

Golf Study Guide

Golf began on the coast of Scotland in the 1400's. In 1888, America's father of golf, Scotsman John Reid, established the St. Andrews Golf Club in New York. In 1894 the Amateur Golf Association of the United States was formed. It later was renamed the United States Golf Association (USGA). In 1916, the Professional Golfers' Association (PGA) of America was founded. Finally, in 1950, the Ladies Professional Golf Association (LPGA) was established.

Golf Facts

- The PGA is the largest sports organization in the world.
- There are about 40 million golfers worldwide.
- Yale won the first collegiate golf championship.
- In 1999, 13 year old Aree Wongluekiet became the youngest winner in USGA history by capturing the Girls' Junior Championship.
- Walking 18 holes of golf is the equivalent of 4.5 miles.

Benefits of Playing Golf

- If you walk while you play golf, you can get a good workout.
- Golf is a great stress reducer.
- Playing golf can help you with your flexibility, especially if you stretch before and after you play.
- When you play golf with friends, you can socialize with them as you walk from one hole to another.

Golf Terms

- ❖ Par – Even
- ❖ Bogey – One over par
- ❖ Birdie – One under par
- ❖ Eagle – Two under par