



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](#).

Send comments to: craig@craiglincoln.com. Requirements revised: 2002, Workbook updated: February 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. Show that you understand the "Rules of Amateur Status." _____

3. Tell about your understanding of the USGA system of handicapping. _____

4. Do the following:

a. Tell about the early history of golf. _____

b. Describe its early years in the United States. _____

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](#)

► [Youth Protection](#) ► [Leave No Trace](#) ► [Outdoor Code](#) ► [Wilderness Use](#) ► [Safe Swim Defense](#) ► [Safety Afloat](#)

[ExpertVillage First Aid Videos](#) 📺 [Make a First Aid Kit](#) 📺 [Basics](#) 📺 [Basics2](#) 📺 [CPR Basics](#) 📺 [Venomous Snake Bite](#)

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

📺 [Wedge](#) 📺 [Putting](#) 📺 [Mistakes](#)

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

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

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

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

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

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