

2-Day Workshop (Allied Health)

Day 1

Time	Allied Health
08:00-08:20	Registration and Coffee
08:25-08:30	Introductions
08:30-09:00	The Golf Athlete Concept (sport science/medicine supporting the golf coach)
09:00-10:00	<p>The Golf Swing</p> <ul style="list-style-type: none"> • Golf Teaching Approaches – Methods versus Systems of Teaching with a PGA Professional • Why Analyse the Golf Swing – eye, 2D video and 3D biomechanical assessment • Golf Nomenclature and jargon • Describing the Model Swing – The Ideal Corridors
10:00-10:30	Morning tea/coffee
10:30-12:00	The Golf Swing (continued)
12:00-12:30	<p>Golf Injury Patterns</p> <ul style="list-style-type: none"> • Relationships between technique and injury patterns • The different injury sites between professional and amateur golfers
12:30-13:30	Lunch
13:30-14:15	<p>Measuring Technique (3D assessment & video capture)</p> <ul style="list-style-type: none"> • Case studies on two seminar participants • Biofeedback:: bringing about movement pattern change
14:15-15:30	<p>The TGA Swing Faults Schema</p> <ul style="list-style-type: none"> • Examples of the link between the biomechanics and a golfer's physical strengths and limitations <p>Physical Assessment of a Golfer</p> <ul style="list-style-type: none"> • TGA screening – a demonstration of some of key aspects • ROM and stability assessment specific to golf – examples
15:30-15:45	Afternoon tea/coffee
15:45-16:30	<p>Introduction to Long Term Athlete Development</p> <ul style="list-style-type: none"> • The Developmental Stages and the relevance to Training the Golf Athlete • Physical Competence Testing • Planning the Programme and the Exercise Curriculum

Day 2

Time	Two Day – Allied Health
08:00-9.30	Assessment and Interventions: Maintaining Posture in the Golf Swing <ul style="list-style-type: none"> • Linking technical faults to postural deficiencies • Working through an example from TGA Better Body Better Golf CD • Tests that can be done on the range
9.30-10.00	Biomechanical Principles underpinning the Power Game <ul style="list-style-type: none"> • Stretch Shortening Cycles • Types of muscle contractions • Isolating those muscles that perform key actions during the “swing” • Sequencing and Timing Examples
10:00-10:30	Morning tea/coffee
10:30-12:00	Biomechanical Principles underpinning the Power Game (continued)
12:00-13:00	Lunch
13:00-14:30	Assessment and Interventions: A Flexibility Problem in the Golf Swing <ul style="list-style-type: none"> • Linking technical faults to a deficiency of flexibility • Working through an example from TGA Better Body Better Golf CD Exercise Intervention • Tests that can be done on the range
14:30- 14:45	Afternoon tea/coffee
14.45- 15.30	Measuring Technique (3D assessment & video capture) <ul style="list-style-type: none"> • Reporting the results of the two case studies
15.30- 16:15	Assessment and Interventions: A Stability Problem in the Golf Swing <ul style="list-style-type: none"> • Linking technical faults to a deficiency in stability • Working through an example from TGA Better Body Better Golf CD Exercise Intervention • Tests that can be done on the range
16:15-16:30	Summary <ul style="list-style-type: none"> • Evaluation/feedback • Afternoon tea