

PAR | LIFE SKILLS AND NINE HEALTHY HABITS KNOWLEDGE
VERSION A



PLAYer Name _____ Age/Grade _____ Date _____

Circle T (True) or F (False)

1. The three sections of The First Tee Code of Conduct are: respect for myself, respect for my friends and respect for my surroundings..... T / F
2. The 4Rs can be used to help you “stay cool” and remember what you are doing well..... T / F
3. On the first day of school you should not introduce yourself to new students..... T / F
4. You can show respect for yourself by having a negative attitude when you play..... T / F
5. It does not matter if you follow the rules as long as you are having fun..... T / F
6. Being patient can help you have more fun when learning a new subject at school..... T / F
7. The three tips for having fun can only be used when learning golf..... T / F
8. You and your friend should have the same personal par. T / F
9. When learning something new you should ask only your coach for help. T / F
10. The best way to give my body strength and energy is to get the right amount of sleep and eat healthy foods..... T / F
11. Because my coach is responsible for safety, I can disregard safety rules..... T / F

Multiple Choice (Circle only one answer.)

12. A life skills technique called GAME stands for _____.
 - (a) Get involved, And learn, More about golf, Equals better performance
 - (b) Go play, And explore, My interests, Enjoy what’s fun for me
 - (c) Go play, And explore, More about life skills, Enjoy The First Tee
 - (d) Get involved, And learn, More about life skills, Equals better performance

13. All of the following are components of the A-L-R approach EXCEPT _____:
 - (a) Respond to what the other person has said
 - (b) Ask the other person some questions
 - (c) Listen to what the other person says
 - (d) Anticipate what the other person will say

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VERSION A (CONTINUED)



14. Personal par is a measure of how you perform _____.
- (a) at home
 - (b) in golf
 - (c) in school
 - (d) all of the above
15. The 4Rs (in the correct order) are _____.
- (a) Relax, Ready, Replay, Repeat
 - (b) Replay, Relax, Ready, Redo
 - (c) Redo, Relax, Ready, Repeat
 - (d) Replay, Redo, Ready, Relax
16. The three tips for having fun are _____.
- (a) Be patient, be positive and ask for help
 - (b) Be patient, be negative and ask for help
 - (c) Be patient, be positive and do not ask for help
 - (d) Be positive, be friendly and do not ask for help
17. When you meet someone for the first time, you should not _____.
- (a) Think about what you are going to say while s/he is talking
 - (b) State your name clearly
 - (c) Give a firm handshake
 - (d) Smile and look him/her in the eye
18. The best way to be more physically active while playing golf is to: _____.
- (a) Walk the course
 - (b) Ride in a golf cart
 - (c) Talk to the people you are playing with
 - (d) Drink water

TOTAL SCORE _____

(number of correct answers)

Successfully completed Re-assess