



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

Demonstrate An Understanding Of The Basic Elements Of Golf Fitness Training

Culture and Arts / Sport

Unit Standard 120193 · NQF Level 5 · 10 Credits · 7 Days

COURSE OVERVIEW

This course provides learners with foundational knowledge of golf fitness training, enabling them to understand the key physical components required for optimal golf performance and injury prevention. It covers basic principles of flexibility, strength, and conditioning tailored to the golf swing, as well as the role of nutrition and warm-up routines.

Category	Culture and Arts
Subfield	Sport
Unit Standard	120193
Accreditation	SAQA Accredited · NQF Level 5 · 10 Credits
Duration	7 days
Training Method	Online, On-Campus, In-House
Certificate	Issued via AATICD LMS – verifiable online

LEARNING OUTCOMES

- Demonstrate an understanding of the basic anatomical and physiological principles relevant to golf fitness.
- Apply fundamental flexibility and stretching techniques to improve golf swing mechanics.
- Design a basic golf-specific strength and conditioning program.
- Analyze the role of nutrition and hydration in golf performance and recovery.
- Implement a pre-round warm-up routine to reduce injury risk.
- Evaluate common golf-related injuries and their prevention strategies.

WHO SHOULD ATTEND

- This course is ideal for golf enthusiasts, beginner to intermediate golfers, and fitness trainers seeking to specialize in golf-specific conditioning.
- It is also suitable for sports coaches and physical education instructors looking to integrate golf fitness into their programs.

COURSE OUTLINE

Day 1: Introduction to Golf Fitness and Anatomy Basics

- Overview of golf fitness training.
- Anatomy of the golf swing: primary movers.
- Core stability and its role in golf.
- Postural assessment basics.
- Safety guidelines for exercise.
- Introduction to flexibility and mobility.

Day 2: Flexibility and Mobility for Golf

- Flexibility vs. mobility: definitions and application.
- Dynamic stretching for warm-up.
- Static stretching for recovery.
- Hip and thoracic spine mobility exercises.
- Common flexibility deficits in golfers.
- Designing a simple flexibility programme.

Day 3: Core Strength and Stability

- Anatomy of the core: deep vs. superficial muscles.
- Core stability exercises: planks, bird-dogs.
- Rotational core exercises for golf.
- Breathing mechanics and core engagement.
- Common core training errors.
- Sample core workout for golfers.

Day 4: Strength Training Fundamentals for Golf

- Resistance training principles: overload, specificity.
- Lower body exercises: squats, lunges.
- Upper body exercises: rows, presses.
- Rotational strength exercises.
- Programme design: sets, reps, rest.
- Safety and spotting techniques.

Day 5: Power and Explosiveness for Golf

- Power vs. strength: physiological differences.
- Plyometric fundamentals: jumping and bounding.
- Medicine ball rotational throws.
- Olympic lift variations for power.
- Power training progression.
- Combining strength and power in a session.

Day 6: Cardiovascular Fitness, Nutrition, and Recovery

- Cardiovascular training for golf: walking, interval training.
- Energy systems used in golf.
- Macronutrients and timing for golfers.
- Hydration strategies.
- Sleep and recovery techniques.

- Active recovery and stretching.

Day 7: Programme Design and Practical Integration

- Periodisation principles for golf.
- Sample weekly training plan.
- Exercise selection and progression.
- Addressing common golf injuries.
- Individualising programmes.
- Practical session: designing a programme for a case study.

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 **10 NQF credits** at **NQF Level 5**.

PRICING (PER DELEGATE, EX-VAT)

Delegates	Training Method	Price per Delegate	Total
1	Online	R 29,600.00	R 29,600.00
1	In-House	R 38,500.00	R 38,500.00
1	On-Campus (Pretoria)	R 44,400.00	R 44,400.00

UPCOMING SESSIONS

Start	End	Method	Venue
31 Jul 2026	10 Aug 2026	On-Campus	Dar es Salaam, Tanzania
03 Aug 2026	11 Aug 2026	On-Campus	Johannesburg, South Africa
04 Aug 2026	12 Aug 2026	On-Campus	Mauritius
05 Aug 2026	13 Aug 2026	On-Campus	Cape Town, South Africa
06 Aug 2026	14 Aug 2026	On-Campus	Dubai, UAE
07 Aug 2026	17 Aug 2026	On-Campus	Pretoria, South Africa
07 Aug 2026	17 Aug 2026	On-Campus	Lagos, Nigeria
10 Aug 2026	18 Aug 2026	On-Campus	Mauritius

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, open the page for this course (Unit Standard 120193) 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 – 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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