

# Certified Golf Fitness Coach

## Course Outline – Level 2

### 1. Introduction

Review of level 1 and the primary physical performance factors

Review of 2D video evaluation

Review of the relationships of the most common swing faults and relationship to physical limitations.

### 2. 3Dimensional Video Analysis

#### a. Deepening your Understanding

- i. Using 3D video analysis and biomechanics to assess swing performance
- ii. Differentiating between style and biomechanics in the golf swing
- iii. Measuring Efficiency and Injury Potential
- iv. Understanding lower body mechanics – the biggest problem below the PGA tour
- v. Quantifying how Power is generated and Transferred in a Golf Swing

#### b. Case Studies

- i. Analyzing the Data – Learning how to interpret the data
- ii. In depth analysis of golf swing movement patterns, biomechanics and performance
- iii. How to apply the data to create change with the client

### 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 functional stability
- iii. Advanced P.S.T. Drills – retraining efficient movement patterns
  - lower body mechanics
  - trunk stability
  - muscular loading

### 4. Designing Programs – Participant Case Studies

- i. Tying all the data together
- ii. Establishing where to begin
- iii. Designing Participant Programs
  - exercises & drills
  - off-season priorities
  - pre-season priorities
  - in season maintenance

### 5. Developing a Business

**Using scientific principles of motor skill acquisition to develop more effective programs.**

- i. Better client results and satisfaction
- ii. Increasing your income while still leaving time for life; more family time and more time for golf.

*Case studies will include the examination and 3D data of each level 2 participant.*



An interactive & hands on program; data from 3D biomechanical analysis and functional screens of each participant will be used to design individual training programs; learn how to get better results with your clients by improving your own game.

**Incorporate cutting edge concepts in core stability, balance and explosive power into the flow of a standard lesson using a golf club.** Develop a more profitable year round coaching program that generates more profit while allowing you more time for a life ... family and golf. **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: March 26-27, 2010 – 8am-5pm**

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