

# Download File PDF Physical Education Learning Packets Racquetball Answer Key

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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 the definition of "loft" or angle?  
Hitting the ball into the hole one stroke under par is a birdie. A bogey is when a player hits the ball into the hole in one stroke over 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 "sinks up" or "in the rough"?  
The rough is an area of the course where there may be tall grass, trees, or shrubs.
5. Why does a professional golfer usually own many types of clubs?  
Professional golfers want their clubs to be very precise. Each club has a different angle and therefore, does a different job of the properly.
6. Name three types of grips on golf.  
The three grips are: interlocking, overlapping and the baseball.
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 step.
8. Name two things that are fundamental to good putting?  
The anchor 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 "there!" or 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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