



Physiotherapy Academic Program

<u>Level 1 Intro</u>	<u>Level 2</u>	<u>Level 3</u>	<u>Level 4</u>	<u>Level 5</u>
8:00am REGISTRATION (½hr)	8:00am BREAKFAST CHAT (½hr)	8:00am BREAKFAST CHAT (½hr)	8:00am BREAKFAST CHAT (½hr)	8:00am BREAKFAST CHAT (½hr)
8:30am CLASSROOM (1½hr) <ul style="list-style-type: none"> understanding the golf professional swing mechanics injury epidemiology 	8:30am CLASSROOM (1½hr) <ul style="list-style-type: none"> understanding the golf market advanced biomechanics & muscle physiology 	8:30am CLASSROOM (1½hr) <ul style="list-style-type: none"> understanding golf equipment golf equipment - influence on injury prevention 	8:30am CLASSROOM (1hr) <ul style="list-style-type: none"> gender differences in golf 	8:30am CLASSROOM (1½hr) <ul style="list-style-type: none"> golf tournaments – admin & medical set-up Comprehensive Tissue Management (CTM) – Theoretical aspects
10:00am <u>BREAK</u>	10:00am <u>BREAK</u>	10:00am <u>BREAK</u>	10:30am <u>BREAK</u> (½hr)	10:00am <u>BREAK</u>
10:30am CLASSROOM (1½hr) <ul style="list-style-type: none"> low back injury mechanisms 5 stage back care program 	10:30am CLASSROOM (1½hr) <ul style="list-style-type: none"> spinal biomechanics & research spinal stability Vs mobility in golf 	10:30am CLASSROOM (1½hr) <ul style="list-style-type: none"> injuries in senior golfers rehab for older players joint arthroplasty: return to activity 	11:00am CLASSROOM (1½hr) <ul style="list-style-type: none"> abdominal injuries hip injuries knee & ankle injuries 	10:30am WORKSHOP (1½hr) CTM for golfers <ul style="list-style-type: none"> Shoulder Elbow
<u>12:00 LUNCH - PROVIDED (1hr)</u>	<u>12:00 LUNCH - PROVIDED (1hr)</u>	<u>12:00 LUNCH - PROVIDED (1hr)</u>	<u>12:30 LUNCH - PROVIDED (1hr)</u>	<u>12:00 LUNCH - PROVIDED (1hr)</u>
1:00pm CLASSROOM SESSION (1hr) <ul style="list-style-type: none"> thoracic & cervical injuries 	1:00pm CLASS & WORKSHOP (2hr) <ul style="list-style-type: none"> shoulder, elbow, wrist & hand injury mechanisms sport-specific shoulder assessment & rehab 	1:00pm WORKSHOP (2hr) <ul style="list-style-type: none"> golf-specific MSK assessment video analysis 	1:30pm WORKSHOP (1½hr) <ul style="list-style-type: none"> hip assessment & rehab 	1:00pm WORKSHOP (2hr) CTM for golfers <ul style="list-style-type: none"> Cervical spine Lumbar spine Hip
2:00pm WORKSHOP (1hr) <ul style="list-style-type: none"> Postural assessment sport-specific trunk rehabilitation 	3:00pm PRACTICE RANGE (1hr) <ul style="list-style-type: none"> science and art of putting driving range instruction 	3:00pm DRIVING RANGE (1hr) <ul style="list-style-type: none"> club fitting demonstration driving range instruction 	3:00pm PRACTICE RANGE (1hr) <ul style="list-style-type: none"> chipping & sand shots driving range instruction 	3:00pm DRIVING RANGE (1½hr) <ul style="list-style-type: none"> swing mechanics supervised instruction