



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

Prevent And Grade Golf Injuries Training

Culture and Arts / Sport

Unit Standard 120195 · NQF Level 5 · 10 Credits · 7 Days

COURSE OVERVIEW

This course equips learners with the knowledge and skills to prevent and grade golf injuries, ensuring safe participation in golf activities. It covers injury mechanisms, risk assessment, and classification systems to promote player well-being and reduce liability for golf facilities.

Category	Culture and Arts
Subfield	Sport
Unit Standard	120195
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

- Apply injury prevention strategies to reduce the risk of common golf injuries.
- Analyze biomechanical factors contributing to golf injuries and recommend corrective actions.
- Evaluate injury severity using standardized grading systems for golf-related trauma.
- Demonstrate first aid and immediate care procedures for golf injuries.
- Design a return-to-play protocol tailored to individual player recovery stages.
- Implement safety policies and warm-up routines to minimize injury incidence.

WHO SHOULD ATTEND

- Golf coaches, fitness trainers, sports therapists, and club managers responsible for player safety and injury management in golf settings.

COURSE OUTLINE

Day 1: Introduction to Golf Injuries and Prevention

- Overview of golf injury epidemiology
- Common golf injuries: back, shoulder, elbow, wrist, knee
- Intrinsic and extrinsic risk factors
- Principles of injury prevention (e.g., warm-up, conditioning)
- Introduction to golf swing biomechanics
- Pre-participation screening basics

Day 2: Anatomy and Biomechanics of the Golf Swing

- Functional anatomy of the spine, shoulder, hip, and wrist
- Phases of the golf swing: setup, backswing, downswing, impact, follow-through
- Muscle activation patterns during the swing
- Common biomechanical faults: over-rotation, early extension, loss of posture
- Video analysis of swing faults
- Practical: basic swing assessment

Day 3: Conditioning and Flexibility for Injury Prevention

- Principles of golf-specific conditioning
- Flexibility and mobility: dynamic stretching, foam rolling
- Core stability exercises: planks, rotations, anti-rotation
- Balance and proprioception training
- Strength training for golf: key exercises
- Warm-up and cool-down protocols for golfers
- Practical: design a sample conditioning session

Day 4: Equipment, Technique, and Environmental Factors

- Club fitting: length, lie angle, shaft flex, grip size
- Shoe selection and orthotics
- Swing modifications for injury prevention
- Impact of playing surfaces and weather
- Carrying vs. using a trolley
- Practical: equipment assessment and swing modification drills

Day 5: Injury Assessment and Management on the Course

- Recognition of acute injuries: sprains, strains, fractures
- Overuse injuries: tendinopathy, stress fractures
- On-course first aid: RICE, immobilisation
- Taping and bracing techniques
- Referral pathways and multidisciplinary care
- Return-to-play criteria and gradual progression
- Practical: taping workshop

Day 6: Advanced Prevention Strategies and Special Populations

- Periodisation for golf: off-season, pre-season, in-season
- Injury prevention in junior golfers: growth considerations
- Injury prevention in senior golfers: flexibility, balance

- Mental skills for injury prevention: focus, relaxation
- Nutrition and hydration for recovery
- Practical: design a periodised training plan for a golfer

Day 7: Practical Integration and Assessment

- Comprehensive screening: range of motion, strength, balance
- Case study presentations: injury analysis and prevention plan
- Practical assessment: swing analysis, taping, conditioning design
- Final written assessment
- Course review and feedback
- Certification and next steps

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
10 Aug 2026	18 Aug 2026	On-Campus	Pretoria, South Africa
11 Aug 2026	19 Aug 2026	On-Campus	Abu Dhabi, UAE
12 Aug 2026	20 Aug 2026	On-Campus	Durban, South Africa
12 Aug 2026	20 Aug 2026	On-Campus	Mauritius
13 Aug 2026	21 Aug 2026	On-Campus	Cape Town, South Africa
14 Aug 2026	24 Aug 2026	On-Campus	Dubai, UAE
17 Aug 2026	25 Aug 2026	On-Campus	Abu Dhabi, UAE
18 Aug 2026	26 Aug 2026	On-Campus	Durban, 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, open the page for this course (Unit Standard 120195) 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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