

# Course Outline Health Professionals – Level 1

## Certified Golf Fitness Instructor

### 1. Introduction

- a. The six primary physical factors involved in improving a golfer.
- b. Injury mechanisms in golf vs. other amateur sports
- c. Golf Fitness its importance for amateurs and the practical application for the clinician
- d. Outline for level one course

### 2. What Does the Golf Professional See

- a. Understanding the perspective of the golf professional – how to relate, building bridges.
- b. Learn how to shoot basic 2-D video and what golf pros look at.
- c. Learn how to pick out physical limitations off of 2-D video.

### 3. Golf Swing Biomechanics – Fact vs. Fiction (Eliminating Misinformation on Golf Fitness)

- a. 3-D Motion Analysis - the Next Generation of Video Analysis
- b. What Does an Elite Golf Swing Look like from the Inside Out Physically
- c. Functional Biomechanics - Measuring Physical Efficiency and Injury Potential in the swing
- d. Quantifying how Power/Energy is generated with the body and Transferred in a Golf Swing
- e. Understanding Lower body Mechanics and Stability Patterns – Why Back, Neck and Shoulder injuries, commonly occur.

### 5. The Golf Physical Examination

- a. Golf Specific Physical Testing
- b. Every athlete and body is unique - advance from Generic Physical Screens and Testing to **Individualized Performance Evaluations**. Make a real Impact - Performance Enhancement & Injury Prevention

### 6. Retraining Movement Patterns

- a. How to Purposefully Change Swing Dynamics with your treatments and training
- b. Relating it to and working with the golf professional
- c. **PREHAB** its role in a conditioning program
- d. P.S.T. Drills – retraining efficient Neuro-Motor patterns
- e. Stability & Lower Body Mechanics
- f. Trunk Stability – the key to Consistency or the Cause of Injury

### 7. Setting up your case studies for Certification

- i. Requirements
- ii. Designing Your Report
- iii. Running a Golf Physical Conditioning Program out of your Office – low tech, low cost, big results
- iv. Outline of Level 2



A **fit, healthy or flexible** golfer **isn't** necessarily a **better** golfer or an **injury free** golfer. Physical programs must intentionally change swing biomechanics. Do you know how to analyze a client's physical swing biomechanics? Learn how to apply functional physical testing. Develop a working understanding of golf swing biomechanics through an introduction to 3-D Motion Analysis.

Go beyond the golf fitness fad and create real performance changes in a golfer. Incorporate what is done with the best players in the world within your office - Low cost, No Expensive Equipment. With sound science and clinical applications you can create a world class program.

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