



Strength and Conditioning for Golf

**Faculty of Wellbeing Education
and Language Studies (WELS)**

Call for PhD projects starting in October 2024

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Project description

School

Education, Childhood, Youth & Sport

Members

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Aim

The two aims of this research are to:

1. Analyse workloads of junior and adult golfers. Studies will investigate the applied use of monitoring to address practice, tournament and training (strength and conditioning; S&C) interventions.
2. Evaluate the impact of longitudinal S&C interventions on injury risk and performance, alongside athlete workload monitoring.

Evaluation in these areas will add to existing knowledge and inform applied monitoring, training and coaching practice to ensure optimisation of golfers' performance and injury risk reduction.

Methodology

Methodologies include capturing athlete monitoring data using applied applications to inform strength and conditioning (S&C), practice and performance strategies. S&C interventions will be set up and administered across a longitudinal study with potential for motion capture, force plate analysis and S&C testing protocols to be employed. Methods will result in quantitative data analysis to investigate the impact of interventions on technique and performance.

Contribution

The project will highlight trends and links to overuse injuries and performance enhancement, potentially leading to the establishment of benchmarks and guidelines. More specifically the project will generate understanding of training, practice and competition that can inform golfers, coaches, organisations and others of the influence and role of practice, S&C and athlete monitoring. Coaches will benefit from dissemination of research findings and structure more effective athlete monitoring, and practice / tournament schedules with their players, while S&C coaches will benefit from increased understanding of the transfer of training to performance. Parents of juniors and golfers themselves may also benefit through understanding the risks of overuse injuries associated with hitting too many golf balls.

PhD project

This PhD will aim to assess the training and golf practice volumes and workloads, injuries/illness and competition loads of golfers. Alongside this athlete monitoring focus, strength and conditioning (S&C) interventions will be applied and the project will investigate the impact S&C has on performance and athlete monitoring data.

