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Physical Education 9 Answers



1. What physical benefits can be derived from playing golf?
Golfers who walk the course get some cardiovascular benefits from this light form of exercising. Golf helps keep one's body limber and toned.
2. Is golf really just "a rich person's game"? Explain your answer.
There are competitive golf clubs that can be purchased and many public courses can be played for a reasonable fee. Of course, Country Club golf can be very expensive.
3. What is a hole-in-one? Explain an eagle!
Hitting the ball into the hole one stroke under par is a hole-in-one. A hole-in-one is when a player hits the ball into the hole on one stroke under par. When a player hits the ball into the hole with two strokes under par it is called an eagle.
4. What does it mean to say that a ball is "up" or "in the rough"?
The rough is an area off the fairway where there may be tall grass, trees, or shrubs.
5. Why does a professional golfer usually wear many types of clubs?
Professional golfers wear these clubs to be very precise. Each club has a different angle and therefore, does a different job of the property.
6. Name three types of golf clubs.
The three types are: irons, woods, and putters.
7. Name six steps in making a successful swing.
The six steps include: addressing the ball, full backswing, keep your eye on the ball, rotate hips on downswing and swing, follow through after hitting the ball, and make every swing a full one.
8. Name two things that are fundamental to good putting?
The answer should include two of these three: keep your eye on the ball, keep your head still, and follow through.
9. How should you warn other players of an approaching ball?
If your ball lands near another player you should yell "fore!" to warn him or her.
10. What should you do after you step out of a sand trap?
You should take a sand trap warning after stepping out of it.

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