

Training Tools for Professional Golfers to Mark Wins at International Golf Circuits (PGA / LPGA)



GolfPsych



MindMeter

Client Business Description

- ◇ Using golf as the channel, GolfPsych helps people to be happy, healthy and successful in all ways possible
- ◇ Application Mindmeter defines the optimum levels of arousal for Golf

Background

- ◇ GolfPsych System is based on over 30 years of Training research & experience, and has successfully trained over 380 PGA, Senior PGA and LPGA Tour Professionals.

Challenge

- ◇ General sport psychology theory says that there is an optimum level of arousal for performing your best at any sport. Higher or lower than this level of arousal means lesser performance.
- ◇ Quantitative measurement of the level of arousal or tension of professional under coaching could enable individuals to compose mental makeup and achieve optimum performance.

Idea

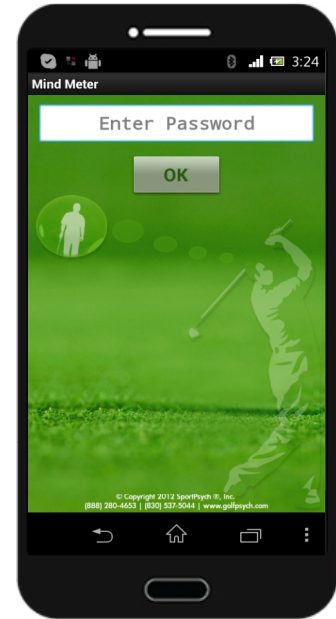
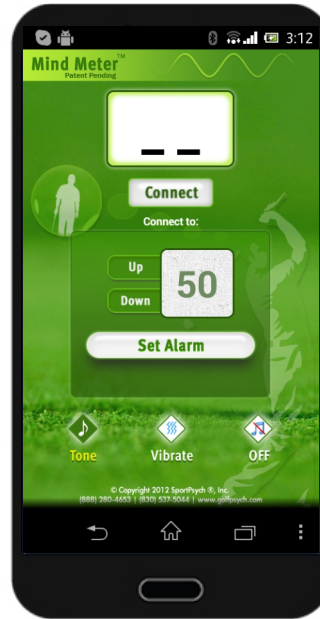
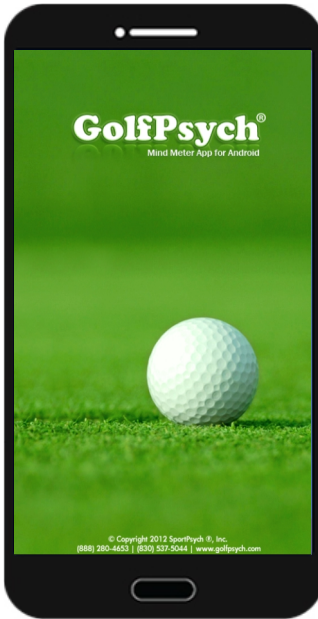
- ◇ Facilitate Golf coaching using a patent pending MindMeter used in GolfPsych schools & programs. MindMeter is a biofeedback device that is used as core of this coaching system.
- ◇ Measure mental makeup during the shot to refine an individual's mental pre-shot routine.

Our Solution

- ◇ The Mind Meter app in combination with Zephyr's BT enabled Chest Strap helps professionals to monitor 'Calmness of Mind' (this metric is derived with a patented algorithm based on heart rate and RR Interval). Quantifying these levels on the app enables identification of 'thoughts' during the shot and to refine an individual's mental pre-shot routine.
- ◇ Louisiana Tech University, Kinesiology Department successfully piloted optimum Arousal and putting using the Mind Meter.

Technologies Used

- Zephyr Bluetooth Chest Strap
- Android



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