

# Golf

**Department:** Mobility and Fitness

**Priority:** Elective class determined by student interest

**Prerequisites:** Students must be able to demonstrate independent balance both static and dynamic. Wheelchairs and Assistive devices are ok to allow student to reach location of activities.

**Overall purpose of class:**

To allow students who played golf before their disability to learn to use adaptive equipment that will allow them to continue to enjoy the game. To promote independence in a common leisure skill.

To allow students who never played golf before to experience new ways to increase endurance, balance, eye-hand coordination, and flexibility.

**Number of classes held per week:**

Usually available twice a week.

**Optimum class time:**

Not a factor.

**Instructor requirements:**

One skilled instructor—either a PT or a skilled golf instructor with special training in disability golf.

**Number of students:** 8-10

**Student ability range and limitations:**

See pre-requisites.

**Space and Equipment requirements:**

Golf course with putting green, pitching and chipping range. Clubs, putters, golf balls, and adaptive tees, and arm supports.

Rainy day classroom set up: putting mats, clubs, video tapes.

**Student Needs to be met from the perspective of the instructor:**

Golf provides a wide variety of therapeutic opportunities including: improved strength, balance, endurance, range of motion, standing tolerance. Bilateral nature of the activities involved allow for awareness and compensation of R/L neglect. Many other areas such as processing, decision making, calculating, directionality, memory and sequencing are automatically addressed.

**Typical Student Goals that lead to placement in the class:**

Great desire to play game that formerly brought pleasure.

Desire to learn a new activity and to socialize with those who are in the class.

**Suggested Lessons and Activities:**

**Good Warm up Session** including overall body stretching with incorporation of golf club, rotation of body and eventually swinging of the club.

**Activities:** Instruction in and practice of grip, stance, swing and use of adaptive devices and equipment. Important to make it fun with games, contests, competitions with short term results, to compensate for the inevitable frustrations of regaining success in the game.

**Additional Detail Attached**