



STEM *sports*[®]

GOLF

Module 4.0

Finding the Sweet Spot: Force of a Golf Swing

Special Teams Players



What Do You Need?

Supplies Provided

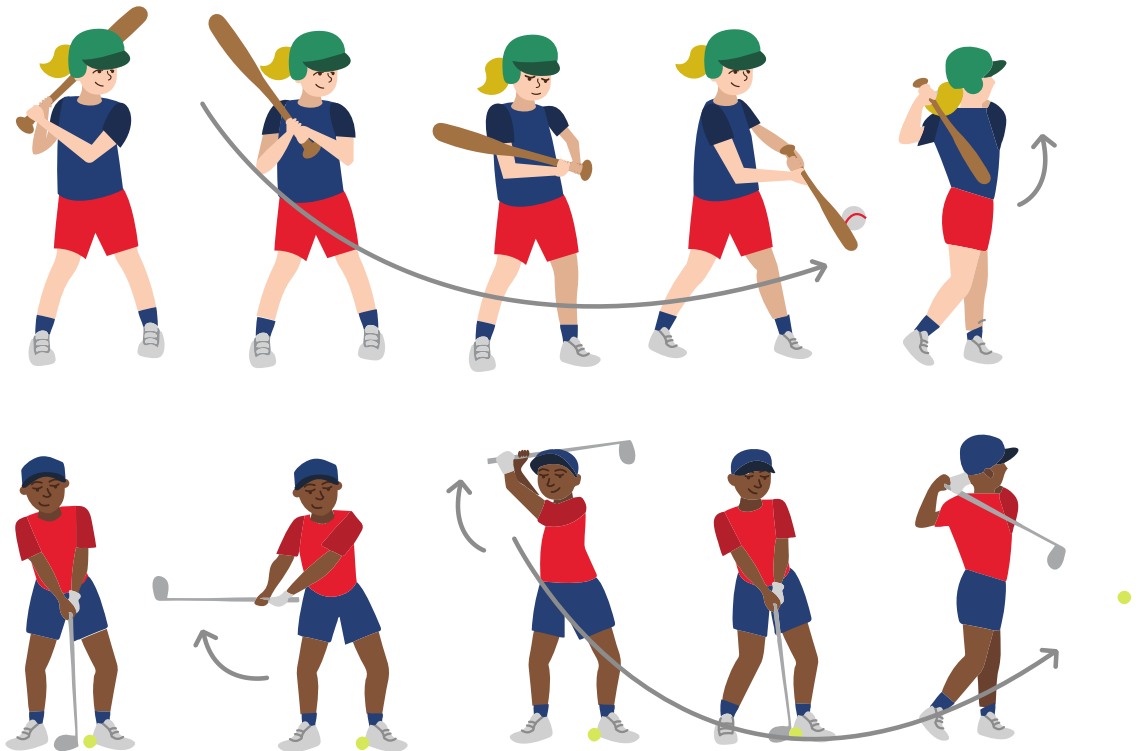
Worksheets, PGA Tour Tee-
Up supplies: Targets,
Flagsticks, Launchpads,
Putters, and Irons

Materials Needed

Pencils

Engage

How are swings similar and different from each sport?



Explore

Learn and practice
different swings in golf.
Use the worksheet.



Explain

Learn about “force” and
its importance to the
game of golf.

Elaborate

What direction will your ball go? Find out through practice.

Evaluate

Based on your ball striking,
use the worksheet to
support your findings.



Extend

Challenge Yourself!

How does the amount of energy in a backswing affect the force?



What is your Dream Job?

STEM Jobs in Sports

- Golf Pro/Coach
- Golf Club Designer
- Director of Product Development
- Golf Equipment Manufacturer
- Materials Scientist

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