

**PLAYer to Par Certification Study Guide**

Please use the following document to help your participant better prepare for the written component of The First Tee Certification Process. Should you need them, we have also provided answers to the questions.

**Core Values Review:**

* **Respect:** To be nice and kind in one’s actions
* **Courtesy:** Being or acting polite to others
* **Responsibility:** Accounting for one’s actions; dependable
* **Honesty:** To tell the truth
* **Sportsmanship:** Playing by the rules and acting nice to others no matter if you are winning or losing
* **Confidence:** A feeling of “I can do it”
* **Judgment:** To make a decision or form an opinion
* **Perseverance:** To persist in an idea, purpose or task despite obstacles
* **Integrity:** Knowing the difference between right and wrong; doing the right thing even when no one is looking.

**Life Skills Questions**

How do you stay safe while you play golf?

* By following instructions and playing by the rules (The Rules of Golf – see online or download the app)

Who is responsible for calling a penalty on you when you are playing golf?

* You are responsible for calling penalties on yourself while playing (Integrity)

To keep a good pace of play, when should you record your score once you finish a hole?

* Once you have moved on to the next hole. You do *not* want to stand on the green to record your score while someone else is waiting to hit behind you as it will slow pace of play.

To prevent injury, you should do what before an activity?

* Warm up or stretch

How should you be behaving while others are playing their shots?

* You should be still and quiet (Respect, Courtesy, and Sportsmanship)

What are some examples of good pace of play?

* Being ready when it is your turn to hit (Have your club and other materials ready)
* Keeping up with the group in front of you

How can you increase your confidence in your abilities?

* By having a positive attitude
* By practicing

What should you do after you hit out of a bunker?

* Use the rake to smooth out the bunker. Be sure not to leave any footprints or ball marks for those who play behind you.

Being friendly and shaking hands when greeting others is a way to show \_\_\_\_\_\_\_\_

* Courtesy

When should you display good sportsmanship?

* When you are winning or losing (all the time!)

By choosing to walk the golf course while playing, you are choosing to \_\_\_\_\_\_\_\_\_

* Be more physically active (Healthy Habits!)

**Golf Skills Questions**

What should you do before you swing?

* Check the spaces to the front, sides, and behind of you

You must play the ball as it \_\_\_\_\_\_\_\_\_\_

* Lies (you may not move it)

Where can you tee off in relation to the tee markers?

* You can either tee off between the markers or within 2 club lengths behind them

If you try to hit the ball and miss, does that count as a stroke?

* Yes – every attempt to hit the ball counts as a stroke whether you hit it or not

When and how can you move your golf ball one the putting green?

* Once the ball stops, you can mark, lift, and clean your golf ball once it stops on the putting green

How do you determine the order of who hits in stroke play?

* The person who is furthest away from the hole should hit first

A score of 1 over par is considered what on any given hole?

* A bogey

A score of 1 under par is considered what on any given hole?

* A birdie

A score of 2 under par is considered what on any given hole?

* Eagle

What should you yell if your ball is heading towards another group of people?

* FORE!

What happens if you make your lie better by moving the ball where you want to hit it?

* You will have to take a penalty stroke

Before you swing on the tee box, what happens if your ball accidentally falls off a tee?

* Nothing, you can place your ball back on the tee without penalty

Can you label the parts of the golf course? Use page 29 in your PLAYer Yardage Book to help with this!