

# Study Guide

## Par Level



### True/False Questions:

1. **T** / F You get free relief from a puddle of water which is visible before you take your stance, as long as it's not in a water hazard.
2. T / **F** You are allowed to tee your golf ball up more than 2 club lengths behind the tee markers.
3. **T** / F "Asking for Help" is one of the three tips for having fun.
4. **T** / F The 4 R's can be used to help you manage your emotions.
5. T / **F** What you eat in the morning has NO effect on your energy level in the afternoon.

### Fill in the blank:

- 6-8. ALR stands for: A \_\_\_\_\_, L \_\_\_\_\_, and R \_\_\_\_\_. (**ASK, LISTEN & RESPOND**)
- 9-10. Fill in the missing parts of a successful "Meet and Greet".
- Face the other person.
  - Smile and \_\_\_\_\_ him or her in the eye. (**LOOK**)
  - Give a firm \_\_\_\_\_. (**HANDSHAKE**)
  - State your name clearly and loudly enough to be heard.
  - If you need information, ask a \_\_\_\_\_. (**QUESTION**)
11. A life skills technique called GAME stands for \_\_\_\_\_.  
(a) Get involved, And learn, More about golf, Equals better performance  
(**b**) Go play, And explore, My interests, Enjoy what's fun for me  
(c) Go play, And explore, More about life skills, Enjoy The First Tee  
(d) Get involved, And learn, More about life skills, Equals better performance
- 12-17. List the missing Core Values: (do not have to be spelled correctly)
- |                                 |                                |                               |
|---------------------------------|--------------------------------|-------------------------------|
| • RESPECT                       | • HONESTY                      | • JUDGMENT                    |
| • C _____ <b>COURTESY</b>       | • C _____ <b>CONFIDENCE</b>    | • P _____ <b>PERSEVERANCE</b> |
| • R _____ <b>RESPONSIBILITY</b> | • S _____ <b>SPORTSMANSHIP</b> | • I _____ <b>INTEGRITY</b>    |
18. Personal par is a measure of how you perform \_\_\_\_\_.  
• (a) at home  
• (b) in golf  
• (c) in school  
• (**d**) all of the above
19. Circle one: A score of one UNDER par is called a:  
**Birdie**                      Bogey                      Double Bogey                      Eagle                      Ace
20. The Code of Conduct is:  
• Respect for **My Surroundings**      Respect for **Others**      Respect for **Myself**