Kinematic analysis of golf putting for expert and novice golfers

Giorgos Paradisis, Julian Rees

Abstract

The aim of this study was to identify some of the kinematic parameters used by expert golfers ( 6 handicap) to optimise putting efficiency and accuracy, and differentiate the putting techniques of elite and novice golfers. A 2D video analysis (50 Hz) was used to establish whether any differences existed for selected kinematic parameters of an 8 ft (2.46m) golf putt between expert (n = 8) and novice golfers (n = 8). Statistical analysis showed that 9 parameters from the 26 measured proved to be significantly different at the alpha level P < 0.05 between the expert and novice groups. This study assumed that expert golfers were more competent putters than novice golfers. Whilst this appears to be a reasonable claim it may not always be the case. Further improvements to the study could be to incorporate a scoring system to monitor the outcome of individual trials.

Keywords

golf putting, kinematics, expert, novice

Full Text:

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