**BIRDIE Written Assessment**

Version B 2022

Name\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Age\_\_\_\_\_\_\_ Date\_\_\_\_\_\_

**Circle T (True) or F (False)**

1. T / F Both “your attitude” and “how other people act” are under your control.

2. T / F You should leave your cart, bag or extra clubs near the putting green on the side closest to the next tee.

3. T / F Courage is one of the nine core values.

4. T / F You may tee off within three clubs of the front edge of the tee marker.

5. T / F Writing down your goals helps you to achieve them.

6. T / F A goal is more reachable if it is stated positively.

7. T / F Star can be used on and off of the golf course.

8. T / F If a ball or ball marker is moved in the application of a rule, the ball or ball marker must be replaced.

9. T / F Anticipating what would happen after you make a choice, can help you make a good decision.

10. T / F The first goal on a Goal Ladder should be the hardest goal.

**Fill in the blank:**

11 – 13. STAR stands for S \_\_\_\_\_\_\_\_\_\_\_\_\_\_, T \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_, ANTICIPATE and R \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

14 – 16. The Code of Conduct is Respect for \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_, \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_, and your \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

17 – 18 The Four Guidelines for setting a reachable goal include all of the following………

The goal is Positive.

The goal is I\_\_\_\_\_\_\_\_\_\_\_ to you.

The goal is under your Control.

The goal is S\_\_\_\_\_\_\_\_\_\_\_

**Multiple Choice- Circle the answer that is the MOST correct.**

19. Which of the following statements about goals is NOT accurate?

* Goals motivate us
* Goals help us plan for the future
* Goals should be broad and unspecific
* Goals make us feel proud when we achieve them

20. STAR is a way to make good decisions when \_\_\_\_\_\_\_\_\_\_?

* You have an easy homework assignment
* You are doing a daily chore
* You are completing a routine math problem
* A friend asks you to do something dangerous

21. On a hot day, when playing golf, you should:

* Wear light colored clothing
* Wear a hat
* Drink lots of water
* All of these

22. All of the following are way to give back to my community EXCEPT:

* doing my best to make good grades in school
* volunteering for the local animal shelter or homeless shelter
* recycling my plastic water bottles
* helping with a PLAYer or Par level class at The First Tee

23. Which of the following is a positive and specific goal:

* I don’t want to three putt
* I want to improve my putting
* I don’t want to get a B on my math test
* I want to break 90 this year

24. A goal ladder has the following details

* Distinct steps to achieve your goal
* Written down
* Timeframes to reach your goal
* All of the above

25. It would be a sign of good Judgment for you to have the following in your golf bag at all times:

* A USGA Rules Book
* A jacket or hat in case of rain or cold
* A small first-aid kit
* All of these

26. The development of your vision can include.

* Learning from the past
* Valuing the present
* Creating a picture of the future
* All of the above

27. When your ball lies in a yellow penalty area, you may\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

* play the ball as it lies (without penalty)
* play a ball as nearly as possible from where the original ball was last played (one stroke penalty)
* play a ball anywhere behind the penalty area but in line with the flagstick (one stroke penalty)
* any of the above

28. \_\_\_\_\_\_\_\_\_ is a standard you individually create to determine what you think is acceptable.

* The 4 R’s
* STAR: Stop, Think, Anticipate, & Respond
* Personal Par
* 3 Tips for Having Fun: Be Patient, Be Positive, Ask for Help

29. At the end of the round, you should \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

* Leave your hat on when in the clubhouse
* Total scores while on or near the green
* Shake hands with the players in your group after everyone has holed out
* Leave the green while others are putting

30. All of the following are ways you can participate in fitness at The First Tee EXCEPT:

* Walking the golf course when playing golf
* Riding in a golf cart when playing golf
* Participating in a fitness warm-up at the start of class
* Completing a physical fitness station as part of class activities

**Score: Participant answered \_\_\_\_\_ out of 30 questions correctly.**