The swing is an executive movement made up of many sub movements, which combine and add together to give the overall ideal end result of the shot. Within both the overall executive movement and the sub movements there are many factors that have crucial influences on both movement and outcome of these. These factors may be biomechanical, environmental, emotional and physical. I believe the most important factor of the Golf swing itself is definitely biomechanics, as this is the basis or foundation for any efficiency and this is the prime way in which we can further or improve our swing. These biomechanical aspects require understanding, so that we can then manipulate them in practice and in real on course game...We must then break down the swing and ask ourselves to identify which line actually has the most impact on performance, and also improvement of efficiency of the swing.

Through the lines that we have been looking at as a class (structure, 3rd, 6th and 9th), it allows us to then take a step back and see if we can find any trends or evidence to help us answer reasonably and logically this question. The first is within research outside of golf, one website (www.golf-swing-magic.com/golf-downswing.html) states that, "The most important and critical area of the golf swing: The golf downswing. That with it we uncover the most common and at the same time most devastating flaws in golf. The peak of frustration is reached here because, no matter what has gone before it, this one move can make a greater difference in the result of the swing and the shot than any other." There is some truth to this statement in the fact that it can be the most frustrating line as this is what we naturally blame our shot's faults and weaknesses on. But In my own personal opinion I believe that we cannot pin point one crucial moment or aspect of importance within the swing that "can make a greater difference." Purely because golf as a sport is not about one movement or part of the body; instead it is the sequential combination of many parts of the body and many different movements put together. Some may argue that 6th line or impact is the most important part of the swing as it is the actual club to ball connection in which the main aim of the shot is technically complete. But what did it take to get to impact? What does it take to create accuracy at this impact? What comes after this impact that helps us finish out our movement? The answer is easy, each of those lines inter-relate to give the overall importance and impact of performance. We only need to take a look through the strengths and weaknesses stated previously in the slides to see the relationships between the stages of the lines and their impact on each other. A direct example of this is found in 6th line of the student's shot, his weakness of having cramped arm space and limited control, was due to a completely different weakness found on 3rd line. The cause was having inaccurate rotation of his core and trunk and also bad sequencing of force summation in that line 3 previously as stated.........This also adds to my point that these other lines in the follow through after 3rd and 6th line should have been able to be just as important to fix or even make an impact on these weaknesses.

(1)

… Going back to the point of biomechanics although, I do agree that this factor (excluding the actual lines of the swing), is extremely important and does have a major impact on both the executive, overall performance and the smaller more defined aspects of the swing.... The quantitative biomechanical data needs to be interpreted by the bio mechanist and translated into coaching points for golf professionals and coaches." I believe that this statement is fair, but much like the different lines in golf there cannot be only one biomechanical principle seen as being the most important. This is because each principle inter-relates... example of these principles inter-relating within the student's swing, is when his lever (the golf club) is in an effective position in relation to his body and this then positively effects his stability for the rest of his swing………. . But

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we must ask the question; would all that focus on only one principle allow for overall improvement of the executive movement? Or would it hinder progress of those biomechanical principles that are less focused on? This again comes down to that question of which has the most impact on the swing, and the answer is simple, they are all inter-related and equally important and influential. If you took one of these principles out of the swing, e.g. stability then I know for a fact that the rest of the principles incorporated into the swing would be hindered and affected greatly.

… The next all important question, is surrounded and seemingly answered by a cloud of different opinions, beliefs and skepticism… our modern day society technology is so far developed and there is such a massive importance placed upon the use and incorporation of it. So it is no surprise that in sport, modern and sophisticated technology has been mixed with our own physical human technology that which comes naturally. Within our school we are extremely lucky with the resources around us, which enable us to delve deeper into technological evaluation and critiquing of our chosen sport of golf. As with every great debate there come the pros and the cons of the use of technology, but right from the beginning of our own unit we definitely saw the pros and benefits. Take the golf academy itself for example, beautiful environment, resources and most importantly up to date software that allowed us to slow down our partners swing for evaluation.

The first use of technology was in the videoing of our first initial swing, thus giving us raw and real data to work …Technology allows for us to move a lot faster with every task that we do, it means we are not always relying on natural forms of sometimes inaccurate or un helpful feedback, but instead gives us a way of logic and science to look at it. Research on two key websites www.forbes.com/2009/03/25/high-tech-golf-technology-lifestyle-golftech.html   and http://www.golftec.com/ shows beliefs in this great use of technology. Stating that, "Choose the right technology, and you can indeed lower your score, lengthen your career and simply have more fun." also that "An objective analysis using video and motion measurement, have seen learning rates becoming dramatically accelerated with visual feedback that positively reinforces new swing habits"

(2)

…where the risks or cons come into play with technology. .. technology can only go so far, but the human mind and eye can go so far and beyond this task and actually bring in creativity and opinions into the task. We can bring emotion and direct feedback from the moment a task was carried out or a shot was hit, non-technological improvements can be instant and beneficial easily. Whereas we may forget to take in factors of emotion or even environment when dealing with technology, there may be no reasoning or special considerations made, all that can help is there in the math's and numbers of the technological data and feedback.

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