



AUSTRALIAN PHYSIOTHERAPY ASSOCIATION

# APPLICATION FOR GET FIT FOR GOLF COURSE ACCREDITATION

## Y Step 1. Rationale and Goal Statement:

Why is the course/activity needed? Standardised Sports physiotherapy Course at National level forms part of PD framework in Sports Physiotherapy:

**The course activity is needed as effective clinical management of golf specific patients requires a sound knowledge of golf swing biomechanics, functional activities and motor patterns associated with different activities within the sport of golf. This is also re-enforced by the need to understand physiological and technical breakdowns that occur in golfers, which can lead to the breakdown of their kinetic chain leading to injury. Physiotherapists, therefore require to have a strong understanding of golf specific training & rehabilitation protocols.**

What is the overall aim of the course/activity? The course aims to provide physiotherapists with an opportunity to improve clinical skills relevant to the assessment and treatment of golfers at all levels and ages. It will also promote systems of musculo-skeletal screening specific to golf, golf specific exercise drills & programs that they can provide within their work environment. Finally to understand golf swing biomechanics & swing misconceptions that leads to swing mechanics breakdown & injury.

## Y Step 2: Target audience and Prerequisites:

Who will benefit most from attending the course or activity? **Physiotherapists**

What must participants already know or be able to do? (List skills, experience, and qualifications)

**Any participant who enjoys playing golf or working with the golf community. Any therapist who wants to have a close working relationship with a PGA Professional.**

## Y Step 3: Learning Objectives/Outcomes: (copy from original course acceptable)

Provide a simple statement (one sentence) that answers the question: What are participants expected to learn? One statement is required for each session of the course or activity. The learning objectives/outcomes should be listed in the table below.

The learning objectives/outcomes should be able to complete a sentence such as:

At the completion of this course, participants should be able to: .....

**OR**

During the course, participants will be expected to: .....

**Learning Outcomes**

1. Deliver practical understanding of the fundamentals of the golf swing & also how poor swing technique & swing misconceptions cause injury
2. How to conduct a golf specific assessment on club & elite golfers using the take home golf profiling system
3. Correct & simple use of video within your clinic. "Training your eyes not just your hands" using video to assess & analyse golfing patients
4. How to integrate golf drills with the latest in original golf specific exercise prescription
5. How to set up a Golf Fitness System within your clinic
6. How to target golfers with injuries including seniors, juniors, ladies, elite amateurs & professionals. Taking golfers through a step by step process of rehabilitation progressing on to performance enhancement using case history
7. Give physiotherapists an unique opportunity to commercially network with the local PGA Professional