AMM
ADVANCED MOTION MEASUREMENT

'Applying Biomechanics to Achieve Peak Performance'

3D Biomechanical Analysis of the Golf Swing

Name: Janine Young	Email: janine@elitegolfnfitness.com
Phone: 913. 226. 7092	Age: 41
Height: 5'4"	Weight: 135
Gender: Female	Instructor: John Novosel
Trainer: Self	Therapist:
Driving Distance: 225 ?	Handicap: 16

The AMM 3D-Golf Swing Motion Analysis System is designed to capture the biomechanical aspects of your golf swing. Parameters such as position, angle, velocity and acceleration are calculated for all segments and joints of your body and the club. This data allows us to calculate the kinematic sequence and see if it is at its peak efficiency. The kinematic sequence measures the firing sequence of your hips, shoulders, arms and club. Visual analysis using video cannot determine this. Your swing will be retained at our headquarters and in the future should you need to measure your swings improvement or regression; it can again be captured and compared to your earlier swings.

Also we are conducting on going research into the biomechanical characteristics of the golf swing and are grateful for your participation. Your participation is entirely voluntary. During our data collection you will complete a number of swings, approximately 10 for each club used. These swings will be captured using our specially designed three-dimensional motion analysis system. The motion sensors used by the system should not affect your motion, and your risk of injury is similar to that encountered during a normal golf swing.

All data collected will be held in strict confidence and no individually identifiable information will be released without your specific approval. However, anonymous and aggregate information may be used as the basis for research publication and by participating you give us permission for such use.

Please sign below to acknowledge your understanding.

Signature _____ Date 3/6/2009

Janine L. Young
Printed Name

The above being said, we would appreciate you allowing us to show and identify your swing for demonstration purposes. If you agree please sign below.

Signature _____ Date 3/6/2009

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