



Accredited Africa Training Institute for Capacity Development

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

Tel: +27 12 004 8389 · Mobile: +27 65 077 6310

Email: apply@aaticd.co.za · Website: www.aaticd.co.za

COURSE BROCHURE

Apply Basic Concepts Of Sport Psychology In A Golfing Context Training

Culture and Arts / Sport

Unit Standard 120209 · NQF Level 5 · 12 Credits · 9 Days

COURSE OVERVIEW

This course equips learners with foundational sport psychology principles tailored to golf. Participants will understand mental factors influencing performance and learn techniques to enhance focus, confidence, and resilience on the course. The training bridges psychological theory with practical golfing applications to improve overall game management.

Category	Culture and Arts
Subfield	Sport
Unit Standard	120209
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

- Apply key sport psychology concepts such as arousal regulation, goal setting, and self-talk to golf-specific scenarios.
- Analyze psychological barriers (e.g., anxiety, loss of concentration) impacting golf performance and propose interventions.
- Evaluate the role of motivation, confidence, and team dynamics in individual and team golf contexts.
- Design a pre-shot routine incorporating mental preparation techniques to enhance consistency.
- Demonstrate effective communication strategies to support golfers' mental well-being and performance.
- Implement basic mental skills training programs for amateur or competitive golfers.

WHO SHOULD ATTEND

- Golf coaches, players, and sports enthusiasts seeking to integrate mental skills training into their golfing practice.
- Also suitable for sports science students and fitness professionals working with golfers.

COURSE OUTLINE

Day 1: Introduction to Sport Psychology and Golf

- What is sport psychology?
- The mental demands of golf: concentration, emotional control, resilience.
- Overview of psychological skills training (PST).
- The role of the coach and player in mental skill development.
- Ethical considerations in sport psychology.
- Introduction to self-assessment tools for mental skills.

Day 2: Goal Setting for Golf Performance

- Types of goals: outcome vs. performance vs. process.
- SMART goal framework (Specific, Measurable, Achievable, Relevant, Time-bound).
- Goal setting for short-term and long-term golf improvement.
- Writing effective golf goals: examples for driving, putting, course management.
- Monitoring progress: journals, feedback, and review.
- Common pitfalls in goal setting and how to avoid them.

Day 3: Arousal Regulation and Anxiety Management

- Understanding arousal, anxiety, and stress in golf.
- The inverted-U model: optimal arousal for putting vs. driving.
- Cognitive and somatic anxiety: signs and effects.
- Relaxation techniques: diaphragmatic breathing, PMR, imagery.
- Activation techniques: energising cues, pre-round routines.
- Developing a personal arousal regulation plan.

Day 4: Concentration and Focus in Golf

- The nature of concentration in golf.
- Types of attention: broad, narrow, internal, external.
- Common distractions: crowd noise, weather, self-talk.
- Pre-shot routine: steps to enhance focus.
- Cue words and triggers for maintaining concentration.
- Refocusing strategies: breathing, resetting, positive self-talk.
- Simulation exercises for focus under pressure.

Day 5: Imagery and Mental Rehearsal for Golf

- What is imagery? Modalities: visual, kinesthetic, auditory.
- The PETTLEP model (Physical, Environment, Task, Timing, Learning, Emotion, Perspective).
- Imagery for skill execution: swing, putting, chip shots.
- Imagery for course management and problem-solving.
- Emotional and arousal regulation through imagery.
- Creating and using imagery scripts.
- Practical session: guided imagery on the practice range.

Day 6: Self-Confidence and Self-Talk

- Self-efficacy theory and golf performance.
- Sources of confidence: performance accomplishments, vicarious experience, verbal persuasion, physiological states.
- Identifying negative self-talk: catastrophising, overgeneralisation.

- Cognitive restructuring techniques.
- Developing positive self-talk statements and affirmations.
- Pre-round and in-round self-talk strategies.
- Building confidence through success logs and strengths focus.

Day 7: Team Dynamics and Communication in Golf

- The golf support network: roles and responsibilities.
- Communication models: sender-receiver, active listening.
- Giving and receiving feedback effectively.
- Building rapport with caddie and coach.
- Conflict resolution strategies.
- Team cohesion in fourball and team competitions.
- Leadership and followership in golf teams.
- Practical exercise: role-play communication scenarios.

Day 8: Mental Toughness and Resilience

- The 4 C's of mental toughness: Control, Commitment, Challenge, Confidence.
- Coping with pressure: routines, breathing, perspective.
- Handling mistakes and bad rounds: reframing and learning.
- Building resilience through adversity simulation.
- Post-round debrief: analysing mental performance.
- Developing a mental toughness training plan.
- Case studies of mentally tough golfers.

Day 9: Integration, Assessment, and Action Plan

- Review of key concepts from Days 1-8.
- Building a personalised mental game plan: routines, goals, self-talk, imagery.
- Simulation exercise: 9-hole round with mental skills application.
- Peer and facilitator feedback on mental skills use.
- Self-assessment of mental skills progress.
- Designing a 30-day practice plan for continued improvement.
- Resources for further learning (books, apps, associations).
- Course evaluation and certification.

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
31 Jul 2026	12 Aug 2026	On-Campus	Mauritius
03 Aug 2026	13 Aug 2026	On-Campus	Dubai, UAE
04 Aug 2026	14 Aug 2026	On-Campus	Pretoria, South Africa
04 Aug 2026	14 Aug 2026	On-Campus	Lagos, Nigeria
05 Aug 2026	17 Aug 2026	On-Campus	Johannesburg, South Africa
06 Aug 2026	18 Aug 2026	On-Campus	Mauritius
07 Aug 2026	19 Aug 2026	On-Campus	Cape Town, South Africa
10 Aug 2026	20 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, open the page for this course (Unit Standard 120209) 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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