

**THE EFFECT OF SHOULDER FLEXIBILITY
TOWARDS THE PERFORMANCE OF
GOLFERS**

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ABSTRACT

The purpose of this study was to examine the effectiveness of shoulder flexibility on the performance of golfers. The sample size for the study was 30 golfers, who had got their handicap cut or license to play golf at the golf course. The study employed a one group experimental method. The intervention involved shoulder rotation test and driving range test. The data was analyzed using descriptive and inference statistics to see the relationship between shoulder flexibility and the golfer's performance. Performance is measured by changes in the golfer's handicap. The findings of the study revealed that shoulder flexibility is not affected by age. The researcher hopes that, the present study would provide valuable information that can be applied by golfers and instructor alike.

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CHAPTER 1

INTRODUCTION

1.0 Background of the study

The accuracy of the performance depends on the level of skill. The term 'skill' can be defined as an action or task that has a specific goal to achieve (Wikitionary). It can also be defined as an indicator of the quality of performance. This skill represents how good the players are and also reflects the amount of experience or practice that will lead the players to become a master in certain parts of the sports skill. This chapter explains how shoulder flexibility affects the performance of professional golfers'.

According to Hill (2005), flexibility is considered by many to be one of the most important factors of a successful golf swing. Studies have demonstrated that greater amounts of force can be produced when a muscle is pre-stretched before performing the activity demanded of it. Flexibility can be defined as an ability of a joint to move freely through its full range of motion. It is important in helping reduce injury and improving performance in a game. Such flexibility gives the muscle around the joint the added liveness to move freely or lengthen, so that it can perform better.