



# Golf

## Merit Badge Workbook

This workbook can help you but you still need to read the merit badge pamphlet (book). No one can add or subtract from the Boy Scout Requirements #33215. Merit Badge Workbooks and much more are below: [Online Resources](#).

Workbook developer: [craig@craiglincoln.com](mailto:craig@craiglincoln.com). Requirements revised: 2002, Workbook updated: April 2008.

Scout's Name: \_\_\_\_\_ Unit: \_\_\_\_\_

Counselor's Name: \_\_\_\_\_ Counselor's Ph #: \_\_\_\_\_

1. Discuss safety on the golf course. \_\_\_\_\_

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Show that you know first aid for injuries or illnesses that could occur while golfing, including heat reactions, \_\_\_\_\_

dehydration, \_\_\_\_\_

blisters, \_\_\_\_\_

sprains, \_\_\_\_\_

and strains. \_\_\_\_\_

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2. Study the USGA Rules of Golf now in use.

a. Tell about the three categories of golf etiquette.

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b. Show that you know about the definitions of golf terms.

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c. Show that you understand the "Rules of Amateur Status." \_\_\_\_\_

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3. Tell about your understanding of the USGA system of handicapping. \_\_\_\_\_

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4. Do the following:

a. Tell about the early history of golf. \_\_\_\_\_

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b. Describe its early years in the United States. \_\_\_\_\_

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c. Tell about the accomplishments of a top golfer of your choice. \_\_\_\_\_

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5. Discuss with your counselor vocational opportunities related to golf. \_\_\_\_\_

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6. Do the following:

a. Tell how golf can contribute to a healthy lifestyle, mentally and physically. \_\_\_\_\_

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b. Tell how a golf exercise plan can help you play better. \_\_\_\_\_

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Show two exercises that would improve your game. \_\_\_\_\_

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7. Show the following:

a. The proper grip, \_\_\_\_\_

stance, \_\_\_\_\_

posture, \_\_\_\_\_

and key fundamentals of a good swing. \_\_\_\_\_

- b. The full wood shot, played from a tee. \_\_\_\_\_
  - c. The fairway wood shot. \_\_\_\_\_
  - d. The long iron shot. \_\_\_\_\_
  - e. The short iron shot. \_\_\_\_\_
  - f. The approach, chip-and-run, and pitch shots. \_\_\_\_\_
  - g. The sand iron shot, bunker, or heavy rough recovery shots. \_\_\_\_\_
  - h. A sound putting stroke \_\_\_\_\_
8. Play a minimum of two nine-hole rounds or one 18-hole round of golf with another golfer about your age and with your counselor, or an adult approved by your counselor.
- \_\_\_\_\_
- \_\_\_\_\_

Do the following:

- a. Follow the "Rules of Golf". \_\_\_\_\_
- \_\_\_\_\_
- b. Practice good golf etiquette. \_\_\_\_\_
- \_\_\_\_\_
- c. Show respect to fellow golfers, committee, sponsor, and gallery. \_\_\_\_\_
- \_\_\_\_\_

**Online Resources** (Use any Internet resource with caution and only with your parent's or guardian's permission.)

**Boy Scouts of America:** ► [scouting.org](http://scouting.org) ► [Guide to Safe Scouting](#) ► [Age-Appropriate Guidelines](#) ► [Safe Swim Defense](#)  
► [Scout](#) ► [Tenderfoot](#) ► [Second Class](#) ► [First Class](#) 📺 [Rank Videos](#) ► [Safety Afloat](#)

**Boy Scout Merit Badge Workbooks:** [usscouts.org](http://usscouts.org) -or- [meritbadge.org](http://meritbadge.org) **Merit Badge Books:** [www.scoutstuff.org](http://www.scoutstuff.org)

[ExpertVillage.com Golf Lesson Videos:](#)

- 📺 [Stretching](#)
- 📺 [Warm-up](#)
- 📺 [Stay Cool](#)
- 📺 [Grip](#)
- 📺 [Swing](#)
- 📺 [Drive](#)
- 📺 [Chip](#)
- 📺 [Wedge](#)
- 📺 [Putting](#)
- 📺 [Mistakes](#)

USGA Golf Rules Videos: 📺 <http://www.usga.org/playing/rules/animations>

USGA Golf Rule Quizzes: [http://www.usga.org/playing/rules/rules\\_quizzes.html](http://www.usga.org/playing/rules/rules_quizzes.html)

USGA Amateur Status Rules: [http://www.usga.org/playing/amateur\\_status/amateur\\_status.html](http://www.usga.org/playing/amateur_status/amateur_status.html)

Golf History & Terms: <http://en.wikipedia.org/wiki/Golf>

Golf Rules: [http://en.wikipedia.org/wiki/Rules\\_of\\_golf](http://en.wikipedia.org/wiki/Rules_of_golf)

Golf Glossary: [http://en.wikipedia.org/wiki/Golf\\_glossary](http://en.wikipedia.org/wiki/Golf_glossary)

Golf Etiquette: [http://en.wikipedia.org/wiki/Golf\\_etiquette](http://en.wikipedia.org/wiki/Golf_etiquette)

Golf Handicapping: [http://en.wikipedia.org/wiki/Golf\\_handicap](http://en.wikipedia.org/wiki/Golf_handicap)

Golf Magazine: <http://www.golf.com>

Ladies Professional Golf Assn. Tour: <http://www.lpga.com>

Nike Golf Learning Centers: <http://www.nikegolfflearning.com>

Professional Golfers' Assn. of America: <http://www.pga.com>

Professional Golfers' Assn. Tour: <http://www.pgatour.com>

United States Golf Assn.: <http://www.usga.com>

U.S. Sports Camps: <http://www.usportscamps.com>