

## **Golf Review Sheet:**

### **Terms:**

### **Scoring:**

- Par: intended score for the hole
- Bogey: 1 more than par or 1 over
- Double bogey: 2 over par
- Birdie: 1 under par
- Eagle: 2 under par
- Ace: Hole in one shot

### **Parts of the Course:**

- Tee: Location used to mark the start of a hole
- Fairway: connects the tee to the green, desired place to hit tee shot, thin layer of grass
- Rough: Bordering area of the fairway, usually thicker grass than the fairway
- Green: The putting surface that contains the Flagstick/Hole
- Sand Trap or Bunker: Pit of sand designed to make the course more difficult
- Hazard: Area on course designed to keep players out of, also used to make the course more difficult (ex: water hazards), usually marked by yellow or red (lateral) stakes/markings
- Out of Bounds: Marked by a white stake or boundary line, furthest reachable point on a hole without crossing the boundary

### **General:**

- Fore!: Warning yelled to alert other players on the course that a ball is coming their direction
- Mulligan: Illegal extra shot taken and not accounted for in your score
- Provisional: Second ball hit in case of the first ball being lost out of bounds or goes into a marked hazard, does not count unless first ball cannot be found

### **Etiquette:**

- Remain quiet when others are preparing to hit
- Replace all divots
- Play without delay, keep up with the group in front of you, let faster players behind you play through your group
- After hitting from a sand trap, rake the sand to recreate the trap surface for the groups playing behind you.

### **Types of Games:**

#### **Stroke Play:**

Players try to obtain lowest score they can on each hole for all 18 holes. Record each score on the appropriate numbered hole on the scorecard.

### Scramble:

Group golf game where everyone hits from the same spot and the preferred shot is taken from the group. Continue this format until the round is completed.

### Origin:

Many historians believe that the game of golf originated in Scotland.

### How to read a score card:

This is the hole you are playing

This tells you the yardage distance for each tee box on Hole 10

Hole	1	2	3	4	5	6	7	8	9	Out	Hole	10	11	12	13	14	15	16	17	18	In	T
Blue Tees	500	377	199	322	390	172	394	419	337	3110	Blue	533	400	224	356	387	445	410	542	155	3452	65
White Tees	479	358	188	301	338	163	376	399	322	2924	White	481	335	165	332	368	426	398	528	122	3205	612
Yellow Tees	428	301	163	234	315	152	321	329	260	2503	Yellow	440	325	156	282	319	367	326	471	118	2804	5307
Handicap	5	7	15	13	9	17	1	3	11		Handicap	6	2	14	12	16	4	10	8	18		
Player 1	5										Player 1											
Player 2	5										Player 2											
Player 3	4										Player 3											
Par	5	4	3	4	4	3	4	4	4	35	Par	5	4	3	4	4	4	4	5	3	36	71
35 is Par for the first 9 holes																						
The Handicap of each hole labels the hardest hole on the course 1 and the easiest hole on the course 18																						
Handicap	5	7	15	13	9	1	3	11		Handicap	6	2	14	12	16	4	10	8	18			
Red Tees	413	286	153	219	300	142	306	319	245	2383	Red	422	310	146	267	304	352	311	456	108	2676	5059
Date:	Scorer:										Attest:											

71 is the Par score for all 18 holes

On the test you will need to be able to do:

- Find information about all of the holes
- Add the players scores for the front 9, back 9, and total score for 18 holes
- Answer questions like:
  - What is the par score for hole 12?
    - The answer would be **3**
  - What is the yardage for hole 9 when hitting from the Blue Tees?
    - The answer would be **337 yards**
  - If Player A shot a 77 for 18 holes how many shots over Par was he for the round?
    - The answer would be **6 shots over par**

## UNIT 5: FITNESS ACROSS THE P.E. CURRICULUM

### Exercise Principles

- **Progressive Overload** is the practice of continually increasing the stress placed on the muscle as it becomes capable of producing greater force or has more endurance.
    - If a person's body gets stronger and can perform the same weight, sets, and reps easier, no further gains in strength will occur if the training stimulus does not increase.
    - **\*A reasonable guideline is 2.5% to 5% increases at any one time.**
    - In other words, prove that you can handle it using:
      1. Good Form
      2. An adequate numbers of sets and reps, time/distance and then increase the variables to continue improvement.
  - **Exercise order** can have a significant impact on the training stimulus stress level in a training session.
    - **Large to Small muscles**
      - Allows greatest possible training stimulus to ALL muscles.
      - Allows bigger strength gains, because bigger muscles are fresh.
- Intensity** is the percentage of the 1RM (repetition maximum) or any RM for the exercise.
- The minimal **intensity** that can be used to perform a set to momentary voluntary fatigue to result in increased strength is 60% to 65% of the 1RM.

Training to failure: **In order to make significant strength gains, temporary muscular failure, has to occur somewhere in the set. This may be in a 1RM or in the last couple repetitions in a 10RM.**

- **Principle of Specificity:** training for a specific sport should include the types of **muscle actions encountered in that sport.**
- It should also include **speed specificity.**
  - If activity is more anaerobic- speed should be faster/ more explosive.
  - If activity is more aerobic- speed should be more controlled.

**Energy-source specificity:** Having the correct amount of rest between sets is as important to "how much" you are lifting.

- Strength/Bulk/Power: Rest interval could be greater than 1:30min between sets.
- Endurance/Toning: Rest interval can be as short as 15 SECONDS between sets.

**Periodization** is variation in the training volume and intensity. It is extremely important for optimal gains in strength. Generally, in strength training, periodization is a plan of lifting that covers 8 to 12 weeks. Within this time period, a lifter varies his weight, sets, and rep combination to achieve a certain level of performance at the end of the time period. It may involve lighter weights and more reps at the beginning of the cycle and then gradually increasing weights and decreasing reps as time goes by. The intention is for the lifter to peak with maximum strength gains at the end of the cycle.