

## 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!

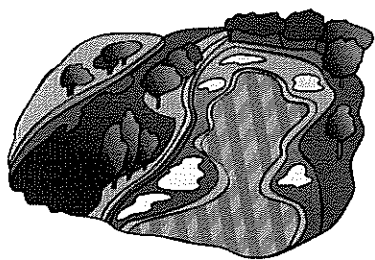
Golf flourished first in Scotland and later in England. The first golf balls used in England around the fifteenth century were called "feathery" because they were made of leather and stuffed with feathers.

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-

sider golf “a rich man’s game,” public courses in contemporary America are open to the population at large.

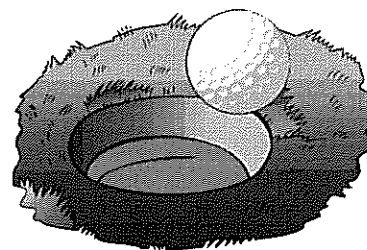
Golf first became popular in America around 1895, when the first U. S. Open Tournament was held. The first 18-hole golf course opened in Wheaton, Illinois in 1893.

## HOW GOLF IS PLAYED



Golf is played on a golf course. Full-sized courses have 18 holes, while smaller courses have only 9 holes. Golf balls are placed on small wooden or plastic supports called “tees,” which are pressed into the ground on a “teeing ground.” Golf clubs are used to hit the balls off the tees in the direction of the next hole, which is on what is called a “green” or “putting green.” The area between the tee and the green is called the “fairway.” Trees, lakes, streams, sand, and other obstructions may be on either side of the fairway. Sometimes, fairways are shaped like arms that are bent at the elbows.

The object of the game is to hit the golf ball off the tee, up the fairway, to the putting green, and into the hole with the fewest number of strokes possible. Each hole has a designated number of strokes. This designated number of strokes is called “par,” from which we get the popular expression, “par for the course.” Thus, a good player can move the ball from the tee to the hole on a “par 4” hole in four strokes. Par can vary from three to five strokes, depending on the difficulty of the course and the distance of the hole from the tee.



An excellent player may put the ball in the hole with fewer or greater strokes than are assigned as par for a particular hole. When this is done, there is a name for it:

- |               |  |
|---------------|--|
| <b>BIRDIE</b> | Hitting the ball into the hole with one stroke under par.  |
| <b>BOGIE</b>  | Hitting the ball into the hole with one stroke more than par.  |
| <b>EAGLE</b>  | Hitting the ball into the hole with two strokes under par. An 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 cars away from the greens.
6. Learn the proper way to warn other players about an approaching ball. If a player hits a ball too hard, inaccurately or carelessly and it heads for another player, the golfer who hit the ball should yell out “Fore!” to warn others.



## PLAYING TECHNIQUES

### *THE GRIP*

The grip is an important element in golf since the hands are the only parts of the body that touch a golf club. There are three types of grips in golf, as follows:

**The interlocking grip.** This type of grip is good for persons with shorter fingers. The little finger of the right hand locks between the index finger and the middle finger of the left hand. This is an extremely stable grip, and keeps the hands and fingers in the same position throughout the swing.

**The overlapping grip.** In this grip, the little finger of the right hand overlaps the index finger and middle finger of the left hand (the opposite if you are left-handed). This is a stable grip, but not as stable as the interlocking grip.

**The baseball grip.** In this type of grip, all ten fingers are on the club (as one would do in holding a baseball bat), with no interlocking or overlapping. This grip is not as stable as either of the other two grips.



No one type of grip is absolutely superior to the others. Different people have different skeletal lever systems, and different muscular development. Some people like the interlocking grip because of its stability. Others find it too confining and difficult to use. The choice of grip depends on which one best suits the individual golfer.

### *THE GOLF SWING*

In order to hit a golf ball accurately from a specific distance, a player must know the fundamentals of the golf swing. The correct way to swing can be broken down into steps, as follows. However, note that the swing, when performed properly, is one continuous 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 through the arc of the forward swing and into the follow-through.



Strength doesn't necessarily mean a great deal in the game of golf. Having strong arms doesn't necessarily mean that the ball will travel a great distance when you hit it. To get the maximum distance when hitting a golf ball, you must coordinate the movements of your hips, torso, arms and wrists.

Think of your body as a whip, starting in the hips and ending in the head of the golf club. When the face of the club connects with the ball, that point of impact should be the point at which the swing has achieved its fastest motion and greatest energy. That energy is imparted to the ball by the face of the club. The greater the energy, the farther the ball will

go. The smoother and more coordinated the swing, the greater the energy.

## *PUTTING*



Putting is done when the ball is on the green and must now be hit into the hole. The ball may be near to, or far from the hole. Also, the green may slope off at an angle, may have rough and smooth grassy sections, and may be wet or dry. Each of these conditions will affect accurate putting.

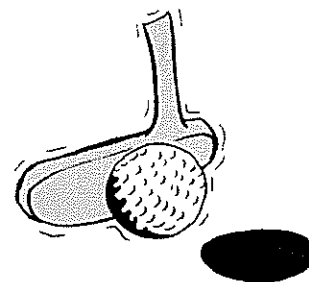
When spectators are watching golfers on the putting green, they often think “It looks so easy!” However, this isn’t usually the case. Putting is often the critical factor in a golf game. Many a golfer has lost a tournament because his or her putting wasn’t precise enough.

Good putting requires a delicate touch and good judgment. There are many different styles of putting, and many different conditions on the putting green. But three things are necessary:

Keep your eye on the ball.

Keep your head absolutely still.

Move the putter along the line of the putt as if it were going through the ball.



## **EQUIPMENT AND CLOTHING**

Different golf clubs are designed to perform different tasks. Drivers are designed to hit the ball long distances, and are usually used on the teeing ground. Most drivers today are made of steel, titanium or a composite alloy with a graphite shaft. “Irons” (which are made of plated brass and/or steel, not iron) are usually used on the fairway. Putters are used on the green.

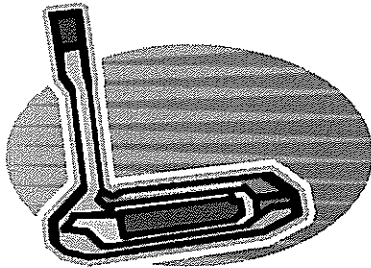
Golf clubs have varying degrees of angles on their faces. This angle is called “loft.” The angle is measured from the vertical. Hence:

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.

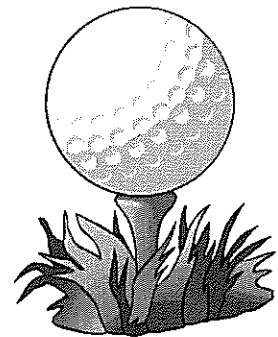
A **driver** has little angle and loft, and is used to drive the ball from the tee down the fairway.



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** (Information taken from a variety of sources including ESPN, NCAA, Wikipedia and newspapers)

One doesn't ordinarily associate golf with strong emotional experiences. Instead, golfers seem cool and detached as they walk the links. But while golf does not present the spectacle offered by football or basketball, the excitement is there, especially as demonstrated by the electrifying Tiger Woods.

If anyone had any doubts that Tiger Woods would be a star, the 1997 Masters turned those skeptics into believers. Woods, at age 21, destroyed the field of more seasoned competitors, winning golf's most prestigious tournament. In 1999 Tiger Woods nearly tripled David Duvall's existing winnings record, by bringing in a staggering 6.6 million dollars.

Tiger became the youngest player in 2000 to complete the Career Grand Slam. With his victory at the 2001 Masters, Tiger became the first golfer in history to hold all four major championship titles at the same time. In 2002 Tiger captured his second consecutive green jacket and third overall Masters.

After not winning a major tournament in either 2003 or 2004, and losing his number one ranking to Vijay Singh, Tiger Woods was experiencing his first real adversity of his career. People were beginning to question if he was still the dominant player that he had been. At the 2005 Masters Tiger proved that he was still the biggest star in the sport, and wouldn't be going away any time soon, by taking his fourth Masters' victory, the only player besides legends Jack Nicklaus and Arnold Palmer to do so.



Then in 2006, after losing his father to cancer earlier that year, Tiger missed the cut in the US Open. His heart and mind were not on the game of golf but in true Tiger fashion he came roaring back at the 2006 British Open, winning the tourney by two strokes for his eleventh major title. He also captured the PGA championship later that year.

The 2008 US Open marked Tiger's return from knee surgery, after eight weeks of playing no competitive golf. Woods limped his way around the course, and battled pain and a determined Rocco Mediate to capture his fourteenth major title.

In 2009 Tiger had first place finishes in many tournaments including: the Arnold Palmer Invitational, the Memorial Tournament, the AT&T National, the Buick Open, the Bridgestone Invitational, the BMW Championship and the FedEx Cup Championship.

As 2009 came to a close the golf world was shocked as Tiger, the greatest golfer of his generation and one of the best known athletes in the world, announced that he would take a break from the game to focus on his family. After an accident outside his home, he endured intense scrutiny of his personal life. In a statement posted on his website, Tiger noted he was "deeply aware of the disappointment and hurt" his actions had caused his family and vowed to try his best "to repair the damage" he might have done.

Tiger Woods returned to the professional golf tour with participation in the 2010 Masters Golf Tournament. While his presence made this Masters one of the most anticipated sports events of the year, it was Phil Mickelson who walked away wearing the green jacket.

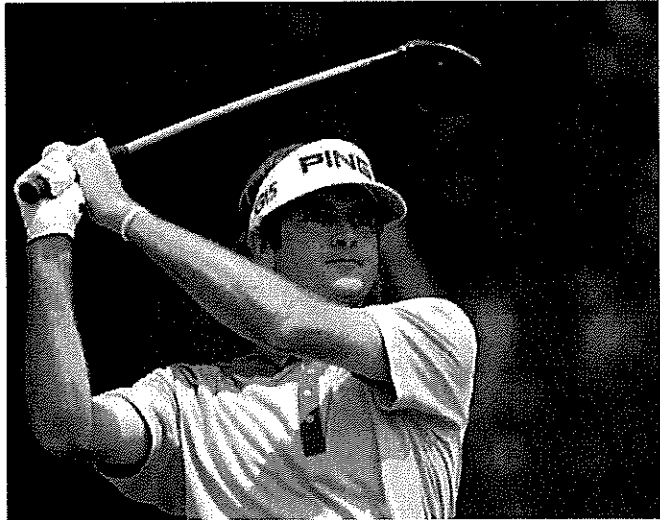
### *The 2012 Masters*

Bubba Watson defeated Louis Oosthuizen in a playoff to win the 2012 Masters, even though Oosthuizen scored a double eagle earlier in the round.



Entering the final round, Watson was three off the lead of Peter Hanson, with Oosthuizen two behind. And 3-time Masters winner Phil Mickelson was in-between, just one off the lead.

But Mickelson got into trouble early in the final round, knocking his tee ball on the fourth hole short and wide left of the green. It rolled down into a stand of bamboo, from which Mickelson needed two strokes just to get out. He wound up with a triple bogey, and while Mickelson managed to get his round back to par, he was unable to scare the leaders from that point on. Hanson was never a major factor in the final round, and finished tied for third with Mickelson, plus Matt Kuchar and Lee Westwood.



Oosthuizen, meanwhile, began his final round with a bang. On the par-5 second hole, Oosthuizen scored a double eagle from 260 yards out. It was just the fourth double eagle ever made in The Masters, and it vaulted Oosthuizen into the lead at 10-under. That's the score Oosthuizen finished on, too.

And so did Watson, although Bubba made a late charge to get there. After bogeying No. 12, Watson reeled off four straight birdies from 13 through 16, tying Oosthuizen, and then paring out to get into the playoff.

Both players parred the first extra hole. And when Watson hit a wayward drive on the second playoff hole, things looked good for Oosthuizen - until the South African also missed the fairway. Oosthuizen's second shot came up short of the green. Meanwhile, Watson, from off of pine straw far afield of the fairway, hit a big-hooking wedge to about 15 feet from the pin.

When Oosthuizen missed his par putt, Watson needed only to 2-putt for the Green Jacket, and that's what he did.

### *The U.S. Open*

McIlroy became the first start-to-finish winner at the U.S. Open since Woods in 2002. With his 16-under-par finish, he set 12 records, including the lowest score in the golf tournament's 111-year history.

Woods, 35, withdrew from this year's U.S. Open because of leg injuries. He hadn't won a tournament since November 2009 and has fallen to No. 17 in the rankings after holding the No. 1 spot for a record 281 weeks.

McIlroy, who earned a \$1.4 million purse for the win, has played seven tournaments in the U.S. this year after entering 16 in 2010.

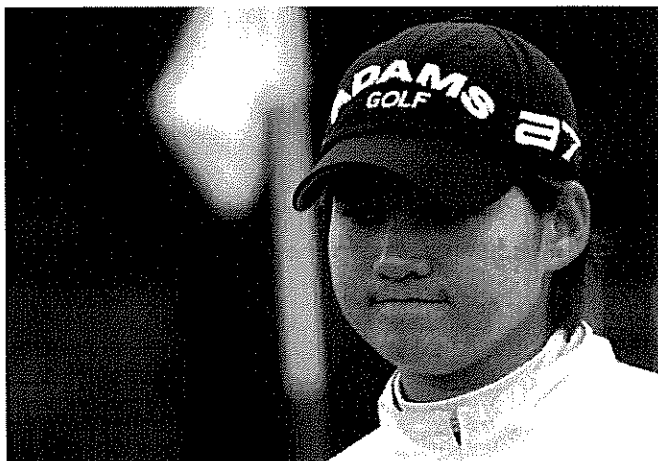
In an interview during the trophy presentation, McIlroy expressed appreciation for the fans' support and said he may have to enter more tournaments in the U.S.

"It's just been incredible the way people have supported me and cheered for me the whole week," he said at a news conference that followed. "And to be able to have that when you come over here and feel like you're one of their own is probably going to be pretty important in the next few years."

### *The Ladies Professional Golf Association (L.P.G.A.)*

Yani Tseng was clearly not satisfied with merely winning the L.P.G.A. Championship and, at 22, becoming the youngest to win four L.P.G.A. majors.

Once she made the turn with a 10-stroke lead, she set her sights on making a little more history.



"I was like, what's a new goal for me?" Tseng said. "And that's why I told myself I wanted to set a record, to make 20 under."

She missed by one stroke in what was the only blemish in one of the most dominating performances to date from her.

In closing with a six-under 66 to finish at 19-under 269 for a 10-stroke victory at Locust Hill Country Club, Tseng matched the L.P.G.A. record low at a major, most recently by Cristie Kerr a year ago when she shot the same score to win the tournament by 12 strokes. Dottie Pepper (1999 Kraft Nabisco) and Karen Stupples (2004 Women's British Open) also finished at 19 under.

Annika Sorenstam the face of women's golf for a decade ended her Hall of Fame career at the conclusion of the 2008 season. Sorenstam's numbers were staggering. She won seventy-two L.P.G.A. tournaments and ranked third on the career list behind Kathy Whitworth (eighty-eight) and Mickey Wright (eighty-two). She won ten majors, eight L.P.G.A. Player of the Year awards, eight money-winning titles and six Vare Trophies for lowest scoring average.



Since her 1994 debut, she has won \$22,081,561, the most by any female professional. She averaged around 70 strokes a round and once shot a 59. In 2003, she was inducted into the L.P.G.A. and World Golf Tour Halls of Fame, a rare honor for an active player. Sorenstam retired at age 37. "I enjoyed playing golf at the top level," she said. "I made this decision far back. I know what it's like to be at the top."

Check out the following websites for more information about this popular sport.

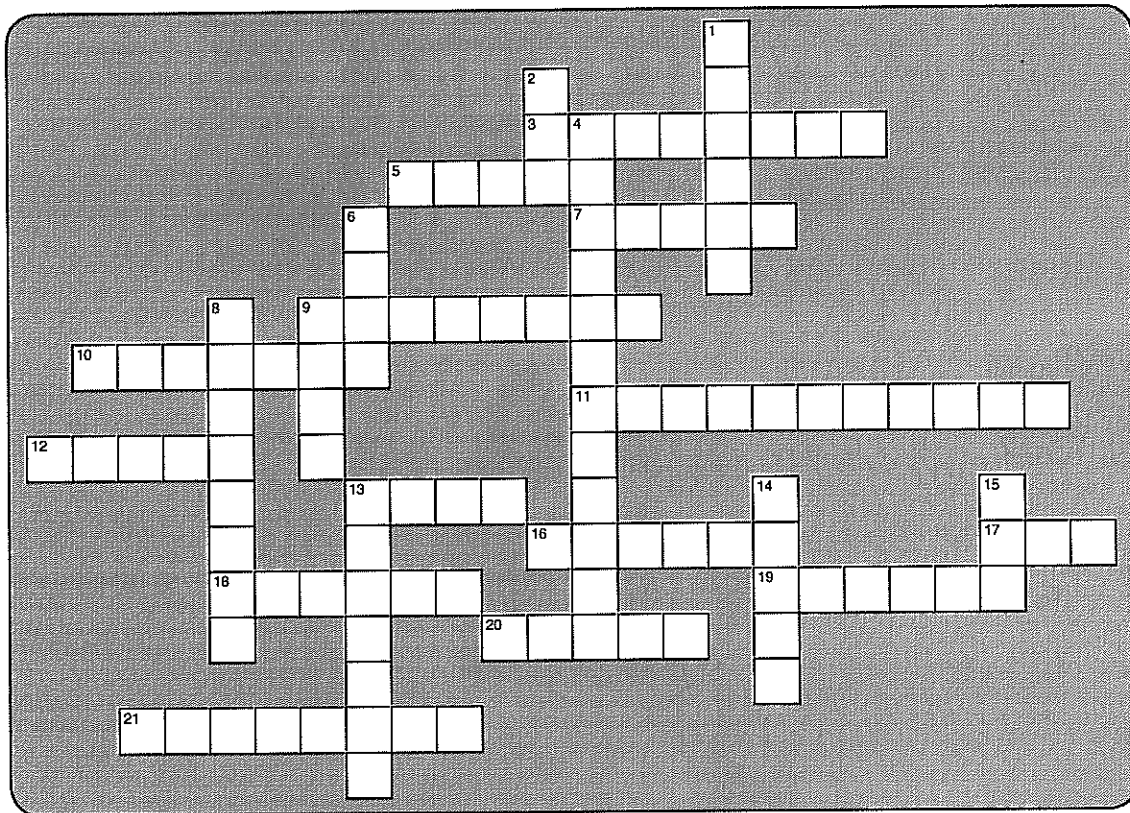
<http://www.golfweb.com>   <http://www.pga.com>   <http://www.lpga.com>



5. Why does a professional golfer usually own many types of clubs?
  
6. Name three types of grips in golf.
  
7. Name six steps in making a smooth swing.
  
8. What two things are fundamental to good putting?
  
9. How should you warn other players of an approaching ball?
  
10. What should you do after you step out of a sand trap?

Name: \_\_\_\_\_ Date: \_\_\_\_\_

Physical Education 9 Crossword



**Across:**

3. Usual number of holes on golf courses
5. The hole is located here
7. The youngest player to complete the Career Grand Slam
9. A fifteenth century English name for golf balls
10. The first US Open was held in this town
11. Type of grip where fingers of one hand are on top of fingers of the other
12. Hitting a ball into a hole one stroke over par
13. The highest par rating on a hole
16. Hitting a ball into a hole one stroke under par
17. Hitting a ball into a hole with one stroke
18. The L in LPGA
19. Club normally used to hit the ball off the tee
20. Hitting a ball into a hole two strokes under par
21. Where legend says golf was invented

**Down:**

1. This club is used on the green
2. Name of gadget on which the golf ball is placed
4. Type of grip where fingers are entwined
6. The first US \_\_\_\_\_ tournament was held in 1895
8. This grip reminds one of holding a bat
9. The number of clubs in a good amateur golf bag
13. The area between the tee and the green
14. The club with the greatest loft
15. Designated strokes for a particular hole

Name: \_\_\_\_\_ Date: \_\_\_\_\_



Find these words in the above puzzle. Circle the words.

- |          |           |         |
|----------|-----------|---------|
| Golf     | Green     | Woods   |
| Scotland | Sorenstam | Grip    |
| Feathery | Par       | Swing   |
| America  | Birdie    | Putting |
| Purse    | Bogie     | Wedge   |
| Tees     | Eagle     | Iron    |
| Clubs    | Ace       | Driver  |
| Fairway  | Rough     | Masters |
|          | Mickelson |         |