

Course Outline Health Professionals – Level 2 Certified Golf Fitness Coach

Pre-requisite – Level 1

1. Beyond Rehab – Exercises that Change Swing Mechanics

- a. Stabilizing the Hip in the golf swing
– Linear and rotational patterns
- b. Stabilizing the Shoulder in the golf swing
- c. Engaging the Transverse Abdominus – the key to maintaining a spine angle
- c. P.S.T. Drills – Retraining Efficient Neuro-Motor Patterning
 - lower body mechanics
 - trunk stability
 - muscular loading
- d. Burst Training – Elite Performance & Wellness Applications from Current Research on Cardiovascular Conditioning.

2. The most common Biomechanical Breakdown in golfers below the PGA and LPGA tour

- a. Analysis and Correction through soft tissue treatment and functional exercises.

3. 3Dimensional Motion Analysis

Understanding Swing Biomechanics; Applying it clinically and going beyond current concepts of “Sport Specific” analysis and training.

Case Studies:

An Elite Golfer, An Average Golfer, You

- i. Understanding Swing Biomechanics -
- ii. Functional Movement Screens and tests on their own aren't enough to evaluate performance
- iii. Applying this information as a clinician/therapist/trainer?
- iv. Using manual therapy techniques functional biomechanics

3. Advanced Testing

- i. Functional Muscle Testing – Applications to Swing Mechanics and Injury Patterns
- ii. Advanced Functional Testing of the feet, knee and hip joint in relation to swing mechanics
- iii. Ground Reaction Forces – Hands on demonstration of force plate analysis during the swing; the relationship of centre of mass and centre of pressure.
- iv. Designing Orthotics to impact swing mechanics

1. Developing Programs

- i. Creating individualized functional programs
 - Prehab – Training – Power – Maintenance
 - Exercises and Drills – Beyond the “Cookie Cutter” functional and golf specific exercises
- ii. Normal Plyometrics vs. Swing Plyometrics

5. Marketing and Developing Programs

- i. Working with Golf Pros and developing relationships
- ii. Establishing Programs Seamlessly into your current business
- iii. Power Point slides to develop your own turn-key golf fitness program.

Bonus:

Review of applications for 3D Motion Analysis in other sports; hockey, tennis, baseball, lacrosse, cycling, volleyball

Every athlete & body is unique. The new paradigm in athletic performance is highly individualized evaluations and targeted functional training. The short-fall with most “Sport Specific” programs is that there is no objective analysis beyond physical testing to direct and quantify changes in biomechanics and efficiency in athletic performance.

Functional Screens on their own are incomplete.

Incorporate 3D Motion Analysis easily and inexpensively. Gain the value of using 3D in multiple sport applications. This is what is being done with the best players in the world – Impact your client's swing intentionally and with purpose – Low Overhead, Superior Services.

Mississauga Canada • May 8th/9th, 2010

Level 2 Includes Your Own 3D Swing Analysis!

