

Course Outline – Level 1

Certified Golf Fitness Coach

1. Introduction

- The six primary physical factors involved in improving a golfer.
- The history of golf fitness
- Fitness in the PGA today
- Outline for level one course

2. Basic Video Screen

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

3. Science and Golf Biomechanics

- What Does an Elite Golf Swing Look like from the Inside - Out
- The Kinetic Link - Measuring Efficiency and Injury Potential
- Quantifying how Power is generated and Transferred in a Golf Swing
- Measuring Lower body Mechanics and Stability Patterns
- Weight Shift Dynamics

4. The 6 Primary Physical Performance Factors

- The foundation for a Functional Golf Physical Screen
- Motor skill assessment as it relates to optimal swing mechanics
- The difference between structural limitations & faulty movement patterns
- Keys that Erode Consistency and Power Endurance

5. The Golf Physical Examination

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

6. Practical Clinical Application

- Clinical Screening and case study of Patients
- Developing Training Protocols from a Screen
- Correlation of Physical Screen Findings and Video Analysis

6. Retraining Movement Patterns

- Dynamic physical training principles using a golf club
- P.S.T. Drills – retraining efficient movement patterns
- Retraining lower body mechanics
- Training trunk stability
- Developing proper muscular sequencing & loading for improved swing mechanics

7. Setting up your case studies for Certification

- Requirements
- Designing Your Report
- Seamlessly incorporating the information into your current golf lessons
- Outline of Level 2



Designed for the teaching & playing professional – an interactive hands on experience; learn real world applications through the context of your own golf swing.

Following the seminar you will be able to incorporate a basic physical screen into your current lesson format, and be able to practically apply corrective drills into the flow of a standard lesson format.

Would you ever neglect evaluating a client's equipment? You may never physically train your clients but it is essential to understand how their physical capacity is impacting their swing and how evaluate it.

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: March 12-13, 2010 - 8am-5pm

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

www.swinglink.ca