TPI Fitness Training for Golf

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*What is the Titleist Performance Institute?*

* The world’s leading educational organization and research facility dedicated to the study of how the human body functions in relation to the golf swing
* It was developed in 2003 by Dr. Greg Rose and Dave Phillips
* TPI studies six different fields of study: golf coaching, golf mechanics, medical, fitness, power and junior development
* TPI has studied thousands of golfers ranging from pros to the average weekend enthusiast – they have data on players of all shapes, sizes, ages and fitness levels

*TPI’s Mission Statement*

* To educate golfers and industry professionals on the on the body and swing connection through its one of a kind ‘TPI certified’ educational program

*TPI’s Philosophy*

* TPI does not believe in one way to swing a club, because there are many different swing styles. What they do believe in is that there is one efficient swing style for every individual player unique to their body and based on their physical limitations

*How the TPI Process Work?*

* It starts with a screening process to assess a golfer’s swing mechanics and biomechanics, physical fitness, movement quality, current health and their client history
* These results are used to create a plan unique to the golfer’s body
* This plan can include fitness training, physical therapy or treatment, coaching of swing mechanics and biomechanics, nutrition, mentality or all of the above

*TPI Fitness Training*