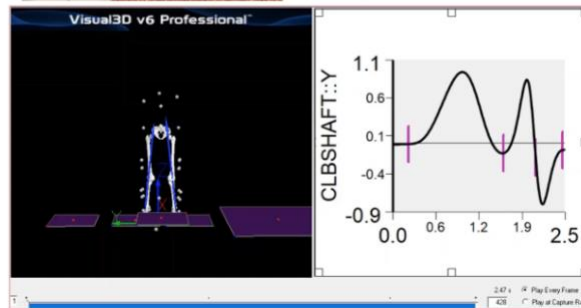
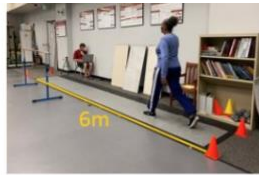


PHYSICAL TESTS	COGNITIVE TESTS	BIOMECHANICS
<p>FUNCTIONAL Agility – 8 ft up and go Cardio – 6 min walk Strength – 30 s chair stand + Handgrip</p> <p>GAIT Self-selected, Fast (Single Task), and Dual Task</p> <p>STRENGTH Hip Abductor, Quadriceps Calf</p> <p>REACTION TIME Rapid Step Test</p>	<p>NIH TOOLBOX FOR COGNITION Attention Episodic Memory Working Memory Cognitive Flexibility Processing Speed Composite</p> <p>CALIFORNIA VERBAL LEARNING TEST Immediate Recall Short-Delay Recall Long-Delay Recall Total T Score</p>	<p>KINEMATICS & KINETICS Golf Swing Bend & Pickup task</p> <p>BALANCE Single Leg Stance, Semi-Tandem, Tandem</p>

PHYSICAL
FUNCTIONAL
STRENGTH
BODY COMPOSITION
GAIT
BIOMECHANICAL DEMANDS
REACTION TIME
ACTIVITY LEVEL
BLOOD BIOMARKERS*



COGNITION

NIH TOOLBOX FOR COGNITION

Memory
Cognitive flexibility
Processing Speed

CALIFORNIA VERBAL LEARNING TEST

Aspects of Recall

Construct	Measure	Description	Task
Attention & Executive Functioning	Flanker Inhibitory Control and Attention Test Age 12+	The allocation of one's limited capacities to deal with an abundance of environmental stimulation.	Middle arrow
Episodic Memory	Picture Sequence Memory Test Age 8+	Cognitive processes involved in the acquisition, storage and retrieval of new information.	Putting pictures in order
Working Memory	List Sorting Working Memory Test Age 7+	The ability to store information until the amount of information to be stored exceeds one's capacity to hold that information.	Put the pictures in size order from smallest to biggest
Executive Function	Dimensional Change Card Sort Test Age 12+	The capacity to plan, organize and monitor the executive behaviors that are strategically directed in a goal-oriented manner.	Shape or color?
Processing Speed	Pattern Comparison Processing Speed Test Age 7+	Assesses the amount of information that can be processed within a certain unit of time. Items are simple so as to purely measure processing speed.	Picture Are these the same? Yes or No

- Truck
- Spinach
- Giraffe
- Bookcase
- Onion
- Motorcycle
- Cabinet
- Zebra
- Subway
- Lamp
- Celery
- Cow
- Desk
- Boat
- Squirrel
- Cabbage



PSYCHOSOCIAL

SELF-REPORTED
Physical wellness
Mental wellness
Social wellness

Via SF-12 & Exit Survey

Appendix B. Exit Survey Results

Physical	Mental	Social	Continue golf?
GHA01 All	It definitely helps		same place
GHA03 warm ups aided flexibility and endurance	The concentration needed in golf provides escape from outside stress. Memory seems to improve because of new skills learned	excellent activity for making friends and improving social skills	I will play locally - Monterey Park, Alhambra, Whittier Narrows
GHA07 more flexibility. Endurance increased	No stress. Relaxed as I improved my golf abilities		Absolutely. I have already scheduled times with friends to golf
GHA13 all are better. I get tired after the golf game and sleep well. I walk faster when I take the dog out.	I think I am doing better with my stress levels and now I have a new outlet.	I feel more confident in my relationships.	Yes. I will play at 9 hole courses and will return to Monterey park golf course.
GHA15 No noticeable difference in endurance or strength, but I use different muscles in golf than in my other activities.	I think it has improved my concentration	It will improve circle of friends as beginner golfers. It will give us a fun activity to keep moving as we socialize.	Yes. I will probably play at Heartwell 18-hole, par 3 in Long Beach to begin my 100 rounds of golf.
GHA16 I feel like doing more. I was having trouble sleeping. Not anymore, I am sleeping well.	I feel more relaxed	When asked I am now saying yes to doing more things	Yes. I will continue to play, maybe in Long Beach. (continued on next page)
K.D. Kanwar et al.			Mental Health and Physical Activity 21 (2021) 100410
(continued)			
Physical	Mental	Social	Continue golf?
GHA21 I have improved a lot	Do not know if there is a difference. It did change my feelings towards golf	It opens up another way of enjoying friendship	Yes. Around LA. My son and son-in-law are waiting for me to take them to some fancy golf resort.
GHA20 Getting stronger	Relaxed more and happier	Friendship	Yes. Monterey Park
GHA22 I believe all have improved. (I have always slept well).	Stress over learning a new game was definitely reduced. Focus and concentration definitely improved. Memory maybe.	We had a very cordial and friendly cohort. Staff were so supportive, feeling very safe and cared for.	Yes. Probably at Marshall Canyon, Sierra La Verde, San Dimas - they are close to my home and on travel trips.
GHA28 Reduced endurance for other sports. Flexibility improved. Sleep same.	Less stress. Concentration seems worse. Long term memory great, short may be better. Happier.	I seem to be more tolerant	Yes. Where I find friends who play.
GHA33 It is my belief all my physical functions increased. Partly because it was a new physical routine. This had me monitoring those functions and being mindful of them.	Am in mental well being. As I was increasing my physical activity my ability to handle stress increased.	During this time there was a major breach in an important friendship. Having said that, I was able to handle the situation well.	I hope so. I live close to Monterey Park so I hope to play there.
GHA29 I improved my endurance and some flexibility	It helped me a little with concentration	about the same	Yes. Long Beach area. (ie where they live)
GHA30 Better flexibility with the exercises we do before and after golf	Reduces my stress because I must be focused on golfing ... ?	Everyone in my group were like cheer leaders. I met great people on my team.	Yes. There are several courses in our area and already trying to schedule dates to play.
GHA31 Good	good	good	yes

Adopted from Kanwar et al. Ment. Health Phys. Act. 2021