

Golf Content Write-Up

The primary objective of this resource is to deconstruct the fundamental movement skill of striking with an implement (specifically the golf swing) into a digestible, phase-based framework for high school students. This resource is intended to help learners of all ability levels understand the phases of movement and the basic techniques and tips for executing a golf swing.

By engaging with this visual guide, students will be able to identify the sequential flow of force production, understanding that power is not generated by their arms alone, but rather through a summation of forces starting from the lower body and transitioning up to and through the upper body. The breakdown of the phases will allow students to differentiate between the phases of the movement and analyze phase-specific mechanics, helping them when attempting to troubleshoot their swing errors. Having a deeper comprehension of these aspects of the golf swing will help improve proprioception, allowing students to develop a better mental map of their body as they go through the phases of a swing and focus on different aspects they may need improvement on, like posture or rotation.

The poster is focused on three main phases, including the preparation phase, the execution phase, and the follow-through phase (Methods of Movement Analysis, 2025). The preparation phase centres on establishing a stable base of support for force production, the execution phase focuses on the transition from potential to kinetic energy through torso coil and rotation, and the follow-through phase provides a metric for balance and deceleration control.

Ultimately, this resource aids learners in visualizing the “why” behind the “how”, allowing students to move beyond trial and error and begin to apply purposeful practice to their development in lifelong physical activities. Additionally, highlights the importance of slight differences in swings when it comes to using various clubs, for instance a driver versus irons.

The inspiration for this poster is to champion physical literacy by equipping students with the technical knowledge, movement confidence, and self-efficacy required to engage in physical activity beyond the gym walls. By deconstructing the rather complex mechanics of the golf strike, this poster can help serve as a gateway for students to take ownership of their health and personal growth through an active choice. We aim to engage movers of all levels of ability by providing a framework where they can self-assess, self-correct, and master their physical competency. Golf is a pursuit that can span the entire life cycle, and being able to develop this movement skill can be essential in allowing a mover to engage in this activity for life and improve their mental well-being (Bourgain et al., 2022).

This guide aims to empower students to translate classroom skills into a lifelong habit of movement, building the resilience and motivation necessary to thrive in a variety of physical contexts.

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