

# Example of report on the game of golf

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## **History of Golf**

Golf originated in Scotland more than 500 years ago. Most of the early records on golf are Scottish official records to ban it or to criticize those who played it (Clark, 1875). James II of Scotland banned golf in 1457 because it interfered with archery practice by the Scottish guards. It is believed that shepherds tending flocks of sheep near St. Andrews started golf; by hitting stones into rabbit holes with their wooden crooks when they got bored (Browning, 1955).

The Royal and Ancient Golf Club of St. Andrews was founded in 1834 (Clark, 1875).). By the end of the 19th century, golf was established in North America; the Royal Montreal Club was formed in 1873, and the St. Andrews Club of Yonkers in New York in 1888 (Browning, 1955).

## **Golf equipment**

You need a golf club and a golf ball to play golf. Most golfers have a variety of golf clubs for different shots.

The golf clubs are numbered and the lower the number of the club the lower the angle or loft.

There are three main types of golf clubs: woods, irons, and putters. Woods have a big head and are played for long shots, irons have a flat head and are used for control shots, putters have flat faces and are used to roll the ball.

## **The Golf Course /Links**

Golf is played in a golf course, also called golf links, which is an area of land designated and designed for playing golf with a series of 9 or 18 holes. Each “ hole” includes a tee, a fairway, and a putting green. The golf course also includes natural or artificial hazards.

Tiger Woods Teeing off at Riviera Country Club, Los Angeles, CA

Links and Putting Green at Riviera Country Club, Los Angeles, CA

## **Golf Rules**

The purpose of the game is to, at each of the 9 or 18 “ holes,” (1) strike a golf ball from a designated area, called the “ tee”, (2) hit the ball with a golf club through the fairway, and (3) sink the ball with a putter in the hole of the putting green.

## **Teeing Off**

Golfers have to tee off from a designated area, or incur a two-stroke penalty and then must tee off again.

## **Playing the Ball**

Golfers have to play the ball as it lies and cannot improve the area of their intended swing. If the ball lies in a bunker or water hazard the golfer cannot ground the club. There are various rules for the hundreds of possible lies, some of which provide relief.

## **On the Putting Green**

A golfer may pick up the golf ball and clean it, but may not test the putting surface by scraping it or rolling a ball over it. If the ball played from the putting green hits the flagstick, there is a two-stroke penalty.

## **Muscles Used in Golf**

Golf uses all the muscles in your body. The leg muscles are used for holding a firm stand and when pivoting to hit the ball; the arm muscles, pectorals and deltoids, are used for striking the ball; the abdominals are used for control during putting; and the facial muscles are used to yell, “ Get in the hole!”

## **Some of the Muscles Used in Golf**

Golf and other Sports

Golf is unique; there is no other sport like golf.

Golf Score Card

A player must keep score on an official score card and the card must be signed at the end of a golf tournament before submitting it to golf officials.

Golf Scoring Card, Fairmont Hot Springs Resort, Montana

## **Playing Golf**

I have played golf many times, and all over the world. My favorite golf course is the Riviera Country Club in Los Angeles. I also like Torrey Pines; and, of course, the links at Mauna Kea.

## **Watching Golf**

I try to watch all the Masters because I enjoy watching the top professional players, and those are the ones who make it to the Masters. The golf professionals I admire the most are Tiger Woods, Phil Mickelson, Bubba Watson, and Justin Rose.

## **Tiger Woods**

Tiger Woods is a natural. He started imitating his father's golf swing at the age of 6 months. When he was 3, he scored 48 for 9 holes, and at 5 he was in Golf Digest.

He then won three U. S. Junior Amateurs. He turned pro in 1996. In 1997, he won The Masters. He then began winning a lot of major tournaments, and won several consecutive Player of the Year awards. Tiger Wood's 2000 season is the best ever on the PGA Tour. He has won three Majors in one year, and is the first golfer to have won all four professional majors. Tiger Woods has broken a string of records.

Woods is a remarkable athlete; in 2008 he won the U. S Open with a torn ACL and a fractured leg. He had two dry years, 2010 and 2011, but came back this year and won the 2012 Arnold Palmer Invitational.

Tiger Woods is one of the greatest professional golf players of all time.

## **References**

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