

The Chinese University of Hong Kong

Physical Education Unit

Elective Course – Golf

History & Development

Since around 1400 AD, golf has been played on the Links at St Andrews, Scotland - UK, the Old Course is renowned throughout the world as the Home of Golf.

The game grew in popularity and by the 19th century, it was part of the way of life for many local people, whether as players, caddies, ball makers or club makers. Golf still plays a major part in the culture and economy of St Andrews today. As the 600-year history of the Links has unfolded, one simple track hacked through the bushes and heather has developed into six public golf courses, attracting hundreds of thousands of golfing pilgrims from around the globe.

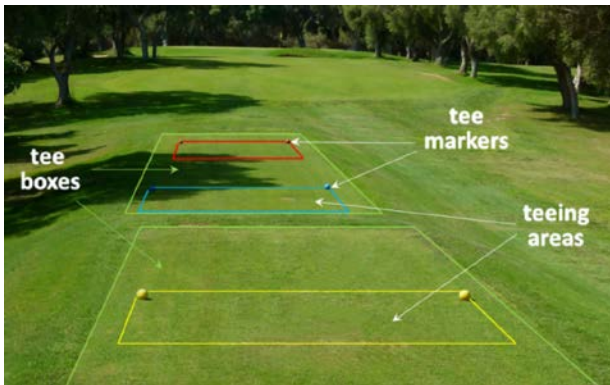


In the early days, golf was played among princes and nobles. With the development of the popularity of golf clubs, golf began to become popular with the middle class. Until the 20th century, the establishment of the standardised rules and competition system facilitated the widespread of international golf events.

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Golf is a game in which a ball is started with a club from a prepared area, known as the "teeing ground", across the fairway and rough to a second prepared area, which has a hole in it, known as the "putting green". The object of the game is to complete what is known as a hole by playing a ball from the teeing ground into the hole on the putting green in the fewest possible number of strokes. A "round of golf" consists of playing 18 such holes, known as a full round of golf.



(Teeing Ground)



(Putting Green)

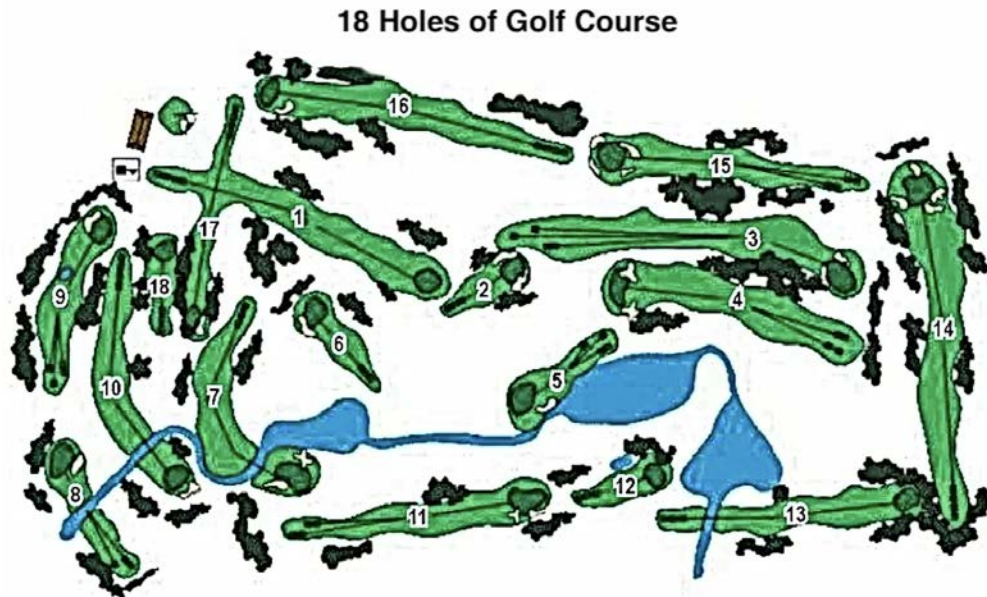
In the game of golf, there are typically two main forms of play. One is decided by holes won and lost (match play) and the other is decided by the total number of strokes taken to complete the round (stroke play). Additionally, Stableford is an extra form of play in golf, whereby points are awarded on each hole according to how the player does against their handicap.

*Note: "golf handicap" shows the ability of each non-professional golfer. The lower handicap number represents the higher level of the player.

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Facilities and Equipment

Golf Course



A golf course is the grounds on which the sport of golf is played. It consists of a series of holes, each consisting of a tee box, a fairway, the rough and other hazards, and a green with a cylindrical hole in the ground, known as a "cup". The cup holds a flagstick, known as a "pin". A standard round of golf consists of 18 holes.

Example of the scorecard:

Hole	1	2	3	4	5	6	7	8	9	OUT	INITIALS	10	11	12	13	14	15	16	17	18	IN	OUT	TTL	HCP	NET
Blue	538	136	524	382	187	182	382	274	302	2907		395	388	192	384	529	422	525	365	166	3366	2907	6273		
White	527	125	492	367	181	175	352	268	271	2758		370	375	183	362	499	397	495	328	142	3151	2758	5909		
Gold	477	115	400	311	131	161	345	261	246	2447		355	323	152	283	483	325	475	312	127	2835	2447	5282		
Red	395	115	298	268	131	100	265	145	246	1963		295	255	110	273	360	288	425	312	105	2423	1963	4386		
HDCP MENS	5	17	7	3	15	11	1	13	9			12	4	14	8	10	2	6	16	18					
PAR	5	3	5	4	3	3	4	4	4	35		4	4	3	4	5	4	5	4	3	36	35	71		
HCCP Ladies	3	15	7	5	17	9	1	11	13			10	8	14	4	2	12	6	16	18					

Most golf courses have only par-3, par-4, and par-5 holes, although some courses include par-6 holes.

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Under the United States Golf Association (USGA), the typical distances for the various holes from standard tees are as follows:

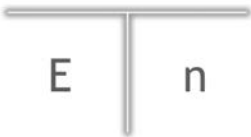
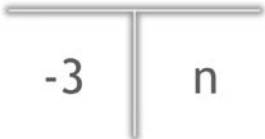
► Men

Par 3 – Under 260 yards (240 m)
 Par 4 – 240–490 yards (220–450 m)
 Par 5 – 450–710 yards (410–650 m)
 Par 6 – 670 yards (610 m) or longer

► Women

Par 3 – Under 220 yards (200 m)
 Par 4 – 200–420 yards (180–380 m)
 Par 5 – 370–600 yards (340–550 m)
 Par 6 – 570 yards (520 m) or longer

Golf Terms in Scoring

Par Even E Even Par 	Birdie -1 Birdie 	Eagle -2 Eagle 
Albatross Double Eagle -3 Albatross 	Condor -4 Condor 	Bogey +1 Bogey 
Double Bogey +2 Double Bogey 	Ace Hole-in-One 	

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Golf Club

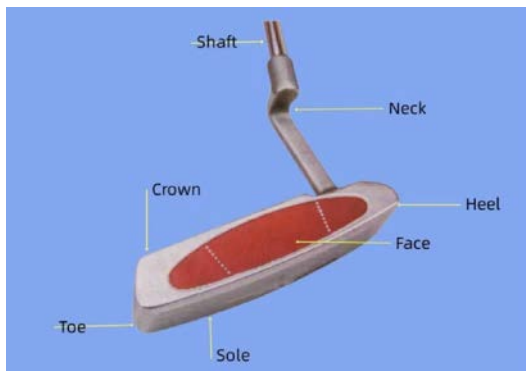
Golf Club List



- Golf is unique because the sport requires a set of different instruments and equipment. The club is designed into different head shapes and shaft lengths, which can be roughly divided into three categories: woods, irons, various wedges (for pitching & sand), and putter. Each golf club has a corresponding number to identify, they can be purchased in any combination separately. The larger the number, the shorter the shaft, the greater the tilt angle of the club surface, and the relatively short distance played.
- Usually, a full set of golf bag may include soft-fitting socks for the club for protection purposes, as well as a cleaning towel/brush, a large umbrella and practice balls. Players will need to purchase a glove to better grip the club. If you swing the club right-handed, then a glove for your left hand, the reverse for left-handed players.

Detail display of club head

Putter:



Iron:



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Golf ball



A golf ball is central to the game of golf. By getting it into the hole in the ground, all the fuss surrounding the correct posture, swinging technique, proper grip, etc. is actually all about hitting the ball at the right angle, sending it the right distance and last but not least to control its direction, speed and rotation.

The modern golf ball has undergone a few transformations to get to where it is today. The origins of the golf ball can be traced to four distinct stages of evolution. From a wooden ball in the 14th century to the modern rubber core balls, it helps us to discover the history behind the game of golf.

In 1922 the United States Golf Association (USGA) released the first rules that governed the construction of golf balls:

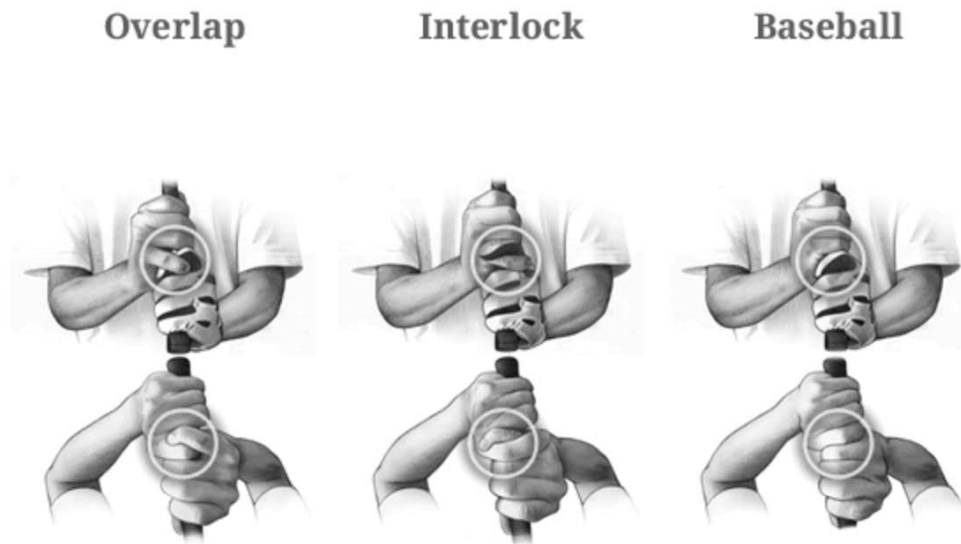
- Shape: all golf balls must be spherically symmetrical
- Weight: max size is 1.620 oz. or 45.93 g
- Size: golf balls cannot be smaller than 1.68 inches in diameter
- Initial Velocity: 2π feet. (USGA has defined the maximum velocity a golf ball can have off the clubface).

Wooden Ball	Featherie Ball	Gutta Percha Ball	Rubber Core Ball
			

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Analysis of Basic Skills

Overlap, Interlock and Baseball Grip Types:

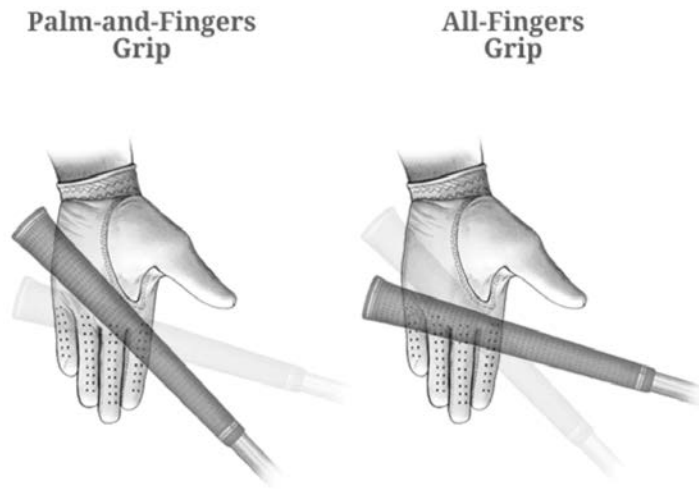


(The type of grip you end up choosing does not translate into direct effects on the ball and is more a matter of personal preference.)

- The grip type most widely used is the overlap grip, also known as the Vardon grip which got its name from the famous golfer that popularized its use (Harry Vardon). This grip setup is suitable for most golfers.
- The interlocking grip involves looping the right hand's little finger around the left hand's index finger. This type of grip provides a very strong bond between the two hands and constitutes an excellent alternative to the overlap grip.
- The baseball grip – as its name suggests, involves placing both hands on the grip of the club as you would if you were holding a baseball bat in your hands.

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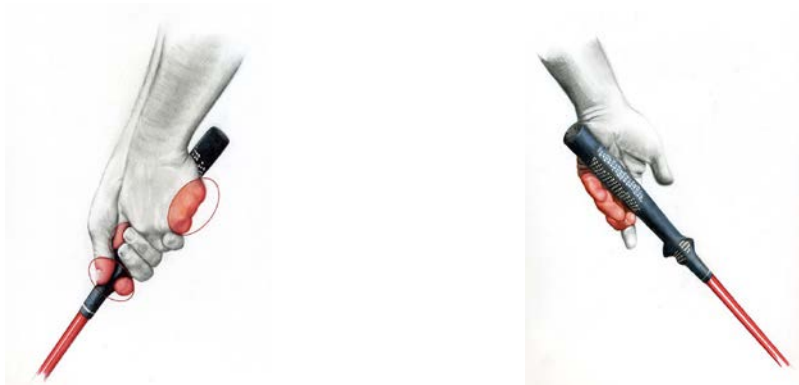
Palm and Finger Grip vs All Fingers Grip



Lead by how you place your left thumb on the grip (right-handed golfers) there are two main ways you can position the grip inside your left hand itself.

- The first option – the palm and finger grip – sees the lower part of the grip of the club pressed underneath the second (middle) knuckle of the left index finger.
- The second option – the all-fingers grip – sees the lower part of the grip pressed underneath the first knuckle of your fingers all the way through, from the index to the small finger.

Grip Pressure



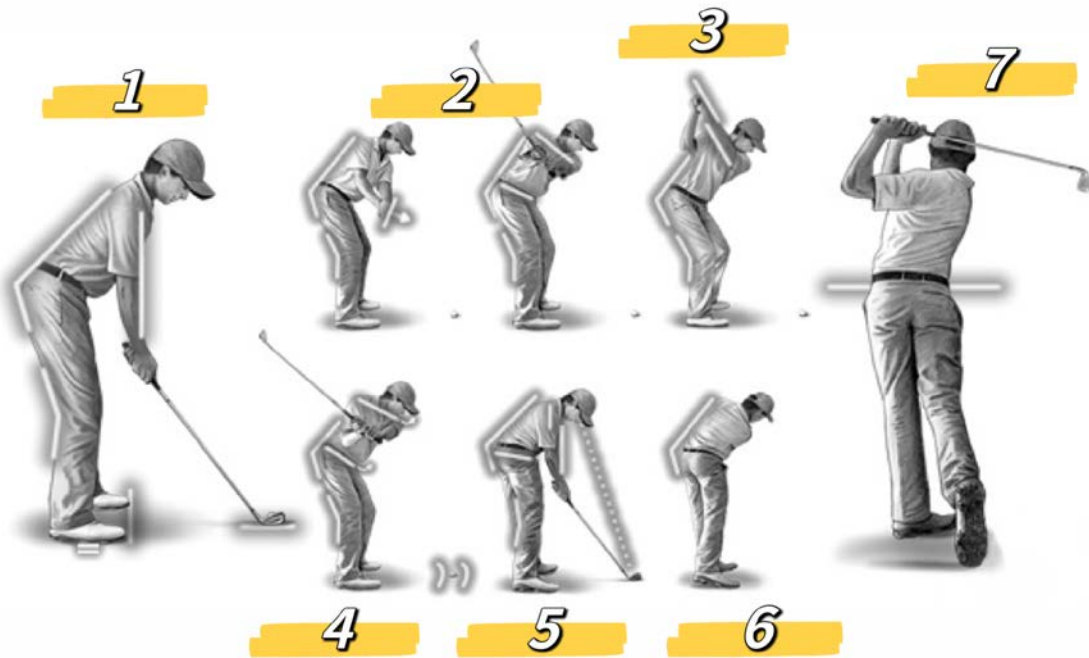
(Example of two hands grip)

(Example of left-hand grip)

- No matter the grip strength, grip type or left thumb position you use, your grip pressure should be on the soft or light side.
- The two common mental images that are used to imagine you are holding a live bird in your hands, or that you are holding a tube of toothpaste. Gripping too tightly would hurt the bird or would see toothpaste leak out of the tube.

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A Proper Golf Swing Sequence Can Be Broken Up into Seven Main Sections:



→ 1. Set-up

The set-up position, often referred to as the “address” position, is the position in which the golfer places the body to begin the golf swing. A balanced, “athletic” address position, will provide the golfer with the correct starting position for the swing. A slight variation in weight distribution should be present when using different-length clubs.

→ 2. Backswing

The backswing is when the body begins to move the club. During the entire backswing, the body begins the recruitment of energy that will be transitioned at the top of the backswing towards the ball. Rotation of the knees, hips, spine, and shoulders is required during the backswing.

→ 3. Transition

The completion of the backswing is termed the “transition” stage of the swing. The transition point of the swing is where the body completes its backward movement and begins the forward movement. The best reference point to when the transition stage of the swing begins is when the weight shift onto the inside of the right foot is completed (right-handed golfers) and movement back towards the left foot begins.

→ 4. Downswing

After the completion of the transition, the downswing begins. Weight shift continues during the downswing. The generation of torque is created in the lower body and then is transitioned up through the body into the club. The majority of torque in this phase of the swing is generated by the glutes, hamstrings, quadriceps, and core musculature of the body.

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→ 5. Impact

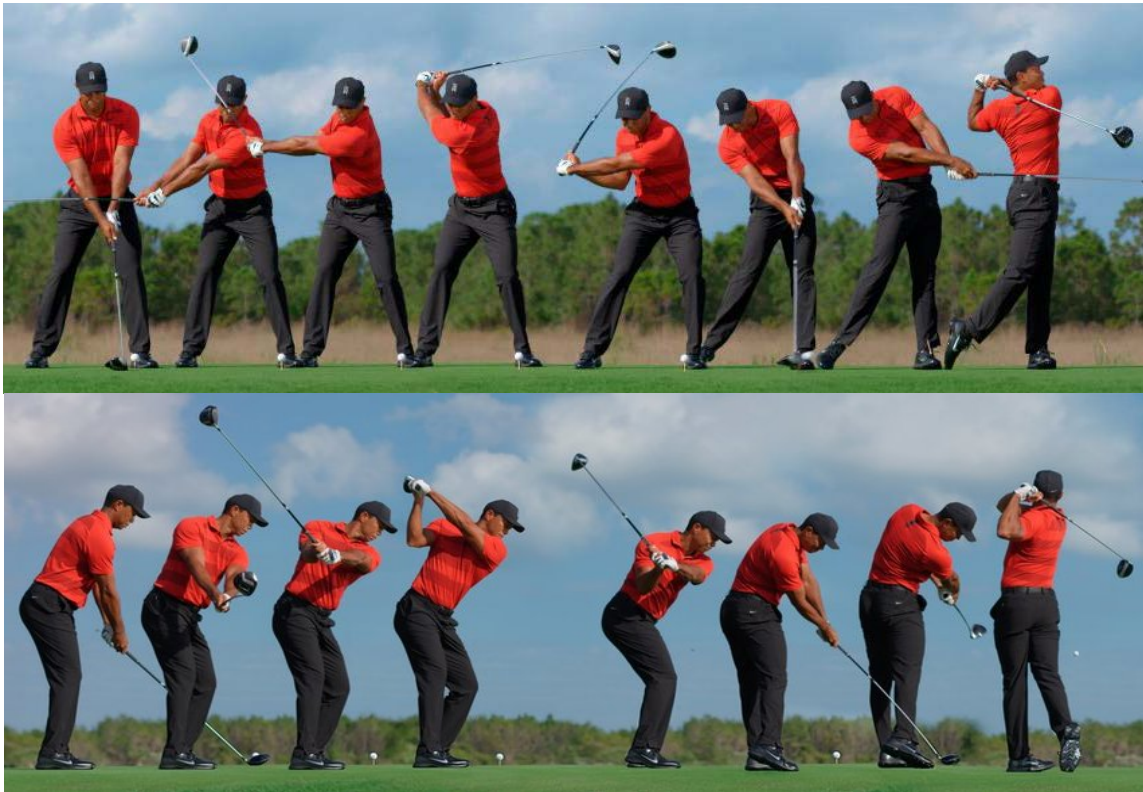
The impact is the point at which the potential energy/speed generated by the body during the backswing, transition, and downswing is transferred into the golf ball. The purpose of impact is to hit the ball in the correct direction with the chosen amount of force. At impact, weight transfer is complete and shear forces from both feet are towards the intended target. The clubhead and ball at impact are in contact for approximately half a millisecond (0.0005 seconds).

→ 6. Follow-through

After contact, the impact stage of the swing is complete and the follow-through stage begins. The follow-through is essentially the deceleration of the body after contact with the ball has been made. The follow-through is where the kinematic sequence of the swing ends, energy not transferred into the golf ball is dissipated, and the body slows itself back down.

→ 7. Finish

Finished the body rotating to a completion point where the club head is behind the golfer. It is also part of the deceleration phase of the golf swing.

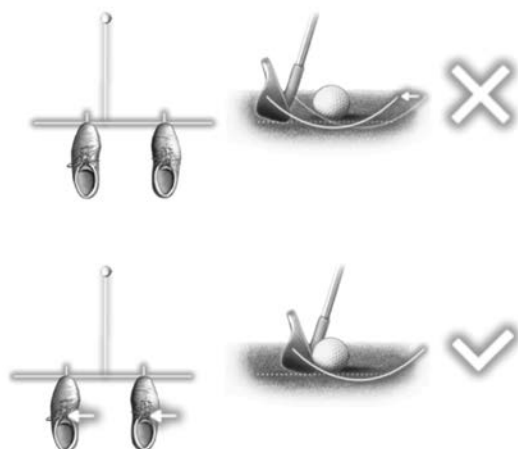


(Tiger Woods' swing demonstration, 2019)

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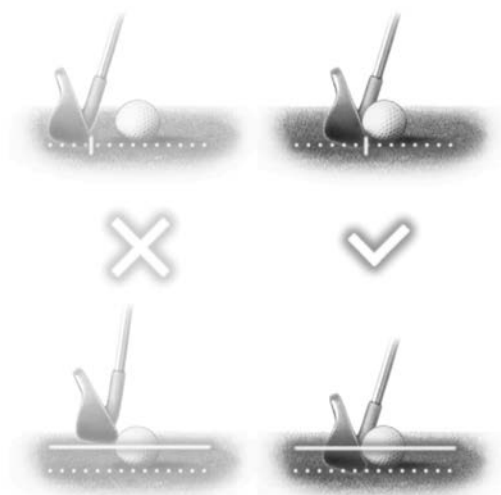
Address & Setup Position

Positioning the ball too much forward in your stance can lead to a fat shot. The general guideline for swings at full speed is to place the ball in the centre of your stance for wedges and short irons and to incrementally move your feet back to find the ball forward as the length of the clubs increases.



Golf Impact Position

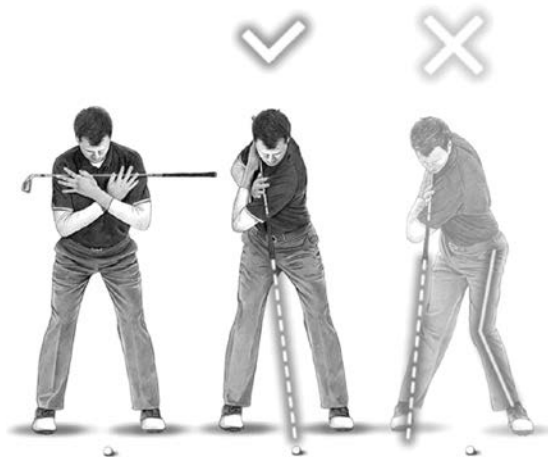
The golf club should be coming down at the right height. It should not strike the top of the golf ball but rather towards its bottom. You also need to be careful that the club doesn't strike the ground before the golf ball, which will also produce a fat shot.



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Simple Drill to Rotate Upper Body Correctly

This drill will show you if your shoulders are turning correctly through to the completion of the backswing. A nice, full-shoulder turn will help you to generate power.

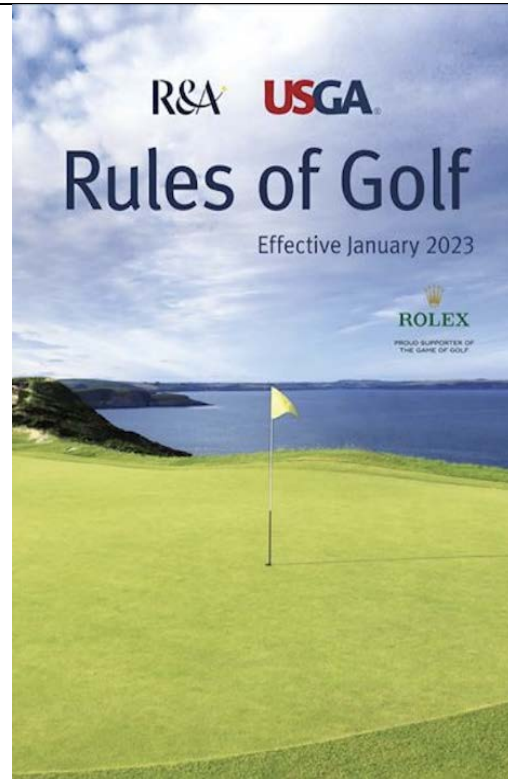


The Rules of Golf

In 1744, the rules of golf developed and published by the Edinburgh Golf Association appeared a total of 13 rules and first applied to the first British Open in 1754. Since 1897, the Royal and Classical Golf Club (R&A) has been responsible for the maintenance and revision of the rules of golf. Golf was withdrawn from the Olympic Games in 1936, but its development did not stop.

Due to regional, cultural, and political differences that lead to ambiguous rules. Since 1951, the Rules of Golf have been jointly reviewed by the R&A and the United States Golf Association (USGA) and revised every four years.

With the continuous development of golf, the attention to golf events in world sports continues to improve, and finally, in 2016, golf returned to the Olympic Games in Rio de Janeiro, Brazil. Against this backdrop, the R&A and USGA have revised the Rules of Golf, which came into effect on January 1, 2023.



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2023 RULES OF GOLF: 5 KEY CHANGES

The R&A and the USGA have released the most recent edition of the Rules of Golf, effective January 2023.

HERE ARE 5 KEY CHANGES

New Rule — Modifications for Players with Disabilities

These modifications are now part of the Rules and are in effect for all competitions and all players who fall under the categories covered in new Rule 25.



Replacing Damaged Clubs

If your club is damaged during a round (except in cases of abuse) you may replace it, repair it or continue to use it.



Ball Moved by Natural Forces

When your ball is at rest after taking relief and then rolls into another area of the course due to natural causes, there is no penalty, and you must replace it.



Simplified Back-on- the-Line Relief

When using this relief option, you are required to drop your ball on the line, and it may roll up to one club-length in any direction.



Handicap on Scorecard (Stroke Play Only)

You are not required to put your handicap on your scorecard and there is no penalty if you return your scorecard in a competition with an incorrect handicap, as this is now the Committee's responsibility.

This change is consistent with other penalty reductions, such as reducing the penalty for playing an incorrectly substituted ball from the general penalty to one stroke.



For more information on the Rules of Golf, please visit [usga.org](https://www.usga.org) or [randa.org](https://www.randa.org).

R&A

USGA

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The Definitions

The Rules of Golf contains over forty definitions which form the foundation around which the rules of play are written. A good knowledge of the defined terms will help in the correct application of the rules. These include the ten common words and their explanations:

- Teeing Ground - the starting place for the hole, defined by two tee markers.
- Hazards - any bunker or water hazard. A ball is in a hazard when it lies in or any part of it touches the hazard.
- Putting Green - an area specially prepared for putting and containing a 4 1/2-inch diameter hole. A ball is on the putting green when any part of it touches the putting green.
- Out of Bounds - ground on which play is prohibited i.e., not part of the course. A ball is out of bounds when all of it lies out of bounds.
- Loose Impediments - natural objects such as stones, leaves and twigs provided they are not fixed or growing, are not solidly embedded and are not sticking to the ball.
- Obstructions - any man-made object, except:
 - objects defining out of bounds.
 - any part of an immovable man-made object which is out of bounds.
 - any construction declared by the Committee in the Local Rules to be an integral part of the course.
- Casual Water - any temporary accumulation of water on the course which is visible before or after the player takes his stance (dew and frost are not casual water).
- Ground Under Repair - any portion of the course so marked by the Committee. Also includes material piled for removal and a hole made by a greenkeeper, even if not so marked.
- Penalty Stroke - This is one stroke added to the score of a player under certain Rules.
- Provisional Ball - This is a ball played under Rule 27-2 for a ball that may be lost outside a water hazard or may be out of bounds.

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