

Course Outline – Level 1

Certified Golf Fitness Coach

1. Introduction

- a. The six primary physical factors involved in improving a golfer.
- b. Injuries in golf
- c. Goals of Sports Conditioning
- d. Outline for level one course

2. Basic Video Screen

- a. A review of basic 2-D video Analysis
- b. Recognizing common physical limitations using 2-D video.
- c. 12 common swing faults and their relationship to physical limitations.

3. Science and Golf Biomechanics

- a. The science of human motion & the golf swing
- b. How muscles and joints coordinate in an efficient golf swing
- c. The difference between structural limitations & faulty movement patterns
- d. Keys that Erode Consistency and Power Endurance

5. The Golf Physical Examination

- a. Conducting a basic physical screen on the range to determine if your client is hindered by any physical limitations.
- b. How to predict if a physical limitation found in your screen could promote a swing fault.

6. Practical Clinical Application

- a. Screening course participants
- b. Screening of sample clients
- c. Correlation of Physical Screen Findings and Video Analysis
- d. Developing training protocols from screens

6. After the Screen – Developing Training

- a. Dynamic physical training principles
- b. Drills to retrain lower body mechanics
- c. Drills to train spine angle stability
- d. Developing proper muscular sequencing & loading for improved swing mechanics

7. Setting up your case studies for Certification

- i. Requirements
- ii. Designing Your Report
- iii. Seamlessly incorporating the information into your current golf lessons
- iv. Outline of Level 2



Designed for the teaching & playing professional – Everyone now realizes the importance of the body in golf – what has been termed “golf fitness”

This program offers an intelligent alternative to the most common program in golf fitness in the industry.

This is a hands on workshop limited to 10 participants not a seminar program of 50 plus participants.

Beyond golf fitness basics, level 1 addresses how you practically apply the basics into your regular client lesson program. The goal is to advance to level 2 where you can learn how to design a year round sports development program and become a coach not just an instructor.

Are you ready to go beyond seasonal or year round swing lessons and incorporate the science of sports conditioning and development programs that lower your clients’ handicap and increase your business.

Learn what is being done with the best players in the world, and by the best teachers in the world.

Total Course Hours : 16 hours / 2 Days - \$599 (\$399 to Cdn to CPGA Members)

Mississauga: November 12-13, 2010 - 8am-5pm

To Register; 416-937-3343 / docfletch@sympatico.ca

www.swinglink.ca