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**Birdie to Eagle Certification**

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 the answers to the questions.

**Life Skills and Healthy Habits:**

* Dreams and Goals
	+ Goals make Dreams come true
* Four Guidelines for Setting Reachable Goals
	+ Setting Goals that are Positive and Important to You
	+ Setting Goals that are Specific and Under Your Control
* Setting Different Types of Goals
	+ **Outcome Goals** – the end product of what you want to achieve (your dream; result of playing the game)
	+ **Process Goals** – Focus on improving skills, techniques, behaviors, healthy habits, and playing strategies for more favorable outcomes
	+ **Performance Goals** – Identify personal bests and standards of improvement based on practice and achieving process goals
* Getting to Your Goal
* Dealing with Challenges
	+ You are likely to face challenges as you work on the steps in your goal ladder
	+ Use STAR when facing challenges
* STAR – is a good way to make good decisions when you are faced with challenges
	+ S – Stop and take a deep breath
	+ T – Think of all your choices
	+ A – Anticipate what could happen (good or bad) as a result of each choice
	+ R – Respond by selecting the best choice of what to do
* Physical Healthy Habits
	+ Energy – By eating right and staying hydrated
	+ Play – By having fun during activities and engaging in golf fitness warm-ups
	+ Safety – Following the rules and protecting yourself by using sunscreen, wearing appropriate clothing, etc.
* Emotional Healthy Habits
	+ Vision – What do you want to accomplish?
	+ Mind – Understanding how you think and being aware of your emotional response in different situations aligns with this healthy habit
* Social Healthy Habits
	+ Community – Giving back to the chapter or thinking of others

Goal Ladder – When trying to reach your goal, you need a plan. Think of a plan as a ladder where the easiest steps are at the bottom and the harder ones are toward the top. You climb each one until you reach your goal.

**Life Skills Questions**

Are dreams and goals the same thing?

* No, you set goals in order to reach or achieve your dreams

You are likely to work harder on goals set by whom?

* You are most likely to work harder on goals set by yourself

Which is the most difficult step of the goal ladder?

* The last step (at the top)

What can you use STAR for?

* To overcome wellness or physical activity challenges
* To make good decisions when dealing with challenges
* For developing a pre-shot routine

What are some things that are *not* under your control?

* Other people and how they act
* Your attitude
* Weather or course conditions in golf

What can you base your goal on to achieve it?

* Base your goal on things you can control to give you the best chance to achieve it.

What is a performance goal?

* When you identify personal bests and standards of improvement based on practice and achieving process goals

To have energy to help you reach your goals, it is important to do what?

* Make healthy choices about when to eat
* Eat healthy snacks and control food portions
* Know what types of foods and drinks to put in your body

What are some examples of a specific goal?

* During my tournament next week, I want to pick a specific target on at least 75% of my swings.
* I want to practice distance-response for putting at least three times per week for the next month.
* 100% of the time this semester, I will show respect for my teachers by raising my hand before I speak.
* I want my Personal Par to be two strokes lower next month.

What does STAR stand for?

* Stop, Think, Anticipate, Respond

What is a process goal?

* The type of goal that allows you to focus on improving skills, techniques, behaviors, healthy habits or playing strategies.

What are the Four Guidelines for setting a reachable goal?

* Setting goals that are positive and important to you
* Setting goals that are specific and under your control

What act involves doing things to minimize the occurrence of injury, danger, or loss?

* Safety

What is an example of a specific goal?

* I want my Personal Par to be two strokes lower next month.

What is an example of actions that are not under your control?

* Other people’s slow play on the course

What are some ways that you can participate in fitness at The First Tee?

* Walking the golf course when playing golf.
* Participating in a fitness warm-up at the start of class.
* Completing a physical fitness station as part of class activities

What is an example of an outcome goal?

* Win a tournament

What is the definition of a goal ladder?

* A step-by-step plan to reach a goal.

What is something that is under your control when you are playing golf?

* How confident you feel

What is an example of a negative goal statement?

* I don’t want to get yelled at for incomplete homework?

What is the definition of STAR?

* A decision making tool that can be used to overcome challenges

**Golf Skills Questions**

When are you allowed to tee up your ball within the teeing ground?

* Once it is your turn, you may tee up your ball in the teeing ground (no sooner than your turn)

What should you do after you have successfully played from the bunker?

* You should rake the bunker after you have finished.

Are you allowed to repair other ball marks on the greens?

* Yes. You can repair ball marks on every green, even if they are not from your own ball.

Can you improve your lie in the fairway even if the ball does not move?

* No. You cannot pull up or push down grass close to the ball to improve your lie even if the ball does not move.

Can you ask your fellow competitor for advice that influences your choice of club?

* No, not without a penalty.

What happens when a ball is out of bounds?

* You must add a penalty stroke to your score and play another ball from where you made your last stroke.

What happens if you take relief from a water hazard?

* You are penalized one stroke.

In match play, what is the terminology for when each side holes out in the same number of strokes?

* The hole is halved.

From where are you allowed to have the flagstick attended, removed, or held up before making a stroke?

* You may have this done from anywhere on the course.

Steve’s ball was at rest on the putting green. Cindy plays from just off the green and her ball hits Steve’s ball. What do the rules state they should do?

* Under Rule 18-5, Steve must replace his ball back to its original position.
* Cindy must play her ball as it lies.
* There is no penalty to either player in either match play or stroke play as long as Cindy’s ball was not already at rest on the green.
* In stroke play only, if Cindy’s ball lay on the putting green prior to the stroke, she would incur a penalty of two strokes.

What are you responsible for when playing golf?

* Knowing the rules of golf
* Arriving and starting on time
* Playing within the pace of play guidelines established by the committee

The spot where a ball comes to rest is known as \_\_\_\_\_\_.

* Lie

What is an example of proper etiquette?

* Replacing or repairing divots

What are some examples of a stroke made with the intent to get the ball on the putting green?

* Approach
* Pitch
* Chip

What should you do if your ball is lost or out of bounds?

* You must play a ball from where the previous stroke was made and record a 1 stroke penalty.

What is a bunker?

* A specially prepared area of the course in which turf has been removed and replaced with sand.

Your ball lands in a bunker against a rake. What is the ruling when you move the rake which causes the ball to move?

* There is no penalty; the ball must be replaced.

What is a chip shot?

* A short, low shot to the green partly through the air.

In what situations may you touch your line of play?

* In pressing down a ball marker
* In moving loose impediment on the putting green
* In repairing old hole plugs or ball marks on the putting green

What is a pitch shot?

* A short, high shot played to the green mostly through the air and having little or no roll.