



PURPOSE

To examine the effects of video feedback on the golf swing for both novice and experienced golfers.

To examine the effects of a longer retention period for novices.

METHOD

Subjects

Nine novice (handicap over 10) and nine experienced (handicap under 10) golfers participated in this study.

Procedure

All participants performed a pretest of 12 swings using a five iron club to collect baseline swing characteristics. The participants were then randomly assigned to one of three feedback groups: 1) a verbal feedback group; 2) a verbal plus video feedback group or 3) a control group

All groups received 25 practice trials. Those in the verbal feedback group received information after each trial on how many degrees the club face deviated from square at impact; those in the verbal plus video feedback group received the same feedback with the addition of a video replay of their swing after every 5th trial for a total of 5 video replays; those in the control group received no feedback and just engaged in self-guided practice without intervention from the experimenter.

Following the practice session and a 10-minute rest, all three groups performed an additional 12 swings with no feedback in order to determine if any improvement in club face angle had occurred.

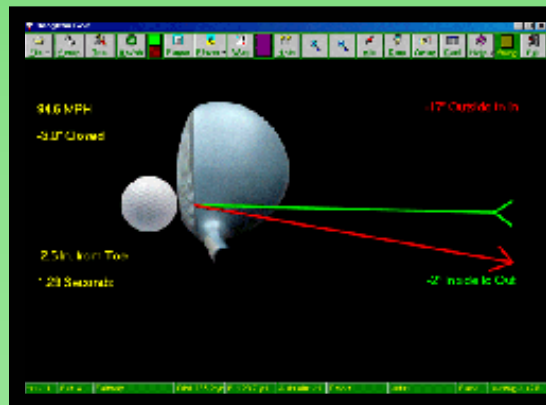
One week later, participants returned for a final post-test of 12 swings to determine: a) any improvement in club face angle and b) if a retention period of one week had any effect on swing characteristics.

In addition to club face angle, tempo and club head speed were also of interest when examining swing characteristics.

Laboratory Set-up



Bengston Max™ Swing Analysis Screen



SUMMARY OF RESULTS

On average, expert golfers produced greater club head speeds than the novice golfers did.

On average, novice golfers had a more consistent tempo of their golf swing.

Video feedback had a greater impact on expert golfers performance compared to novice golfers.

A longer retention period did not seem to have an effect on the performance or swing characteristics of novice golfers.

DISCUSSION

The efficacy of video feedback was investigated for both novice and expert golfers. The results for the expert golfers are in partial accordance with the results found by Guadagnoli, Holcomb and Davis (2002) in that video feedback is effective in improving certain swing characteristics. The results also correspond with the findings of Bertram et al. (2004) which showed that video feedback may be too much information for novice golfers and interfere with their performance even when given a longer retention period.

REFERENCES

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