



## Further Education Program

<b>Module Title</b>	Muscle Tension during a Golf Swing	<b>Date</b>	07.10.2024
<b>Panel Speakers</b>	Movesmart, Ole Pederson - <a href="#">website</a>	<b>Venue</b>	Albis Golf, Moosstrasse 7, 8907 Wettswil am Albis
<b>Description</b>	You know everything about your golf swing – distance, speed, impact etc. but what do you know about your muscle activity? The Movesmart sensors measure the activation of your muscles during a golf swing. With the video recording, you analyse, understand and control your muscle tension and immediately improve your golf swing.	<b>Costs</b>	free of charge for Swiss PGA members
		<b>Recertification Points</b>	2

### Detailed Program for the day

Time	
08h30	Registration & Coffee
09h00 – 10h00	<ul style="list-style-type: none"> <li>▪ Short introduction</li> <li>▪ What can movesmart do? From pro to pro using practical examples from golf lessons</li> <li>▪ What and how do we measure?</li> <li>▪ The app and its features briefly explained</li> </ul>
10h00 – 12h00	All participants can try out movesmart for themselves and discuss the results (in small groups)
12h00 – 13h30	Lunch together
13h30 – 16h00	<ul style="list-style-type: none"> <li>▪ Application exercises in small groups</li> <li>▪ Long game</li> <li>▪ Chipping</li> <li>▪ Putting</li> </ul>
16h00 – 16h30	Coffee, questions and conclusion