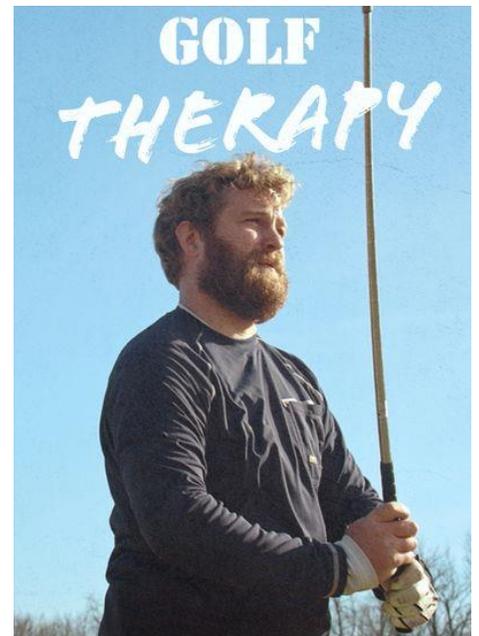


Neuroscience = The study of how the nervous system develops, its structure, and what it does. Neuroscientists focus on the brain and its impact on behavior.

Neurospiritual = The study of the brain's impact on spiritual behavior. We use neuroscience reports on dopamine, the reward pathway and neuroplasticity to illustrate Scriptures about the heart and mind.

Neuroplasticity = The brain's ability to learn new skills and turn those skills into instincts.



Brain scientists (neuroscientists) have discovered how our brains grow through learning and practice:

For our survival, God has designed into the brain an amazing capability of learning new skills and turning those skills into instincts!

This process, called neuroplasticity, is explained in this less than 3 minute video:

[Neuroplasticity \(the brain's ability to grow\)](https://vimeo.com/533324588)

<https://vimeo.com/533324588>

In the video we learned how a neural pathway is created in the brain from shooting the same basketball shot over and over.

In the Golf Therapy class, we will be creating a neural pathway in our brain by hitting the same golf shot over and over.

While we are practicing golf three times a week, we will meet on Thursday nights to discuss neuroplasticity, and a test on neuroplasticity will be given on Sunday nights after church.



**HERE IS THE
WAY THE
GOLF THERAPY
PROJECT
WILL WORK**

Members will pair up according to their skill level. It does not matter if the member never played golf or if they are a professional. In golf, there is always room for improvement!

Members will choose a shot that is a little beyond their capability.

Then, like the figure in the video shooting the basketball, members will practice hitting the same golf shot over and over.

Members will have a golf diary, which will consist of pages with a diagram of the golf green and surrounding area. While one member is hitting their 25 balls, the partner is writing down a number where each ball lands. Then they switch roles and the other member hits 25 balls.

A session consists of two periods where each player hits 25 balls in each period. Each member must do a minimum of 3 sessions a week with his partner. Members can practice as much as they want on their own time.

Video on how to hold the golf club:

https://youtu.be/EbVqyN_VBF4

Videos on how to swing a golf club:

<https://youtu.be/qTym8VV2a50>

https://youtu.be/QqNm5E_LXwQ

<https://youtu.be/OPXzuBkatq8>

Define Neuroscience

The study of how the nervous system develops, its structure, and what it does.

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The study of the brain's impact on spiritual behavior. We use neuroscience reports on dopamine, the reward pathway and neuroplasticity to illustrate Scriptures about the heart and mind.

Define Neuroplasticity

The brains ability to learn new skills and turn those skills into instincts.

What does golf start with?

A good golf grip

With your grip, how are you to position your thumbs?

The left thumb is right of center. The right thumb is left of center. They crisscross one another.

There's no such thing as a _____ golf swing. It is _____ and _____.
natural learned cultivated