



THE AMAZING SPORT
OF
GOLF

WHY GOLF? HERE IS REASON #1

THE BEAUTY AND PEACEFULNESS

Trump National Los Angeles



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WHY GOLF? REASON #2

THE CHALLENGE

TPC Sawgrass Hole #17



A golfer wearing a white cap and a white short-sleeved shirt is captured in the middle of a golf swing. The golfer is holding a golf club, and the background is a soft, out-of-focus outdoor setting. The text is overlaid on the top half of the image.

BASIC OBJECTIVES OF GOLF

- ❖ The main objective of golf is to try and get a REALLY tiny ball into a REALLY tiny hole, often times covering the distance of several hundred yards. The fewer number of strokes that it takes to accomplish this, the better the score.
 - ❖ To accomplish this basic objective, a golfer will need various clubs, with each one projecting the ball into the air at various angles.

A background image of a golfer in mid-swing, wearing a white shirt and dark pants, with a golf club visible. The image is semi-transparent and serves as a backdrop for the text.

BASIC TERMINOLOGY OF GOLF

- ❖ Par - The number of strokes that is recommended to complete either a single hole, or the sum of strokes to complete nine or 18 holes.
- ❖ Birdie - One stroke below par.
- ❖ Eagle - Two strokes below par.
- ❖ Bogie - One stroke above par.
- ❖ Handicap - Refers to the number of strokes a player may deduct from their score to adjust to that of a scratch golfer.
- ❖ Bunker - Pits of sand that guard many greens.
- ❖ Green - Located at the end of each hole and is made up of extremely short grass. This is the point in which a player must putt the ball into the hole.
- ❖ Fairway - area of short grass that lies between the tee box and the green.

GOLF CLUBS

◆ Typical Angle and Distance of Clubs

- ◆ 4 Iron = 25 degrees/170 yards
- ◆ 5 Iron = 28 degrees/160 yards
- ◆ 6 Iron = 31 degrees/150 yards
- ◆ 7 Iron = 34 degrees/140 yards
- ◆ 8 Iron = 37 degrees/130 yards
- ◆ 9 Iron = 41 degrees/120 yards
- ◆ Pitching Wedge = 45 degrees/105 yards
- ◆ Sand Wedge = 55 degrees/70 yards
- ◆ Driver = 9 - 11 degree loft/225-300+ yards



BIOMECHANICS OF THE GOLF SWING

bi·o·me·chan·ics (b-m-knks)

n.

1. (used with a *sing. verb*) The study of the mechanics of a living body, especially of the forces exerted by muscles and gravity on the skeletal structure.
2. (used with a *pl. verb*) The mechanics of a part or function of a living body, such as of the heart or of locomotion.

BIOMECHANICS (CONT.)

- ❖ **Grip** -The golf swing begins in the hands, making the grip one of the most important facets of the game. The most commonly used grip involves interlocking your pinkie and index fingers, and there are three basic grips: neutral grip, strong grip and weak grip. The neutral grip is ideal.
- ❖ **Stance** -When setting up to the ball, the knees should be slightly bent, and your legs should set up squarely to your target. Line the ball up near the center of your stance with shorter clubs such as the pitching wedge, and long clubs such as a three-iron closer to the front of your stance.
- ❖ **Backswing** - Keep your left arm straight, bringing the club face back low to the ground. Your wrists should turn naturally away from your body. Midway through your backswing, the club shaft should be parallel to the ground while the club head points vertically. End the backswing with your front arm near parallel to the ground and the club shaft vertical in an "L" shape.
- ❖ **Downswing**For a smooth, yet powerful swing, lead with the hips. The move should feel like someone is pulling on your belt buckle toward your target, naturally uncoiling your swing. Keep your head back in your stance as you move your hips forward.
- ❖ **Finish** - Your body should be facing square to the target and you should have maintained balance throughout your swing.

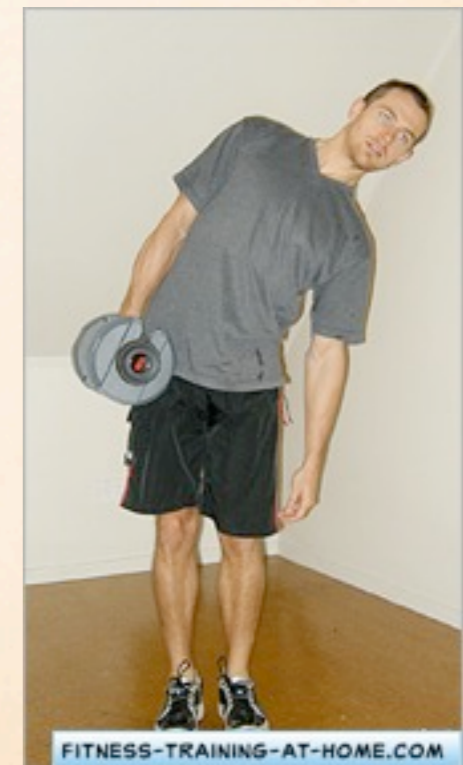
HOW CAN OTHER SKILLS BENEFIT THE MECHANICS OF GOLF?

- ❖ The twisting motion associated with a golf swing is partially reliant on the oblique muscles. Therefore, strength training the core, both the obliques and the rectus abdominis, is beneficial to any golfer.

Resistance Twists



Dumbbell Side Dips



ANALYSIS OF MY GOLF SKILLS

- ❖ I have been golfing for about three years now, and every time I am out at the links I am reminded of how frustrating this game can be. The most frustrating, and common mistake that I make is slicing the golf ball. I recognize this is due to the club face being open when the ball is struck.



ANALYSIS OF MY GOLF SKILLS

- ❖ If I had to specify one of my strengths it would be the putting green. Rarely does it take me more than two putts to sink the ball in the hole; of course when I do it is usually for bogey, or even double bogey.



PERSONAL PLAN FOR SKILL IMPROVEMENT

- ❖ Golf is one of those games where repetition is a must. Therefore to improve my golf game simply getting out and playing, as well as going to the driving range would be beneficial. In addition, receiving lessons from an instructor might get rid of my nasty slice once and for all.

| Sun | Mon | Tues | Wed | Thurs | Fri | Sat |
|----------|----------------------|----------------------|---------------------|-----------------------------------|-----------------------------------|------|
| 18 Holes | Driving Range/cardio | Strength Training | Golf Lesson/ Cardio | 18 Holes/ Strength training | Cardio/30 min @ Target Heart Rate | Rest |
| 18 Holes | Strength Training | Driving Range/cardio | Golf Lesson/ Cardio | Cardio/30 min @ Target Heart Rate | 18 Holes/ Strength training | Rest |
| 18 Holes | Driving Range/cardio | Strength Training | Golf Lesson/ Cardio | Strength Training | Cardio/30 min @ Target Heart Rate | Rest |
| 18 Holes | Strength Training | Driving Range/cardio | Golf Lesson/ Cardio | Cardio/30 min @ Target Heart Rate | 18 Holes/ Strength training | Rest |

See next slide for 2 day a week strength training program

2 DAY A WEEK STRENGTH TRAINING

Sheet1

3 Sets by 8 Reps

| Date: | Weight | | | Weight | | | |
|-------------------------|--------|-------|-------|----------------------------|-------|-------|-------|
| | Set 1 | Set 2 | Set 3 | | Set 1 | Set 2 | Set 3 |
| Chest | | | | Back | | | |
| Bench Press | | | | Wide Grip Lat Pulldowns | | | |
| Incline Dumbbell | | | | Reverse Grip Pulldowns | | | |
| Pec Deck | | | | Dumbbell Rows | | | |
| | | | | Seated Rows | | | |
| | | | | | | | |
| | | | | | | | |
| Triceps | | | | Biceps | | | |
| Close Grip Bench | | | | Preacher Curls | | | |
| Push Downs | | | | Alternating Dumbbell Curls | | | |
| Kick Backs | | | | Hammer Curls | | | |
| French Curls | | | | Heavy Bar Curls | | | |
| | | | | | | | |
| | | | | | | | |
| | | | | | | | |
| Shoulders | | | | Legs | | | |
| Dumbbell Military Press | | | | Squat | | | |
| Lateral Raises | | | | Leg Press | | | |
| Front Raises | | | | Leg Extentions | | | |
| Upright Rows | | | | Leg Curls | | | |
| | | | | Toe Raises | | | |
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| Abs | | | | | | | |
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