

GOLF TEST

Name: _____ Date: _____

Address: _____

City: _____ State: _____ Zip: _____

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1. Restricted side-bending affects which phases of the swing? Choose two.
 - a. Downswing
 - b. Follow-through
 - c. Loss of power
 - d. Early extension

2. What is the final link in the kinetic chain of the golf swing?
 - a. The shoulders
 - b. The feet
 - c. The wrist
 - d. The torso

3. What muscular action should occur in order to achieve a good backswing position (for a right-handed person?) Choose two.
 - a. Left lat must stretch.
 - b. Left lat must stabilize.
 - c. Right lat must stretch.
 - d. Right lat must stabilize.

4. What is the desirable breathing pattern for a golfer?
 - a. Accessory breath
 - b. Posterior lateral breath
 - c. Belly breath
 - d. Any breath that feels natural

5. What exercise is indicated for clients with limited hip rotations?
 - a. Swimming
 - b. Mountain Climber
 - c. Russian Splits
 - d. Ballet Stretches

6. On average, a golfer will bend over and touch the ground how many times during a round of golf?
 - a. 18
 - b. 36
 - c. 96
 - d. 148

7. Golf is different from other sports in which ways?
- Athletic conditioning is unimportant
 - Golf is gentle and does not cause injuries
 - Both of the above
 - Neither of the above
8. Define Upper Crossed syndrome:
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9. Which tests for glute weakness?
- Double Leg Bridge test.
 - Single Leg Bridge Test.
 - Deep Squat Test.
 - None of the Above.
10. What is the Par on an 18 hole course?
- 36
 - 72
 - 76
 - 92
11. Where did the game of golf begin?
- England
 - Scotland
 - Sweden
 - Switzerland
13. The first drive of each hole is from the:
- Green
 - Fairway
 - Tee box
 - Iron
14. What is the estimate of the number of U.S. Golfers?
- 50 million
 - 26.4 million
 - 2 million
 - None of the above.
15. What does Par mean?
- Position of a hole
 - Hazard
 - Yardage
 - Perfect score

16. If you hit the ball and decided to repeat the same shot again, it's referred to as:
- Mulligan
 - Hooligan
 - Do Over
 - All of the above
 - None of the above
17. If you shoot 1 over Par for a particular hole, the score for that hole is referred to as:
- Perfect score
 - Birdie
 - Eagle
 - Bogey
18. In golf what is a Rough?
- An estimate of a score
 - Type of a golf club
 - Injury caused by a golf ball
 - Thick grass along the course
19. A Wood refers to:
- A lost ball
 - Trees on a course
 - A particular club
 - 3 strokes less than Par
20. A Green is:
- A beginner
 - A place to putt
 - 2 strokes less than Par
 - All of the above
 - None of the above
21. An Iron is:
- A golf club
 - A position in a golf tournament
 - A professional player
 - None of the above
22. What is an Eagle?
- 2 strokes less than Par
 - 3 strokes less than Par
 - 1 stroke less than Par
 - None of the above
23. List the four wrist strengthening exercises:
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24. What is the purpose of the Side Balance Golf Stance exercise?
- Neutral spine and pelvis while performing swing positions.
 - Pelvic flexion and spinal rotation
 - Rotation during single leg standing
 - Spinal articulation from the bottom
25. What should you watch for when performing the Footwork Swing Series?
- Ribs sinking towards the pelvis.
 - Rocking off of the sitz bones.
 - Knee tracking & alignment.
 - Foot and ankle placement.
 - All of the above
26. How would you modify the High Chop exercise?
- Use the Push Through bar.
 - Stand on the Cadillac.
 - Remain in golf stance.
 - Kneel on the Cadillac or Chair.
27. Which cues are most appropriate for the Standing Hug A Tree?
- Correct lunge position.
 - Turn ribcage on spin axis.
 - Control and resist springs on the return.
 - Maintain stance as the arms move.
28. What is a variation of the Lat Pulldown?
- Add pelvic rotation.
 - High/Low chop with a club.
 - Stand on the floor in a golf stance.
 - Kneeling.
 - All of the above
29. What do you watch for when performing the Shoulder Rotation Series? Choose two.
- Hip differentiation
 - Thoracic extension
 - Knee and ankle alignment
 - Neck tension
30. If a client showed weakness during the Single Leg Balance Test, what exercises would you recommend? Choose three.
- Marika's Gait
 - Russian Splits
 - Single Leg Footwork
 - Mini Reverse Tower
 - None of the above
 - All of the above

31. Which two Fundamentals apply to the Functional Golf Stance Series?
- Torso Twist
 - Ribcage/Angel Arms
 - Bowing
 - Prone Hip Extensions
32. What is the purpose of a postural exercise program?
- A balanced body
 - Perfect posture
 - Both of the above
33. Shoulder motion might be influenced by restrictions in:
- Head of radius
 - Subtalar joint
 - Joints and muscles of midback
 - Shape of the pelvis
34. Which generates more power during the swing?
- Scapulo-Humeral Rhythm
 - Posture
 - Hamstring Flexibility
 - Femur rotation
35. Which spinal motions occur during the golf swing?
- Rotation
 - Extension
 - Side Bending
 - All of the above
36. Where is power generated in the golf swing? _____
37. Which of the following is most crucial to golf performance?
- Efficient kinetic linking.
 - Balance and control.
 - Hamstring strength.
 - Flexibility.
 - All of the above
38. Define kinetic linking in terms of golf swing:
- _____
39. If your client complains of shoulder pain with tingling down the arm that disturbs his/her sleep, you should:
- Do internal/external rotations exercises
 - Wait until pain ceases for 1 week and resume exercise slowly
 - Refer client to medical doctor for clearance to perform exercises
 - Do fundamentals (Rib cage arms, rotating arms, breathing)

40. Most golf-related injuries occur in the:
- Chest/Abdominals
 - Calf/Quadriceps
 - Neck
 - Forearms and Lower Back
41. Number in order of their sequence:
- Follow Through
- Takeaway
- Top of the swing
- Set up
- Downswing
42. Key muscles for scapular stabilization are:
- Quadratus Lumborum
 - Erector Spinae/ Glutes
 - Lower Traps/ Serratus Anterior
 - Rhomboids
43. External shoulder rotation on the right side (right handed golfer) occurs during the:
- Set up
 - Follow through
 - Top of backswing
 - Finish
44. Swing faults are inevitable if a golfer has:
- Hyper Kyphosis
 - Lack of flexibility
 - Poor concentration
 - All of the above
45. The trunk rotation muscles are called:
- Tricep/ bicep
 - Gluteus maximus/ Psoas
 - Obliques/ Abdominals
 - Chest/ Latissimus Dorsi
46. In the address phase, the pelvis should be:
- Slightly tucked under
 - Slightly tilted anteriorly
 - Neutral
 - None of the above
47. The following are considered hazards:
- Bunker
 - Sand trap
 - Water
 - All of the above

48. Key muscles for holding the club are (choose two):
- Flexor Carpi Ulnaris
 - Pronator Teres
 - Brachioradialis
 - Extensor Carpi Radii
49. Wrist strength is important in which phase of a swing:
- Impact
 - Follow through
 - Top
 - All of the above

Essays: Each essay should be at least 4 sentences long – please complete your answers on a separate sheet and attach to multiple choice exam.

1. What did the private lessons with a PGA professional tell you about your own body's assets and problems?
2. In your opinion, what makes the game of golf addictive to golfers
3. Overall, how are your golfer clients different from your non-golf clients in terms of motivation, effort, and concentration?
4. What makes TheMethodPilates approach to conditioning for golfers more effective than conventional fitness?
5. What do you like or dislike about the game of golf?