

Midterm

Due Sunday by 23:59 **Points** 1,009 **Submitting** a text entry box or a file upload
Available after 10 Aug at 0:00

For this essay please write 3 pages on the following topics

Page One

For functional movement and TPI screening process please discuss 3 of the ways you can fail the screening and how that will affect your golf swing.

Be specific and use mytpi.com to incorporate all the tests and what causes a failed test.

Page Two will discuss all the ways that you can correct these three failed tests and provide an explanation of what exercises and or stretches that can help you pass the TPI screening.

We have done some of this is the gym and you can find the detailed explanation on mytpi.com

For the final page please explain what golf swing characteristics are most certain to occur when you fail each of the 3 tests from page one of this paper. For example, you can have the top characteristic in your swing because you failed the pelvic rotation test.

Then, describe what your experience was like taking the fitness test and also how you think your own golf swing was affected and make sure to talk about power and speed in which you may have increased with these new movements.

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