



Optimising Performance In Golf

By Patrick Thomas

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“The game of golf is a ‘work in progress’ for the ambitious player. You never reach the point at which you have mastered the game, because the knowledge and skills it demands are virtually limitless.” Jack Nicklaus.

Led by a Foreword on how to win by the world’s greatest player, this book provides key insights from sport science research, professional practice and case-study contributions from internationally recognised experts. Coaches, sports scientists, players and those involved in their preparation will benefit from this excellent resource.

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Editorial Review

About the Author

Patrick R. Thomas is an Associate Professor and was Director of the Centre for Movement Education and Research at Griffith University's Mt Gravatt Campus in Brisbane. After completing a Teachers Certificate, Dr Thomas studied at the University of Queensland, graduating with first-class honours and a University medal in psychology. He subsequently completed research Masters and PhD degrees in organisational and cognitive psychology, and has taught psychology and research methods for more than 35 years. Dr Thomas was a foundation member of the College of Sport Psychologists of the Australian Psychological Society, and for the past 10 years has provided psychological services to athletes, particularly golfers. He has been a member of Pacific Golf Club since 1978.

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