS AND DELIVER IN COMBINATION FOR ADVANCED PLAYERS—for example target awareness requires a connection to the distance to the target; clubface and ball contact affects the distance a ball travels; a preshot routine includes knowing the distance to the target and also imagining the ball flight, etc. WITH THAT SAID, MULTIPLE CLASSES SHOULD STILL BE DELIVERED FOR EACH CORE LESSON IN ORDER FOR PLAYERS TO NOT ONLY UNDERSTAND, BUT ALSO DEMONSTRATE AND EXHIBIT SKILL DEVELOPMENT.

² Remember that multiple classes should be delivered for each core lesson in order for PLAYERS to not only understand, but also demonstrate and exhibit skill development.

LIFE SKILL CORE ACTIVITIES

During the first class on Core Lesson 22, coaches should deliver at least one core activity below seamlessly with at least two golf skill categories (putt, chip, pitch and full-swing) and one of the Nine Golf Fundamentals. (See previously suggested Eagle progression as well as Golf Skills section of this guide for more information.)

Depending upon the time available per class and the total number of classes, coaches may save some activities for subsequent classes. Coaches are encouraged to deliver each core activity and, as they gain experience, develop additional activities for their PLAYers to experience multiple core lessons.



Go to the members' side of www.thefirsttee.org to find additional Life Skill Core Activities and/or downloadable PDFs from the Eagle Yardage Book.

Life Skill Core Activity 22.1: Healthy Body, Mind and Heart for Golf

- PLAYers discuss how physical fitness and safety routines are important in golf and in life.
- PLAYers review how thoughts impact golf performance.
- PLAYers discuss and demonstrate ways to identify healthy relationships on and off the golf course.

Life Skill Core Activity 22.2: Things I Can Do For a Healthy Body

- PLAYers explore the physical healthy habits of energy, play and safety.
- PLAYers identify behaviors that promote versus undermine physical health.

Life Skill Core Activity 22.3: You Are What You Eat

- PLAYers discuss how knowing what to eat/drink and when they are important for improving golf.
- PLAYers identify healthy snacks to eat during golf.

Life Skill Core Activity 22.4: Playing it Safe

- PLAYers review the benefits of using sun protection.
- PLAYers commit to pursuing specific actions that promote safety during activities.
- PLAYers commit to warm-up/cool-down routines.

Life Skill Core Activity 22.5: Things I Can Do For a Healthy Mind

- PLAYers discover ways the mind influences emotions and behaviors.
- PLAYers understand and practice positive thoughts and attitudes to build confidence.

Life Skill Core Activity 22.6: More Than a Muscle – Growing a Healthy Heart

- PLAYers explore managing friendships.
- PLAYers explore helpful relationships at school with other students and teachers
- PLAYers discover ways to give back in their communities

GETTING STARTED AT THE EAGLE LEVEL

Supplies needed: The First Tee Eagle Yardage Books, pencils

1. Welcome PLAYers and congratulate them on reaching the Eagle level. Share information with PLAYers so they understand that getting to this level demonstrates their maturity both as a PLAYER and as a person.
2. Introduce yourself and your staff, and have PLAYers introduce themselves.
3. Pass out the Eagle Yardage Books and have PLAYers fill in the PLAYER Profile information.
4. Take some time to discuss their written responses listing their reasons for staying involved with The First Tee and what they liked most about the Birdie level.
5. Encourage PLAYers to ask questions they may have about the Eagle level.
6. Ask some open-ended questions to learn more about the PLAYers in your Eagle class.



INTRODUCTION: WHAT DOES “WELLNESS” MEAN?

Supplies needed: The First Tee Eagle Yardage Books, pencils, drinking water, cups

1. Pose the question, *What does the word wellness mean to you?* In addition to examples of physical health, try to draw out a few responses that involve emotional and social factors, such as using the mind to influence choices and feelings (emotional) and developing quality friendships (social).
2. Summarize the discussion by pointing out that all-around health or wellness involves the body, mind and heart. Explain that mind is being used here to stand for feelings and emotions, as well as character traits such as courage, tenacity and integrity.
3. Also point out that social well-being is another dimension of wellness. Some of The First Tee Nine Healthy Habits capture social well-being: friends, school and community, as well as knowing how to interact in different social situations. Explain that one way to be healthy in heart is by having a heart for others. This is a good foundation for developing the social skills that help in all parts of their lives, including on the golf course.
4. Ask the group what types of warm-ups they have engaged in at The First Tee. Today, PLAYers are going to learn another warm-up routine that not only helps to warm up the body, but also helps to warm up the mind and heart in a fun, social setting. Have the group go through The First Tee energizer described on the next page. Coaches can modify this routine by substituting other warm-up exercises, but be sure to address body, mind and heart as part of physical, emotional and social well-being.
5. Ask PLAYers how the energizer routine addressed having a healthy body, mind and heart. Encourage PLAYers to modify this energizer routine or create a new personal energizer to start their day.
6. As a follow-up to the Body, Mind and Heart Energizer, share with PLAYers that in the Eagle level of The First Tee Life Skills Experience, everyone will be learning more about how to achieve and maintain all-around wellness.
7. Ask PLAYers to review the snapshot in their Eagle Yardage Book of the life skills, golf skills and healthy habits they will learn and apply at the Eagle level.
8. Briefly describe the core lesson topics. Explain there will be multiple classes on each topic because it is important that Eagle-level PLAYers consistently apply life skills both on and off the golf course. This process only happens over an extended period of time. Point out that Core Lesson 22 deals with body, mind and heart, and the rest of the core lessons deal with skills that further develop social well-being.
9. Using the Eagle Yardage Book, review the Eagle level certification requirements. If your chapter has more challenging or added requirements, be sure to have PLAYers record those in their Yardage Book. Emphasize that certification is about their own self-improvement and becoming the best they can be.

HEALTHY BODY, MIND AND HEART ENERGIZER

1. Drink a sip of water.
2. Jog around in a circle (30 seconds).
3. Jog around in a circle and make a circle with your arms, first forward and then backward (60 seconds).
4. Stand on both feet and do the flexibility move—knee to opposite elbow; foot to opposite hand.

Slowly lift the left knee up in front of you and move the right hand to touch the knee; then, lower the knee. Then, slowly lift the right knee and move the left hand to touch the knee. Do it three times each.

Then, do it behind the body. Lift the left foot slowly behind you and move the right hand to touch it. Repeat with the other leg and arm. Do it three times each (about one minute total).

Stand with your eyes closed, take three deep breaths and imagine yourself playing great golf.

Then, think about what you would like to accomplish today (30 seconds; addresses mind).

- 5) Stay standing and put your hand on your heart. Focus on what you appreciate today about yourself, your family, your friends, golf, your surroundings, etc. Think of something that you feel good about (30 seconds; addresses heart).
- 6) Turn to someone in the group and shake his or her hand, give them a pat on the back, a high-five or say something positive (addresses social well-being).

DRINK A SIP OF WATER.