

## Golf Lecture Series

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Includes a series of lectures by physical therapists Chris Robinson and John Johnson, entitled “The Enhancement of Golf Performance & Prevention of Golf Related Injuries”.

Sessions Include:

### **Introduction**

- To discuss the demands of golf on the human body
- To discuss the purpose of conditioning for golf
- Introduce key golf statistics
- Introduce main causes of golf injuries
- Introduce the need for functional fitness training to prevent injury
- Introduce the physical requirements of the golf swing -
- Brief overview of biomechanics of the golf swing -Introduce importance of good body mechanics -
- Introduce exercises to enhance golf performance and prevent injury -
- Detail the subsequent golf lectures involved in the series



### **Session 1- Outline Physical Requirements of Golf Swing- Detail**

*Joint Flexibility, MM Strength, Balance and Posture, Coordination, Nutrition and Endurance*

### **Session 2- Outline Biomechanics of Golf Swing- Detail**

*Analysis of Swing Sequence, Analysis of Energy Transfer in a Golf Swing, Golf Swing Self-Evaluation*

### **Session 3- Outline Body Mechanics/ Development of Golf Specific Exercise Program- Detail**

*Lab Session on Golf Exercises*

**PRIVATE ONE-ON-ONE SESSIONS ALSO AVAILABLE BY APPOINTMENT.**

**CALL CHRIS AT 609-261-2600 FOR DETAILS!**