



# 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](#).

Workbook developer: [craig@craiglincoln.com](mailto:craig@craiglincoln.com). Requirements revised: 2002, Workbook updated: April 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. 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.)

Boy Scouts of America: ► [scouting.org](http://scouting.org) ► [Guide to Safe Scouting](#) ► [Age-Appropriate Guidelines](#) ► [Safe Swim Defense](#)  
 ► [Scout](#) ► [Tenderfoot](#) ► [Second Class](#) ► [First Class](#) 📺 [Rank Videos](#) ► [Safety Afloat](#)

Boy Scout Merit Badge Workbooks: [BSA Troop 780](#) -or- [usscouts.org](http://usscouts.org) -or- [meritbadge.org](http://meritbadge.org) Merit Badge Books: [www.scoutstuff.org](http://www.scoutstuff.org)

[ExpertVillage.com Golf Lesson Videos:](#)

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

USGA Golf Rules Videos: 📺 <http://www.usga.org/playing/rules/animations>

USGA Golf Rule Quizzes: [http://www.usga.org/playing/rules/rules\\_quizzes.html](http://www.usga.org/playing/rules/rules_quizzes.html)

USGA Amateur Status Rules: [http://www.usga.org/playing/amateur\\_status/amateur\\_status.html](http://www.usga.org/playing/amateur_status/amateur_status.html)

Golf History & Terms: <http://en.wikipedia.org/wiki/Golf>

Golf Rules: [http://en.wikipedia.org/wiki/Rules\\_of\\_golf](http://en.wikipedia.org/wiki/Rules_of_golf)

Golf Glossary: [http://en.wikipedia.org/wiki/Golf\\_glossary](http://en.wikipedia.org/wiki/Golf_glossary)

Golf Etiquette: [http://en.wikipedia.org/wiki/Golf\\_etiquette](http://en.wikipedia.org/wiki/Golf_etiquette)

Golf Handicapping: [http://en.wikipedia.org/wiki/Golf\\_handicap](http://en.wikipedia.org/wiki/Golf_handicap)

Golf Magazine: <http://www.golf.com>

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

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

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

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

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

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