

Abstract

Title: Individual perception and performance changes during 3 week intervention programme with beginners golfers

Objectives

The study aimed to evaluate the effect of a 3 week coaching program on golf skills (full swing and putting) and the perception of golf motor skills. It also sought to monitor participants' perceived difficulty and commitment levels using training diaries and investigate their subjective goal-setting and strategies for achieving them.

Methods

The study involved 43 participants who were divided into four groups, three of which had 11 participants and one with 10 participants. The participants were engaged in this project for 5 weeks in total. There was an MSRS questionnaire one week before the pre-test, then 3 weeks of intervention, post-test and again MSRS after one week after the tournament. Participants completed a reflective post-block diary after every week. The training diaries were used to identify players understanding of general golf instruction and the perception of golf motor skills.

Results

According to the quantitative results of this study, there was a significant difference in MSRS between pre-and and post-test. There was also a significant difference in perceived difficulty, however, no significant difference was found over the weeks in mental effort. There was a significant increase in accuracy in putting and contact rate in full swing. The qualitative analysis revealed different mindsets and thought processes of each participant with the need to change the current coaching strategies to more individually fitted programmes.

Conclusion

The 3 week program has led to an improvement in conscious motor processing and movement self-consciousness between pre-and post-tests, indicating that both dimensions may enhance performance, particularly in the early stages of practice.

Keywords: skills, testing, instruction, golf swing, diary