

Golf Fitness Session Plan – Year 1 Associates (Confirm with Steph)

8am-9am: Instructors set-up testing (chairs should be already cleared from the back of Thomson and AGU rooms)

9-9:05am: Introduction & test sheet handouts

9:05-9:15am: Demonstration of 7 tests

9:15am-9:20am: Standardised Warm-Up: 5 minutes

9:20am-10:15am: Undertake testing. Form groups of 3 & take turns at each test station in these roles within your group: 1. Test subject 2. Measurer and recorder 3. Equipment person (e.g. collect the med ball, re-set the yardstick veins). Once completed – ***use enter your results into your excel spreadsheet*** (on laptop or phone) with predictive models (*this will help you get the most out of the theory presentation as it relates to your golf game*).

10:15am-10:30am: Morning tea-break

10:30am-10:45am: Targeted exercises for your weaknesses (Live demonstrations) – perform your exercises as needed if your weakness in back section of Thomson room

10:45am-10:50pm: Students grab chairs at back of room

10:50am-12:15pm: Golf fitness theory presentation

12:15pm-12:30pm: Questions (time buffer)

Equipment List: (Replace with set-up image? – once we have confirmed availability of grip and vert jump testers)

3 x 10m measuring tapes taped-down

3 x 3m measuring tapes taped down

4 x 1.5m measuring tapes loose

Candy Cane Gaffer Tape roll x 2

Gaffer tape roll x 2

Grip Testers x 3

Vert Jump Yard stick x 3

4 x 3Kg Med balls

3 x sticks

6 goniometers

Students Require:

Test recording sheets x 86 hard copy

Predictive model excel spreadsheet file (emailed to participants)

Laptop or phone (to enter your results into spreadsheet)

Standardised Warm-Up

Purpose: To prevent injury and reduce the systematic error of testing by getting into a similar physiological state before testing each time. If you feel any pain during any warm-up movement, let the instructor/s know as this may indicate you should omit the test that relates to that movement.

1. 10 air squats
2. 10 calf raises
3. 10 jump & land on motorbike
4. 10 lateral bound & land
5. 10 sit-ups

PGA Training School Fitness Screening Assessment Template, Golf Performance Science ©

Test Name	Protocol	Poor	Average	Excellent	Exercises to Improve
Strength					
Thomson Foyer					
Grip Strength (Rear hand only)	Elbow by your side and flexed at 90 degrees. Give a maximal effort for three seconds. 2 attempts on rear hand only – record best score.	Male < 50kg Female <35kg	Male 50-54kg Female 35-39kg	Male > 54kg Female > 39kg	Bar Hang Deadlift
Balance					
Thomson Foyer					
Stork Test - Eyes closed	Stand on 1 -leg with other knee raised to hip level. Arms must remain down by your side. As soon as you close your eyes your partner will start stopwatch (use phone). Once your touch down your foot or wobble excessively – time is recorded. 2 attempts each leg – record best score	< 7 seconds	7-15 seconds	> 15 seconds	1-Leg Pivots
Power					
Thomson Foyer					
Lateral Jump Leg Length = _____m	Measure leg length from the greater trochanter (lateral hip bone, i.e., lower than top of pelvis) to the lateral malleolus (ankle bone). Start by standing on your lead leg of your golf stance, just behind the start line. Balance with your other foot as needed & prepare to bound laterally - provided only one foot is on the ground prior to take-off. Land on the opposite foot to take-off and quickly bring the jumping foot as close to the landing foot as possible. Measure the jump distance to the closest contact point as you stand (just like long jump). 2 attempts.	Male < 1.55 m Female < 1.30 m	Male 1.55-1.73m Female 1.30-1.40m	Male > 1.73 m Female > 1.40 m	Skipping Bounding (add powerband)
Power					
Thomson Room					
Vertical Jump	Stand next to Yardstick and reach as high as you can with your preferred hand and adjust height to finger-tips. 2 attempts jumping and reaching as high as possible with your preferred hand – record best score. Neaten the veins between attempts as needed.	Male <53cm Female <35cm	Male 53-59cm Female 35-40cm	Male > 59cm Female >40cm	Squats Skipping Reactive Box Jumps
3kg Med Ball Sit-Up and Throw	Perform a sit-up while you throw the ball as far as you can. (Tip: throw the ball from the ground first then continue into sit-up movement, i.e., don't sit up first) 2 attempts – record best score	Male <4.5m Female <3m	Male 4.5-7.1m Female 3-3.5m	Male > 7.1m Female > 3.5m	MB Sit throw to wall
Flexibility					
AGU Room					
Lead hip internal rotation – active in seated	Sit on table with knees at the edge and feet dangling. Keep each sitting bone firmly on the table (i.e., don't move sideways) as you internally rotate one leg as far as you can. Measure the difference in angle between the line of the shin either with the compass (or free app called 'tilt meter') on your phone or goniometer.	Male < 46° Female < 49°	Male 46-54° Female 49-57°	Male > 54° Female > 57°	Side-lying corkscrew Spikey ball to piriformis Seated 9090 Hips
Lead shoulder external rotation – active in supine	Lie supine (face up) on table with elbow at 90 degrees and just hanging off the edge. Point forearm up (perpendicular to the table) as the starting point. Rotate forearm back as far as possible. Measure the difference in angle between the start and end point at the wrist with the compass (or free app called 'tilt meter') on your phone or goniometer.	< 90°	90-97°	> 97°	9090 Scorpion stretch Doorway pec stretch