

# Certified Golf Fitness Coach

## Course Outline – Level 2

### 1. Introduction

- i. Review of level 1 golf physical screen
- ii. Review of the relationships of the most common swing faults and relationship to physical limitations.
- iii. Review of the science of human motion in golf

### 2. 3Dimensional Video Analysis

#### a. Measuring Human Motion

- i. Using 3D video analysis to assess swing efficiency
- ii. Differentiating between style and elite motion patterns in the golf swing
- iii. Measuring yours and your clients Injury Potential
- iv. The biggest muscular patterning problem below the PGA tour
- v. Power is generation and transfer in a Golf Swing

#### b. Case Studies

- i. 3D analysis of Tour Pros – male and female
- ii. 3D analysis of Amateur men and women
- iii. 3D analysis of Course participants

### 3. Retraining Movement Patterns

- i. Using a pleiometric training system of multi-weighted clubs to increase swing speed while improving swing mechanics
- ii. Advanced concepts in developing lower body stability
  - evaluation
  - exercises
  - retraining movement patterns
- iii. Advanced concepts in developing upper body stability
  - evaluation
  - exercises
  - retraining movement patterns

### 4. Developing a Business

#### a. The science of motor skill acquisition to develop more effective programs.

- i. Designing Programs
  - off-season priorities
  - pre-season priorities
  - in season maintenance
- ii. Increasing your income while still leaving time for life; more family time and more time for golf.

*Level 2 includes your ZenoLink 3D Motion Licensing Fees - \$500 Value.*



**Incorporate cutting edge concepts in core stability, balance and explosive power into the flow of a standard lesson using a golf club.**

Learn an advanced physical performance screen. Learn how to take a screen and pinpoint the core cause yours and your clients' breakdown in swing mechanics using 3D Motion analysis. Use 3D to refine your training and coaching programs to create real change.

**Level 2 includes your licensing fees and start up kit to become a licensed ZenoLink 3D Motion Analysis provider (a \$500 US value)**

This is what is being done with the best players in the world by the top facilities in the world ... remain ahead of the curve in your industry.

Total Course Hours : 16 hours / 2 Days - \$799 (\$499 to Cdn to CPGA Members)

**Mississauga: December 10-11, 2010 – 8am-5pm**

416-937-3343 / [docfletch@sympatico.ca](mailto:docfletch@sympatico.ca)

**Program Includes Your Own 3D Analysis!**