**PAR** **Written Assessment**

Version B 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 ground under repair, typically marked with white paint.

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 can tee up your ball anywhere on the entire tee box.

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

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

7. T / F It does not matter if you follow the rules as long as you are having fun.

8. T / F The best way to maintain your energy is to get plenty of sleep and eat healthy foods.

9. T / F Being patient can help you have more fun when learning a new subject at school.

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

11. T / F You can show respect for yourself by having a negative attitude when you play.

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

13. T / F You and your friend should have the same personal par.

**Fill in the blank:**

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

17. The 4Rs (in the correct order) are\_\_\_\_\_\_\_\_\_\_\_\_\_.

* Relax, Ready, Replay, Repeat
* Replay, Relax, Ready, Redo
* Redo, Relax, Ready, Repeat
* Replay, Redo, Ready, Relax

18. Personal par is a measure of how you perform \_\_\_\_\_\_\_\_\_.

* at home
* in golf
* in school
* all of the above

19-21. The Code of Conduct is:

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

22. 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

23. Circle one: A score of one OVER par is called a:

Birdie Bogey Double Bogey Eagle Ace

24. 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

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

Birdie Bogey Double Bogey Eagle Ace

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