



## Course 3:

### **Biomechanical Analysis of The Golf Swing**

This course gives you hands-on experience using 3D motion capture and force plates to analyse the golf swing. You will learn how to model a golfer in 3D, capture their swing, record Ground Reaction Forces (GRFs), and how to process and interpret their data. Maximising distance is the key focus of this analysis; we will therefore be analysing the key variables that are linked to the generation of CHS throughout.

#### **Aims of the Course:**

- Understand how 3D data and GRFs are captured when analysing the Golf Swing
- Understand how 3D data is processed to ensure an accurate assessment of the golf swing
- Understand how to interpret 3D data and GRFs to provide golfers with feedback

#### **Key Course Benefits:**

1. Ability to interpret your own client's report, giving you access to accurate 3D data
2. Hands-on experience using a Gold Standard 3D Analysis and Force Plate Systems
3. Certification for course completion
4. Referral fee for each client you send to Science Caddie for 3D analysis



### Course Structure:

10am - 11:30am	Pelvis and Shoulder Rotations
11:30am - 1pm	Kinematic Sequencing
1pm - 1:30pm	Lunch
1:30pm - 4pm	Ground Reaction Forces
4pm - 5pm	Full Data Set- Small Group Task

### Course Dates:

March 25<sup>th</sup> 2024

September 2024- Date TBC

December 2024- Date TBC

March 2025- Date TBC

### Who is this course for?

This course is suitable for golf professionals, fitness professionals and golf enthusiasts.



### **Course Prerequisites:**

The advanced analysis undertaken in this course requires attendees to have pre-existing knowledge of 3D Biomechanics and GRFs. It is therefore a requirement that you have completed the "*Generating Power...*" course before attending.

The "*Generating Power...*" course is recorded and will be released on the 18th of March 2024. It is offered at a ~33% discount (£25) when purchasing access to both courses. Choose the option 'Analysis + Power' to take both courses.

The "*Generating Power...*" course has been delivered to The PGA (UK), the Colorado PGA, Carolinas PGA, Central New York PGA and the PGA of Australia.

### **Certification:**

After you have completed the "*Biomechanical Analysis...*" course, you will be sent data from an example client for you to analyse. You will then need to record a voice note/s (max 10 mins) explaining the strengths and weaknesses of the client (optional task). This will then be reviewed by Science Caddie and feedback will be provided. Upon satisfactory completion, you will become Science Caddie Certified for Biomechanical Analysis. This identifies that you are competent in interpreting 3D and GRF Data to help golfers.

Once certified, you will receive a referral fee for clients you send to Science Caddie for 3D analysis. The client's report will then be sent to you to interpret and provide feedback to the client. If you would like to set up a new lesson for '*Biomechanical Analysis*' on your website, Science Caddie is happy to support you in getting this set up.

### **Course Cost:**

£275 or £300 (Analysis + Power option- see prerequisites)

Purchase access on the Science Caddie Website:

[www.sciencecaddie.com/analysis-course](http://www.sciencecaddie.com/analysis-course)