



Full-Day Academic Program for PGA Coaches

8:30am INTRODUCTION (½hr)

- Welcome / seminar purpose
- How is fitness important in golf?

This first session will explain to golf professionals how health and fitness play extremely important roles in contributing to optimal performance on the golf course.

9:00am CLASSROOM I - SCIENCE OF GOLF I (1hr)

- Golf biomechanics
- Muscle mechanics
- Core performance

This session takes a research-based look at the golf swing but is presented in a very easy to understand way. Topics covered include where the main joints and muscles involved in a golf swing are and how they work together to create club head speed.

10:00am BREAK (½hr)

10:30am CLASSROOM II - GOLF INJURIES (1½hr)

- Injury statistics in golf
- Golfer's back – causes & cures
- General injury treatment principles

At any given time, approximately 25% of all golfers are bothered (at least to some degree) by an injury. This session explains how many of the common injuries occur with a special emphasis on back pain. Treatment and prevention issues are also discussed.

12:00 LUNCH (1hr)

1:00pm CLASSROOM III - SENIOR GOLFERS (1hr)

- Age-related changes affecting golf performance
- Role of the teaching professional

The body of a senior golfer does not move or perform the same as that of a younger player. This session explains what changes occur within the body, how to help limit these changes, and how to adapt teaching methods when instructing older players.

2:00pm WORKSHOP I (1hr)

- Recognizing physical limitations on the driving range
- stretching & warm-up exercises

The workshop is a chance for the golf professionals to actively participate in activities and exercises designed to improve one's own golf fitness plus show how some of these exercises can easily be incorporated in any normal teaching program.

3:00pm WORKSHOP II (1 hr)

- core strength & performance

This workshop demonstrates the important exercises that make up a golf-specific strength training program. Each registrant should receive a FITforeGOLF™ Strength Trainer (additional cost).

Half-Day Academic Program for PGA Coaches

INTRODUCTION (½hr)

- Welcome / seminar purpose
- How is fitness important in golf?

This first session will explain to golf professionals how health and fitness play extremely important roles in contributing to optimal performance on the golf course.

CLASSROOM I - SCIENCE OF GOLF I (1hr)

- Golf biomechanics
- Muscle mechanics
- Core performance

This session takes a research-based look at the golf swing but is presented in a very easy to understand way. Topics covered include where the main joints and muscles involved in a golf swing are and how they work together to create club head speed.

CLASSROOM III – THE PHYSICAL EFFECTS OF AGING (1hr)

- Age-related changes affecting golf performance
- Role of the teaching professional

The body of a senior golfer does not move or perform the same as that of a younger player. This session explains what changes occur within the body, how to help limit these changes, and how to adapt teaching strategies when instructing older players.

WORKSHOP I (1hr)

- Recognizing physical limitations
- 7 Critical Elements of a Golf Fitness Program

The workshop demonstrates to golf professionals how to quickly and easily assess their own (or their students) golf fitness plus show how some simple exercises for improving golf-specific fitness.

2-Hour Educational Seminar for PGA Coaches

The Golf Fitness Revolution

This 2 hour session takes a research-based look at the golf swing but is presented in a very easy to understand way. Topics covered include where the main “engine” of the golf swing really is, how critical parts of the body work together to create club head speed and how age, injuries and poor physical conditioning can affect golf performance. This is followed by audience participation in activities and state-of-the-art exercises designed to improve one’s own golf fitness plus contribute to a healthier lifestyle and better golf experience.