United States Golf Fitness Association

What do we offer?

- Licensed Athletic Clubs
- Licensed Certification Programs
- Seminars / Education
- Equipment
- Fluid Strength™
- Corporate Programs
- Lifestyle Revolution Program

Become a PGFA Instructor. How can a PGA Professional, physical therapist, athletic trainer / Chiropractor or other healthcare professional incorporate the USGFA program? If you are interested in becoming a PGFA Instructor, please join us for one of the USGFA Certification Courses. Once you successfully complete the course, you can:

- Diversify your Location
- Lifestyle Revolution
- Fluid Strength Program
- Join the largest growing sports market and organization.
- Increase Revenues
- Become a Elite Professional with the USGFA
- Make a Difference!

You have the opportunity to purchase a USGFA License facility, License Certification Facility, Host site. You will be able to use the USGFA name and logo, receive unlimited help with developing and implementing your program, utilize the USGFA Brand stay current with the latest in golf research. We will assist with your marketing needs and help bring clients directly to your door. To find out more about the USGFA program, visit www.usgfa.com.
Welcome to USGFA.

Course Description:

USGFA is a comprehensive Three-day seminar for physical therapists, PGA Professional, athletic trainers and other healthcare professionals. USGFA has certified PGFA instructors that have worked with the PGA Tour, NCAA Golf Teams, European PGA, LPGA , NBA and others. This unique course integrates Postural analysis (Power Posture Performance) biomechanical Analysis, the latest in golf research and the most Fluid Strength exercises that provide your clients with the a complete golf fitness and performance program.

Course Objectives:
Following this course, you will be able to:

- Describe and evaluate the biomechanics with all phases of the golf swing.
- Fluid Strength Program
- Recognize common golf injuries and the factors which cause them.
- Power Posture Performance Program.
- Perform a complete Biotonix Postural analysis and evaluation.
- Identify swing faults and Learn Terminology.
- Describe how specific physical limitations of the body will affect Performance.
- Assess static and dynamic posture and how it affects performance.
- Implement a Fluid strength program.
- Improve motor control and movement patterns for golfing clients.
- Enhance balance and stability.
- Construct a Fluid Strength program.
- Describe aerobic conditioning programs specific to golf and how it benefits golf performance.
- Instruct golfers in a 10 minute pre-round warm-up and stretching routine.
- Discuss the most current research dealing with golf injuries and golf fitness.
- Marketing
- Lifestyle revolution

Continuing Education Credits:
USGFA. is an approved provider of continuing education for PGA Professionals, physical therapists. Personal Trainers and athletic trainers. This seminar is approved by the PGA Of America for 18 hours, the FL PTA for 18 hours and the ACE, NSCA, NASM for 1.5 CEU's. Please call for verification. CE credits will be awarded to participants upon successful completion of the course.

USGFA Chiropractic and wellness course