

BIRDIE | LIFE SKILLS AND NINE HEALTHY HABITS KNOWLEDGE
VERSION A



PLAYer Name _____ Age/Grade _____ Date _____

Circle T (True) or F (False).

1. A dream and a reachable goal are the same thing..... T / F
2. You are likely to work harder for goals that other people have set for you..... T / F
3. Process goals are measures of our personal bests based on practice. T / F
4. The “hardest step” of a goal ladder should be the “first step.”..... T / F
5. You can use STAR to overcome wellness or physical activity challenges..... T / F
6. Both “your attitude” and “how other people act” are under your control..... T / F
7. Basing your goal on things you cannot control gives you the best chance to reach your goal..... T / F
8. Anticipating what would happen after you make a choice, can help you make a good decision..... T / F
9. Sleep and other forms of “recharging” don’t make it easier to take part in play on a daily basis..... T / F

Multiple Choice (Circle only one answer.)

10. STAR can be used _____.
 - (a) only when playing golf
 - (b) to make good decisions when dealing with challenges
 - (c) for developing a preshot routine
 - (d) both b and c
11. To have energy to help you reach your goals, it is important to _____.
 - (a) make healthy choices about when to eat
 - (b) eat healthy snacks and control food portions
 - (c) know what types of foods and drinks to put in your body
 - (d) all of the above
12. Which one of the following statements is not a specific goal?
 - (a) During my tournament next week, I want to pick a specific target on at least 75% of my swings.
 - (b) I want to become a better golfer.
 - (c) I want to practice distance-response for putting at least three times per week for the next month.
 - (d) 100% of the time this semester, I will show respect for my teachers by raising my hand before I speak.

Multiple Choice (Circle only one answer.)

13. STAR stands for _____.
- (a) Stop, Think, Anticipate, Respond
 - (b) Stop, Think, Anticipate, Replay
 - (c) Stop, Think, Adjust, Respond
 - (d) Start, Try, Anticipate, Replay
14. The type of goal that allows you to focus on improving skills, techniques, behaviors, healthy habits or playing strategies.
- (a) Outcome goals
 - (b) Process goals
 - (c) Performance goals
 - (d) Reachable goals
15. The Four Guidelines for setting a reachable goal include all of the following EXCEPT:
- (a) The goal is important to your parents.
 - (b) The goal is under your control.
 - (c) The goal is stated positively.
 - (d) The goal is specific.
16. _____ involves doing things to minimize the occurrence of injury, danger or loss.
- (a) STAR
 - (b) Anti-bullying
 - (c) Energy
 - (d) Safety
17. Which one of the following statements is a specific goal?
- (a) I want to be in better shape.
 - (b) I want to hit the ball further.
 - (c) I want to improve my chipping.
 - (d) I want my Personal Par to be two strokes lower next month.

Multiple Choice (Circle only one answer.)

18. Which of the following statements is not under your control?

- (a) Your attitude
- (b) Other people's slow play on the course
- (c) How much water you drink
- (d) How much you practice

19. All of the following are ways you can participate in fitness at The First Tee EXCEPT:

- (a) Walking the golf course when playing golf
- (b) Riding in a golf cart when playing golf
- (c) Participating in a fitness warm-up at the start of class
- (d) Completing a physical fitness station as part of class activities

Matching (Match one letter in the right-hand column to the correct term or phrase in the left-hand column. Write only one letter in each blank.)

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| 20. Outcome goal | _____ | (a) A decision-making tool that can be used to overcome challenges |
| 21. Goal Ladder | _____ | (b) Win a tournament |
| 22. Under your control | _____ | (c) I want my Personal Par to be the same as my friend's |
| 23. Negative goal statement | _____ | (d) How confident you feel |
| 24. STAR | _____ | (e) How other people are acting |
| | | (f) A step-by-step plan to reach a goal |
| | | (g) I don't want to get yelled at for incomplete homework |
| | | (h) Helps me plan for the future |

TOTAL SCORE _____

(number of correct answers)

Successfully completed Re-assess