**PAR** **Written Assessment**

Version A 2022

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

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

1. T / F “Personal Par” is a standard you individually create to determine what you think is acceptable.

2. 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.

3. T / F According to the 9 Healthy Habits, it’s ok to text/talk on the phone during dinner with family or friends.

4. T / F You are allowed to tee your golf ball up more than 2 club lengths behind the tee markers.

5. T / F “Being Patient” is one of the three tips for having fun.

6. T / F The 4 R’s can be used to help you manage your emotions.

7. T / F Courage is one of the 9 Core Values of The First Tee.

8. T / F What you eat in the morning has NO effect on your energy level in the afternoon.

9. T / F The three tips for having fun can only be used when learning golf.

10. T / F Match play is when the game of golf is scored by holes rather than by strokes.

11. T / F The winner in stroke play is the player with the highest score.

12. T / F When something is confusing, you should ask someone for help.

13. T / F Because my coach is responsible for safety, I can disregard safety rules.

**Fill in the blank:**

14-16. ALR stands for: A\_\_\_\_\_\_\_\_\_, L\_\_\_\_\_\_\_\_\_\_, and R \_\_\_\_\_\_\_\_\_\_.

17-19. Fill in the missing parts of a successful “Meet and Greet”.

* Face the other person.
* Smile and \_\_\_\_\_\_\_\_ him or her in the eye.
* Give a firm \_\_\_\_\_\_\_\_.
* State your name clearly and loudly enough to be heard.
* If you need information, ask a \_\_\_\_\_\_\_\_.

20-22. The Code of Conduct is:

* Respect for \_\_\_\_\_\_\_\_\_\_
* Respect for \_\_\_\_\_\_\_\_\_\_
* Respect for My \_\_\_\_\_\_\_\_\_\_

23. Circle one: Which one of the following is NOT a good idea? “On a hot day, when playing golf, you should”

wear light colored clothing wear a hat drink lots of soda wear sun-screen

24. Circle one: A score of one UNDER par is called a:

Birdie Bogey Double Bogey Eagle Ace

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

**Score: Participant answered \_\_\_\_\_ out of 25 questions correctly.**