



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. Requirements revised: 2002, Workbook updated: March 2008.

Scout's Name: _____ Unit: _____

Counselor's Name: _____ Counselor's Ph #: _____

1. Discuss safety on the golf course. _____

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

heat reactions, _____

dehydration, _____

blisters, _____

sprains, _____

and strains. _____

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

a. Tell about the three categories of golf etiquette.

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

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

5. Discuss with your counselor vocational opportunities related to golf. _____

6. Do the following:

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

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

Show two exercises that would improve your game. _____

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.)

Merit Badge Workbooks: usscouts.org -or- merithub.org

► **Merit Badge Books:** www.scoutstuff.org

Boy Scouts of America: <http://www.scouting.org/>

► [Requirements](#)

► [Intro to Merit Badges](#)

[Guide to Safe Scouting](#)

[Leave No Trace](#)

[Outdoor Code](#)

[Wilderness Use Policy](#)

[Youth Protection Training](#)

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

USGA Amateur Status Rules: 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

Golf Glossary: http://en.wikipedia.org/wiki/Golf_glossary

Golf Etiquette: http://en.wikipedia.org/wiki/Golf_etiquette

Golf Handicapping: 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.nikegolfleraning.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>