



Golf



Merit Badge Workbook

This workbook can help you, but you still need to read the merit badge pamphlet.
This Workbook can help you organize your thoughts as you prepare to meet with your merit badge counselor

Merit Badge Counselors may not require the use of this or any similar workbooks.

You still must satisfy your counselor that you can demonstrate each skill and have learned the information.

You should use the work space provided for each requirement to keep track of which requirements have been completed, and to make notes for discussing the item with your counselor, not for providing full and complete answers.

If a requirement says that you must take an action using words such as "discuss", "show", "tell", "explain", "demonstrate", "identify", etc, that is what you must do.

No one may add or subtract from the official requirements found in Scouts BSA Requirements (Pub.# 33216) and/or on Scouting.org.

The requirements were last revised on January 1, 2024 • This workbook was updated in January 2024.

Scout's Name: _____ Unit _____ Date Started _____

Counselor's Name: _____ Phone No.: _____ Email: _____

Please submit errors, omissions, comments or suggestions about this **workbook** to: Workbooks@USScouts.Org
Comments or suggestions for changes to the **requirements** for the **merit badge** should be sent to: Merit.Badge@Scouting.Org

1. Discuss safety on the golf course.

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Show that you know first aid for injuries or illnesses that could occur while golfing, including lightning, heat reactions, sunburn, dehydration, blisters, animal or bug bites, poison ivy exposure, sprains, and strains.

Lightning

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Heat reactions:

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Sunburn:

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Dehydration:

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Blisters

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Animal or Bug Bites:

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Poison Ivy Exposure:

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Sprains:

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Strains:

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2. Complete ONE of the following options:

Option 1: Traditional Golf

Option 2: Disc Golf starts on page 6

A. Study the USGA "Rules of Golf" now in use.

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1. Tell about the three categories of golf etiquette.

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B. Tell about your understanding of the World Handicap System.

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C. Do the following:

1. Tell about the early history of golf.

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2. Describe golfs early years in the United States

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3. Tell about the accomplishments of a top golfer of your choice

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D. Do the following:

1. Tell how golf can contribute to a healthy lifestyle, mentally and physically.

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2. Tell how a golf exercise plan can help you play better.

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Show two exercises that would help improve your game.

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| 1. | |
| 2. | |

E. Show the following:

- 1. The proper grip, stance, posture, and key fundamentals of a good swing
- 2. Driver played from a tee
- 3. The fairway wood shot
- 4. The long iron shot
- 5. The short iron shot
- 6. The approach, chip and run, and pitch shots
- 7. A recovery shot from a bunker or heavy rough
- 8. A sound putting stroke

F. 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:

- 1. Follow the "Rules of Golf."
- 2. Practice good golf etiquette.
- 3. Show respect to fellow golfers, committee, sponsor, and gallery.

G. Find out about three careers related to traditional golf.

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| 1. | |
| 2. | |
| 3. | |

Pick one and identify the education, training, and experience required for this profession.

Chosen Profession: _____

Education

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Training

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Experience

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Discuss this with your counselor, and explain why this interests you.

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Option 2: Traditional Golf

A Study the "PDGA Official Rules of Disc Golf now in use.

1. Tell about the six areas of Courtesy (812).

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2. Describe the seven areas of Scoring (808).

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B. Tell about your understanding of the "PDGA Disc Golfer's Code."

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C. Do the following:

1. Tell about the history of disc golf and why it is an inclusive game.

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2. Discuss with your counselor the contributions Ed Headrick made to the sport of disc golf.

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3. Describe the evolution of disc design.

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4. Tell about the accomplishments of a top disc golfer of your choice.

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D. Do the following:

1. Tell how disc golf can contribute to a healthy lifestyle, mentally and physically.

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2. Tell how a disc golf exercise plan can help you play better. Show two exercises that would help improve your game.

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E. Show the following:

- 1. A good throwing grip
 - 2. A good runug (X-step) when throwing a disc
 - 3. Backhand shot
 - 4. Forehand shot
 - 5. Overhand shot
 - 6. Rolling shot
 - 7. A good (in-line) putting stance
 - 8. A good straddle putting stance
 - 9. A good putting grip
 - 10. A good putting motion & follow through
 - 11. The proper use of a mini-marking disc
- F. Play a minimum of 18-holes of disc golf with another disc golfer about your age and with your counselor, or an adult approved by your counselor. Do the following:
- 1. Follow the "PDGA Official Rules of Disc Golf."
 - 2. Practice good disc golf etiquette.
 - 3. Show respect to fellow disc golfers and other people in the park along with any wildlife, trees, and plants on the property.

G. Find out about three careers related to disc golf.

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| 1. | |
| 2. | |
| 3. | |

Pick one and identify the education, training, and experience required for this profession.

Chosen Profession: _____

Education

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Training

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Experience

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Discuss this with your counselor, and explain why this interests you.

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When working on merit badges, Scouts and Scouters should be aware of some vital information in the current edition of the *Guide to Advancement* (BSA publication 33088). Important excerpts from that publication can be downloaded from <http://usscouts.org/advance/docs/GTA-Excerpts-meritbadges.pdf>. You can download a complete copy of the *Guide to Advancement* from <http://www.scouting.org/filestore/pdf/33088.pdf>.