

ise golf performance centre

The game of golf is evolving. We can see this from the success of motivated, talented players who undertake fitness training - the top players are leaner, more flexible and more muscular than the generations of golfers before them.

fitness for golf: why?

- Research shows that fitness has a strong relationship with a lower handicap.
- Being fit reduces fatigue during golf, improves recovery between holes and helps you to stay well focused throughout the game.
- A well-conditioned body can produce powerful and co-ordinated swinging actions that result in longer and better placed drives.
- The repetitive nature of the golf swing predisposes golfers to injury and a good conditioning programme will help avoid or limit injury.

Whatever your level of golfing ability, an appropriate fitness programme is essential in preparing for a healthy lifestyle, for performance and for injury prevention.

who are we?

Over the last 8 years, **ise** (the Institute of Sport And Exercise) has built a substantial reputation for the delivery of support across the golf performance continuum. Our staff have provided fitness support at local, regional and national levels as well as supporting numerous individual, professional and amateur golfers. With the development of our Golf Performance Centre, we are pleased to now be able to offer our services to a wider range of individual golfers.



what do we offer?

ISE offers fitness support to golfers of all abilities at the Golf Performance Centre. Whether you need advice on what you should be working on or training support, we can provide this.

GolFit Assessment

An initial needs analysis process will take place, involving several questions regarding golf performance, fitness and logistics of training. A golf specific fitness assessment will be conducted including: blood pressure, body composition (height, weight and body fat %), aerobic stamina, golf specific flexibility, upper body strength and lower body power.

Following this assessment, you will be provided with feedback on your results as well as a golf specific, individualised 8 week training programme including input from your club coach if you have one. You will come back to the golf performance centre the following week to be taken through your programme in the fitness suite to ensure you are confident in performing the exercises correctly and safely. Both appointments will take approximately one hour each.

Cost • £80

Wanting more?

- If you would like additional support regarding your programme after your initial session, you can come in for a 30 minute follow up session for **£15**.
- After your initial 8 week block of training:
 - You can be re-assessed for **£40**
 - You can be re-assessed and have a new programme sent out to you for **£45**
 - You can be re-assessed, have a new programme with a 45 minutes instruction session for **£60**

GolFit PEPS (personal exercise programme)

If you would like regular support, GolFit PEPS are one-to-one training sessions that give you the freedom to achieve your fitness goals the way that you want. Your GolFit PEP instructor will provide the motivation, latest techniques, challenge and fun to get you to your goal quickly and safely, and specifically tailored towards golf. If you have had a GolFit Assessment, this information will be passed on to your GolFit PEP Instructor.



For all enquiries contact

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www.dundee.ac.uk/ise/science/performance/golfperformance.php