

Golf Performance Testing

Elite Performance Benchmarks

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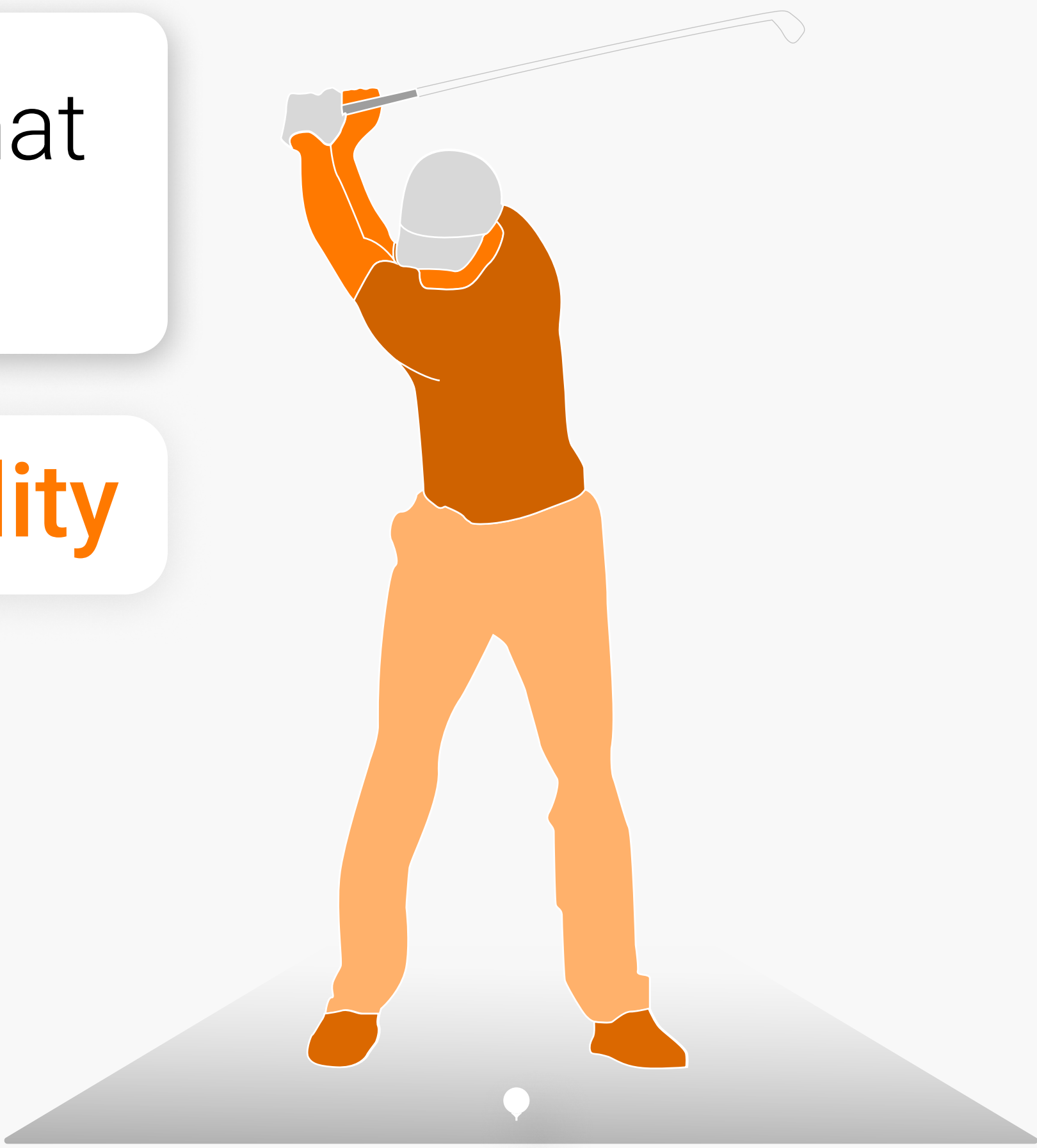
Golf performance is driven by a **combination of physical qualities** that support the technical requirements of the golf swing.

⚡ **Power**

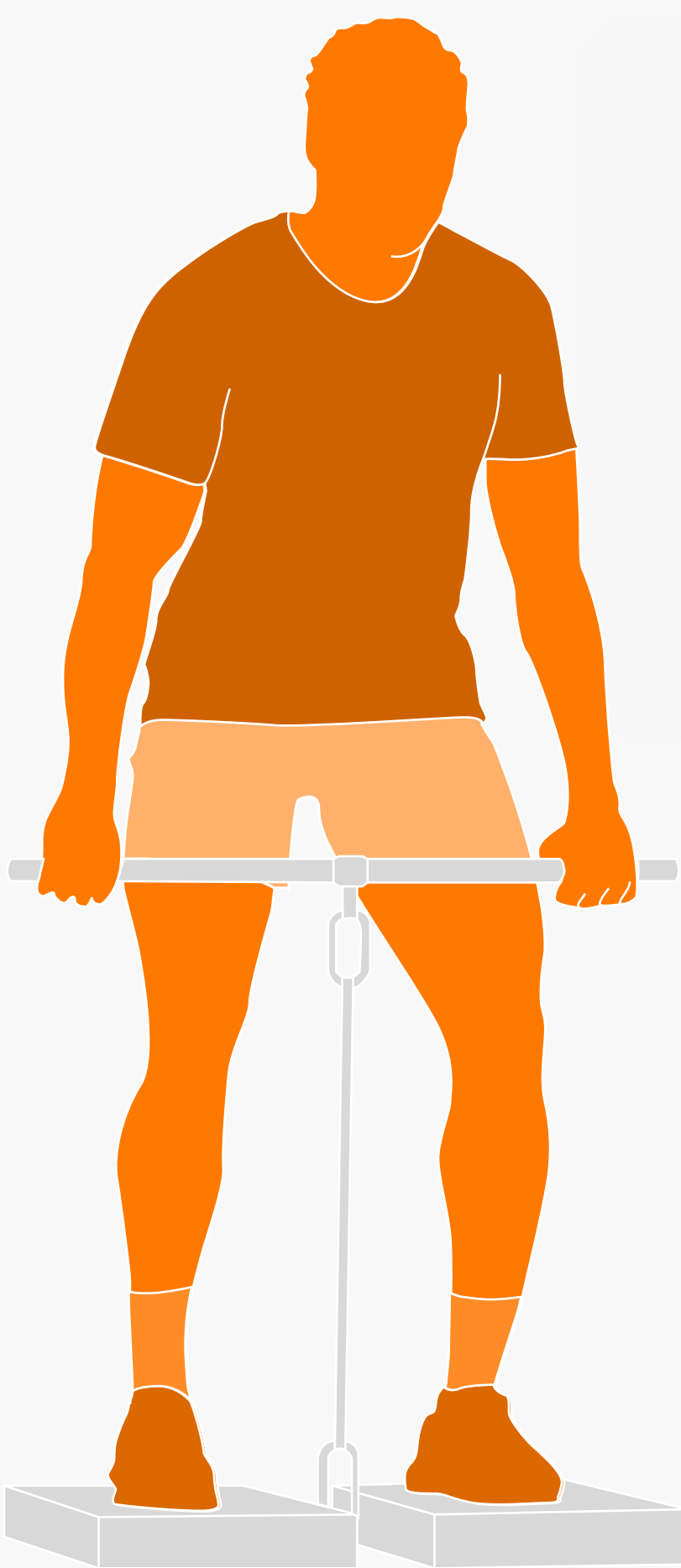
🏋️ **Peak Force**

📏 **Range of Motion**

🧘 **Stability**

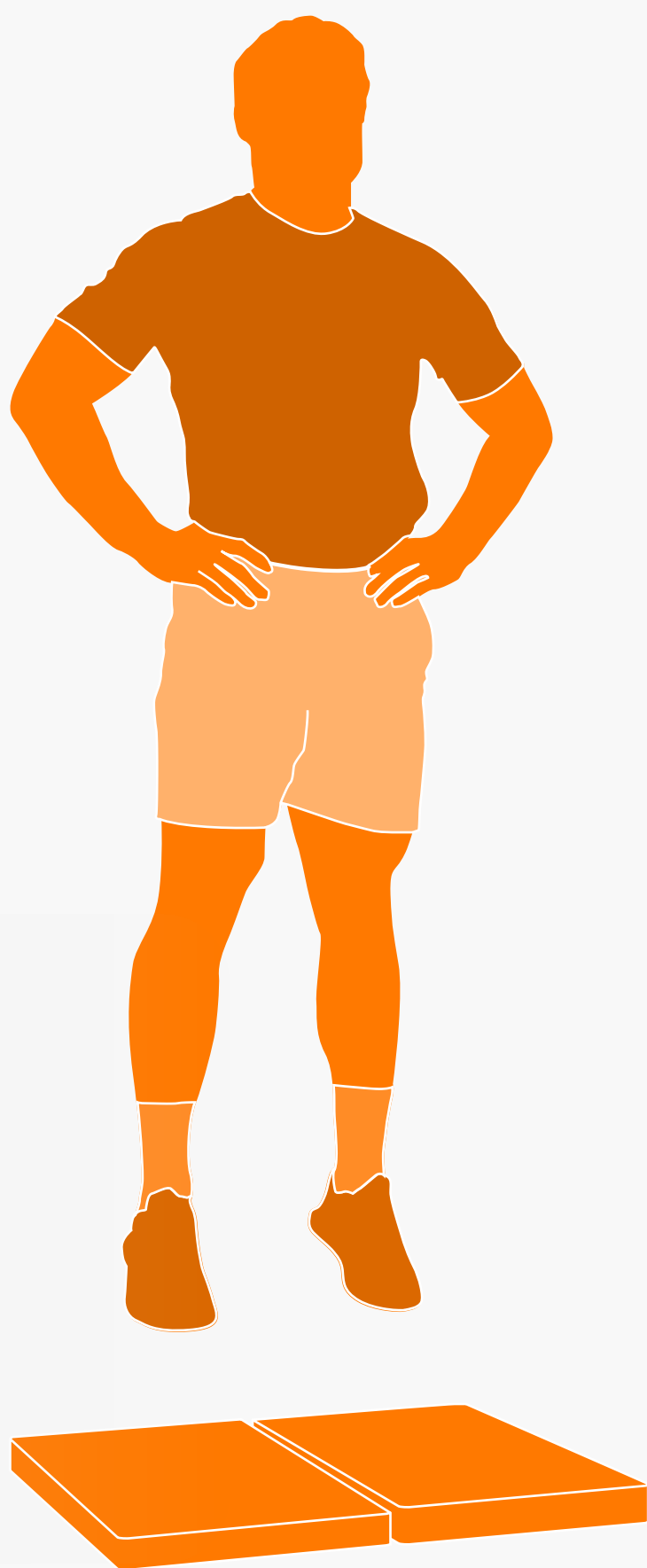


What tests are used to **assess golf athletes?**



IMTP

Improves understanding of **peak force capacity**, helping inform training prescriptions and decision-making



CMJ

Helps inform **club-head speed predictors** and total lower extremity power production



SLJ

Helps validate trends observed across other jump assessments when needed

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Men Percentiles	IMTP Peak Force (Net of BW) (N)	CMJ Positive Takeoff Impulse (Ns)	Body Mass (kg)
10 th	1,913	312	74
25 th	2,076	338	78
50 th	2,364	370	83
75 th	2,687	401	88
90 th	3,004	418	96

Women Percentiles	IMTP Peak Force (Net of BW) (N)	CMJ Positive Takeoff Impulse (Ns)	Body Mass (kg)
10 th	975	208	59
25 th	1,171	221	62
50 th	1,322	253	67
75 th	1,454	275	72
90 th	1,607	296	80