



## Accredited Africa Training Institute for Capacity Development

Unit FO409, Hatfield Plaza · 1122 Burnett St, Hatfield 0028 · Pretoria, Gauteng · South Africa

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### COURSE BROCHURE

# Apply Anatomical And Physiological Knowledge To Golfing Activity Training

Culture and Arts / Sport

Unit Standard 120192 · NQF Level 5 · 5 Credits · 2 Days

## COURSE OVERVIEW

This course equips golfing professionals and coaches with the anatomical and physiological knowledge necessary to optimize golf performance and prevent injury. Learners will apply biomechanical principles to analyze and improve golf swings, while understanding the body's response to training loads.

|                 |                                           |
|-----------------|-------------------------------------------|
| Category        | Culture and Arts                          |
| Subfield        | Sport                                     |
| Unit Standard   | 120192                                    |
| Accreditation   | SAQA Accredited · NQF Level 5 · 5 Credits |
| Duration        | 2 days                                    |
| Training Method | Online, On-Campus, In-House               |
| Certificate     | Issued via AATICD LMS – verifiable online |

## LEARNING OUTCOMES

- Apply anatomical terminology and knowledge of major muscle groups to analyze golf swing mechanics.
- Evaluate the physiological demands of golf, including energy systems and cardiovascular responses.
- Design golf-specific training programs that incorporate periodization and recovery principles.
- Demonstrate corrective exercises for common golf-related muscle imbalances and injuries.
- Implement warm-up and cool-down protocols based on physiological principles to enhance performance and reduce injury risk.
- Analyze the biomechanics of the golf swing to identify and correct faulty movement patterns.

## WHO SHOULD ATTEND

- This course is designed for golf coaches, trainers, and serious golfers seeking to deepen their understanding of human movement in golf.
- It is also suitable for fitness professionals working with golfers.

## COURSE OUTLINE

### Day 1: Foundational Anatomy and Physiology for Golf

- Overview of skeletal system: bones and joints critical to golf (spine, hips, shoulders, wrists).
- Major muscle groups: prime movers, synergists, and stabilizers in the golf swing.
- Muscle contraction types: concentric, eccentric, isometric in swing phases.
- Energy systems: ATP-PC, glycolytic, and oxidative systems for golf performance.
- Nervous system: proprioception, motor control, and coordination.
- Introduction to kinesiology: planes of motion and axes used in golf.
- Practical session: Palpation and identification of key anatomical landmarks.

### Day 2: Applied Anatomy and Physiology in Golf Training

- Biomechanical analysis of the golf swing: kinetic chain, ground reaction forces, and segmental sequencing.
- Flexibility and mobility: joint range of motion requirements for each swing phase.
- Strength and conditioning: exercises targeting core, hip, and shoulder stability.
- Injury prevention: common golf injuries (low back, elbow, shoulder, wrist) and anatomical risk factors.
- Physiological monitoring: heart rate, fatigue management, and recovery strategies.
- Practical session: Functional movement screening and corrective exercise prescription.
- Case studies: Applying anatomical knowledge to improve swing efficiency and reduce injury risk.
- Assessment: Practical demonstration of exercise programme design based on anatomical analysis.

## ASSESSMENT & CERTIFICATION

Delegates are assessed through exercises and a final test. A mark of **50% or above** earns an **AATICD Certificate of Completion**, issued digitally with a unique verification code. This course carries **5 NQF credits** at **NQF Level 5**.

## PRICING (PER DELEGATE, EX-VAT)

| Delegates | Training Method      | Price per Delegate | Total       |
|-----------|----------------------|--------------------|-------------|
| 1         | Online               | R 16,200.00        | R 16,200.00 |
| 1         | In-House             | R 21,000.00        | R 21,000.00 |
| 1         | On-Campus (Pretoria) | R 24,300.00        | R 24,300.00 |

## UPCOMING SESSIONS

| Start       | End         | Method    | Venue                      |
|-------------|-------------|-----------|----------------------------|
| 03 Aug 2026 | 04 Aug 2026 | On-Campus | Pretoria, South Africa     |
| 03 Aug 2026 | 04 Aug 2026 | On-Campus | Cape Town, South Africa    |
| 03 Aug 2026 | 04 Aug 2026 | On-Campus | Johannesburg, South Africa |
| 05 Aug 2026 | 06 Aug 2026 | On-Campus | Dubai, UAE                 |
| 05 Aug 2026 | 06 Aug 2026 | On-Campus | Mauritius                  |
| 05 Aug 2026 | 06 Aug 2026 | On-Campus | Lagos, Nigeria             |
| 11 Aug 2026 | 12 Aug 2026 | On-Campus | Cape Town, South Africa    |
| 11 Aug 2026 | 12 Aug 2026 | On-Campus | Pretoria, South Africa     |

Contact us if no suitable date is listed – on-demand sessions can be arranged for groups.

## HOW TO GET A QUOTE OR APPLY

1. **Get an instant quotation online:** visit [www.aaticd.co.za](http://www.aaticd.co.za), open the page for this course (Unit Standard 120192) and click **Get A Quote / Apply**. Select your training method and number of delegates – your quotation is generated immediately and emailed to you with the course brochure attached.
2. **Apply by email:** send the course title, your preferred training method (Online, In-House or On-Campus Pretoria), the number of delegates and your preferred dates to [apply@aaticd.co.za](mailto:apply@aaticd.co.za) – our team will reply with a formal quotation.
3. **Apply by phone or WhatsApp:** call +27 12 004 8389 or WhatsApp +27 65 077 6310 and we will prepare your quotation and reserve your seats.
4. **Confirm your booking:** accept the quotation and settle the invoice. As soon as payment is confirmed your delegates are enrolled and receive their AATICD LMS login details by email, along with joining instructions for their chosen training method.

Group discounts apply automatically – the more delegates you enrol, the lower the price per delegate. No payment is required to request a quotation.

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