

REFERENCES

- Ball, K., and Best, R. (2012). Centre of pressure patterns in the golf swing: Individual-based analysis. *Sports Biomechanics*, *11*(2), 175–189.
- Ball, K., and Best, R. (2007). Different center of pressure patterns within the golf stroke
 I: Cluster analysis. *Journal of Sports Sciences*, *25*(7), 757–770.
- Ball, K., and Best, R. (2011). Golf styles and center of pressure patterns when using different golf clubs. *Journal of Sports Sciences*, *29*(6), 587–590.
- Barrentine, S. W., Fleisig, G. S., Johnson, H., and Woolley, T. W. (1994). Ground reaction forces and torques of professional and amateur golfers. In A.J. Cochran, and M.R. Farrally, (Eds.), Science and golf II. *Proceedings of the World Scientific Congress of Golf (pp. 33–39)*. E and FN Spon.
- Baechle, T. R., and Earle, R. W. (Eds.). (2008). Essentials of strength training and conditioning (3rd ed.). *Human Kinetics*.
- Belotti, A., Bisazza, N., Calcari, A., Perrone, P., and Biscarini, A. (2024). The Ground-X-Factor: Training the Proprioceptive and Propulsive Function of the Foot for Improved Technique and Enhanced Performance of the Golf Swing. In *Preprints*: Preprints.
- Bradshaw, E. J., Keogh, J. W. L., Hume, P. A., Maulder, P. S., Nortje, J., and Marnewick, M. (2009). The effect of biological movement variability on the performance of the golf swing in high- and low-handicapped players. *Research Quarterly for Exercise and Sport, 80*(2), 185-196.
- Broer, M. R., and Houtz, S. J. (1967). *Patterns of muscular activity in selected sports skills : an electromyographic study.*
- Carlsöö, S. (1967). A kinetic analysis of the golf swing. *The Journal of Sports Medicine* and *Physical Fitness, 7*(2), 76-82

- Chu, Y., Sell, T. C., and Lephart, S. M. (2010). The relationship between biomechanical variables and driving performance during the golf swing. *Journal of Sports Sciences*, 28(11), 1251–1259.
- Cole, M. H., and Grimshaw, P. N. (2016). The biomechanics of the modern golf swing: Implications for lower back injuries. *Sports Medicine*, *46*(3), 339–351.
- Dong, R., and Ikuno, S. (2023). Biomechanical analysis of golf swing motion using Hilbert–Huang transform. *Sensors*, *23*(15).
- Fletcher, I. M., and Hartwell, M. (2004). Effect of an 8-week combined weights and plyometrics training program on golf drive performance. *The Journal of Strength & Conditioning Research*, 18(1), 59-62.
- Gluck, G. S., Bendo, J. A., and Spivak, J. M. (2008). The lumbar spine and low back pain in golf: A literature review of swing biomechanics and injury prevention. *The Spine Journal*, 8(5), 778-788.
- Gordon, B. S., Moir, G. L., Davis, S. E., Witmer, C. A., and Cummings, D. M. (2009). An investigation into the relationship of flexibility, power, and strength to club head speed in male golfers. *The Journal of Strength & Conditioning Research*, 23(5), 1606-1610.
- Han, K. H., Como, C., Kim, J., Lee, S., Kim, J., Kim, D. K., and Kwon, Y. (2019). Effects of the golfer-ground interaction on clubhead speed in skilled male golfers. *Sports Biomechanics*, *18*(1), 115–134.
- Hiley, M. J., Bajwa, Z., Liang, Y., and Blenkinsop, G. M. (2021). The effect of uphill and downhill slopes on centre of pressure movement, alignment and shot outcome in mid-handicap golfers. *Sports Biomechanics*, *20*(7), 781-797.
- Jones, K. M., Wallace, E. S., and Otto, S. R. (2024). The relationship between skill and ground reaction force variability in amateur golfers. *Sports Biomechanics*, 23(10), 1625-1639.
- Kenny, I. C., McCloy, A. J., Wallace, E. S., and Otto, S. R. (2008). Segmental sequencing of kinetic energy in a computer-simulated golf swing. *Sports Engineering*, *11*(1), 37–45.
- MacKenzie, S., McCourt, M., and Champoux, L. (2020). How amateur golfers deliver energy to the driver. *International Journal of Golf Science*, 8(1).

- Martin, C. (2014). Tennis serve biomechanics in relation to ball velocity and upper limb joint injuries. *Journal of Medicine and Science in Tennis*, 19(2), 110-112.
- Martin, C., Bideau, B., Bideau, N., Nicolas, G., Delamarche, P., and Kulpa, R. (2014). Energy flow analysis during the tennis serve: Comparison between injured and noninjured tennis players. *The American Journal of Sports Medicine, 42*(11), 2751-2760.
- Myers, J., Lephart, S., Tsai, Y. S., Sell, T., Smoliga, J., and Jolly, J. (2008). The role of upper torso and pelvis rotation in driving performance during the golf swing. *Journal of Sports Sciences, 26*(2), 181-188.
- Navarro, E., Mancebo, J. M., Farazi, S., del Olmo, M., and Luengo, D. (2022). Foot insole pressure distribution during the golf swing in professionals and amateur players. *Applied Sciences*, *12*(1), 358.
- Nelson, L. (1980). A better weight shift made the difference. Golf Digest, 37-38.
- Nesbit, S. M. (2005). A three-dimensional kinematic and kinetic study of the golf swing. Journal of Sports Science & Medicine, 4(4), 499.
- Nesbit, S. M., and Serrano, M. (2005). Work and power analysis of the golf swing. *Journal of Sports Science and Medicine*, *4*(4), 520-533.
- Norman, G. (1995). Advanced golf. Heinemann.
- Outram, T., and Wheat, J. (2021). Test-retest reliability of segment kinetic energy measures in the golf swing. *Sports Biomechanics*, *20*(3), 344-359.
- Pataky, T. C. (2015). Correlation between maximum in-shoe plantar pressures and clubhead speed in amateur golfers. *Journal of Sports Sciences*, *33*(2), 192–197.
- Sheehan, W. B., Bower Rg Fau Watsford, M. L., and Watsford, M. L. Physical Determinants of Golf Swing Performance: A Review. (1533-4287 (Electronic)).
- Takagi, T. (2018). Joint motions affecting the energy transfer to the club during the golf swing. *Proceedings of the 36th Conference of the International Society of Biomechanics in Sports*, *36*(1), 972-975.
- You, X., Xu, Y., Liang, M., Baker, J. S., and Gu, Y. (2023). The Relationship between Ground Reaction Forces, Foot Positions and Type of Clubs Used in Golf: A Systematic Review and Meta-Analysis. *Applied Sciences, 13*(12).

- Wells, G. D., Elmi, M., and Thomas, S. (2009). Physiological correlates of golf performance. *The Journal of Strength & Conditioning Research*, *23*(3), 741-750.
- Worsfold, P., Smith, N. A., and Dyson, R. J. (2009). Kinetic assessment of golf shoe outer sole design features. *Journal of Sports Science & Medicine*, 8(4), 607–615.
- Worsfold, P., Smith, N. A., and Dyson, R. J. (2008). Low handicap golfers generate more torque at the shoe-natural grass interface when using a driver. *Journal of Sports Science & Medicine*, 7(3), 408–414.
- Zouzias, I. C., Hendra, J., Stodelle, J., and Limpisvasti, O. (2018). Golf injuries: Epidemiology, pathophysiology, and treatment. *JAAOS-Journal of the American Academy of Orthopaedic Surgeons*, 26(4), 116-123.