



## 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

# Describe Implement And Teach The Principles And Building Blocks Of A Golf Swing Training

Culture and Arts / Sport

Unit Standard 120206 · NQF Level 5 · 12 Credits · 9 Days

## COURSE OVERVIEW

This course equips learners with the knowledge and skills to describe, implement, and teach the fundamental principles and building blocks of a golf swing. It focuses on biomechanical concepts, swing mechanics, and instructional techniques to enable effective coaching. Participants will learn to analyze swing faults and apply corrective methods for diverse learners.

|                 |                                            |
|-----------------|--------------------------------------------|
| Category        | Culture and Arts                           |
| Subfield        | Sport                                      |
| Unit Standard   | 120206                                     |
| Accreditation   | SAQA Accredited · NQF Level 5 · 12 Credits |
| Duration        | 9 days                                     |
| Training Method | Online, On-Campus, In-House                |
| Certificate     | Issued via AATICD LMS – verifiable online  |

## LEARNING OUTCOMES

- Describe the key biomechanical principles underlying an efficient golf swing.
- Demonstrate the correct setup, grip, stance, and alignment as building blocks of the swing.
- Analyze common swing faults and prescribe appropriate corrective drills.
- Implement a structured teaching progression for the golf swing to learners of varying skill levels.
- Evaluate learner performance and adapt instructional methods to individual needs.

## WHO SHOULD ATTEND

- This course is designed for aspiring golf instructors, coaches, and physical education teachers seeking to deepen their understanding of golf swing mechanics.
- It is also suitable for experienced golfers who wish to enhance their teaching capabilities.

## COURSE OUTLINE

### Day 1: Introduction to Golf Swing Principles

- Overview of golf swing mechanics.
- Key principles: balance, rhythm, and tempo.
- The grip: types and importance.
- Posture and its effect on swing.
- Stance and alignment fundamentals.
- Introduction to the swing plane.
- Safety and equipment basics.
- Practical demonstration of grip and posture.

### Day 2: The Setup and Backswing

- Detailed setup: feet, hips, shoulders.
- The one-piece takeaway.
- Backswing mechanics: shoulder turn and arm swing.
- Wrist hinge and club position at the top.
- Weight shift and pivot.
- Common backswing faults and corrections.
- Drills for backswing improvement.
- Practical session: backswing practice.

### Day 3: The Downswing and Impact

- Transition from backswing to downswing.
- Lower body initiation and hip rotation.
- Arm and club drop into the slot.
- Impact position: hands, clubface, and body.
- Compression and ball-first contact.
- Common faults: casting, over-the-top.
- Drills for downswing sequencing.
- Practical session: downswing and impact.

### Day 4: The Follow-Through and Finish

- Follow-through mechanics: extension and rotation.
- The finish position: balance and posture.
- Tempo and rhythm in the swing.
- Relationship between backswing and follow-through.
- Common follow-through faults.
- Drills for balanced finish.
- Practical session: full swing practice.
- Video analysis of swing.

### Day 5: Short Game Fundamentals

- Introduction to short game.
- Chipping: setup, swing, and landing.
- Pitching: longer swing, higher trajectory.
- Putting: grip, stance, stroke mechanics.
- Distance control and feel.

- Common short game errors.
- Drills for chipping and pitching.
- Practical session: short game practice.

#### **Day 6: Bunker Play and Specialty Shots**

- Bunker shot setup and swing.
- Explosion technique: sand entry and exit.
- Playing from uphill, downhill, sidehill lies.
- Lob shot: high trajectory, soft landing.
- Punch shot: low trajectory, control.
- Adapting grip and stance for specialty shots.
- Common bunker mistakes.
- Practical session: bunker and specialty shots.

#### **Day 7: Teaching Methodology and Communication**

- Principles of adult learning.
- Breaking down swing components for teaching.
- Using visual, verbal, and kinesthetic cues.
- Providing constructive feedback.
- Common student errors and corrections.
- Designing practice sessions.
- Role-play: teaching a beginner.
- Practical session: peer teaching.

#### **Day 8: Advanced Swing Concepts and Troubleshooting**

- Video swing analysis techniques.
- Common swing faults: slice, hook, push, pull.
- Corrective drills for each fault.
- Power generation: ground force and sequence.
- Accuracy: clubface control and path.
- Course management and shot selection.
- Creating personalised practice routines.
- Practical session: swing analysis and drills.

#### **Day 9: Integration, Assessment, and Certification**

- Full swing review and integration.
- Teaching demonstration to assessors.
- Written assessment on principles and building blocks.
- Practical assessment: swing demonstration.
- Feedback and improvement areas.
- Certification requirements and next steps.
- Course wrap-up and Q&A;
- Issuance of certificates.

## 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 **12 NQF credits** at **NQF Level 5**.

## PRICING (PER DELEGATE, EX-VAT)

| Delegates | Training Method      | Price per Delegate | Total       |
|-----------|----------------------|--------------------|-------------|
| 1         | Online               | R 35,000.00        | R 35,000.00 |
| 1         | In-House             | R 45,500.00        | R 45,500.00 |
| 1         | On-Campus (Pretoria) | R 52,500.00        | R 52,500.00 |

## UPCOMING SESSIONS

| Start       | End         | Method    | Venue                      |
|-------------|-------------|-----------|----------------------------|
| 07 Aug 2026 | 19 Aug 2026 | On-Campus | Johannesburg, South Africa |
| 10 Aug 2026 | 20 Aug 2026 | On-Campus | Cape Town, South Africa    |
| 11 Aug 2026 | 21 Aug 2026 | On-Campus | Dubai, UAE                 |
| 12 Aug 2026 | 24 Aug 2026 | On-Campus | Pretoria, South Africa     |
| 13 Aug 2026 | 25 Aug 2026 | On-Campus | Abu Dhabi, UAE             |
| 14 Aug 2026 | 26 Aug 2026 | On-Campus | Durban, South Africa       |
| 14 Aug 2026 | 26 Aug 2026 | On-Campus | Mauritius                  |
| 17 Aug 2026 | 27 Aug 2026 | On-Campus | Dubai, UAE                 |

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 120206) 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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