

## Supplementary file A: Checklist for scoring

**Video number:**

**Date:**

**Reviewer:**

### Exercise 1: Leg Swing

		Right leg stand	Left leg stand
1.	The club is positioned on the side of the swing leg.	Yes / No	Yes / No
2.	The body stays upright	Yes / No	Yes / No
3.	The swing leg moves slowly and gently forwards and backwards.	Yes / No	Yes / No
4.	Upper body stays still	Yes / No	Yes / No
5.	The free arm is moving in the opposite direction of the leg	Yes / No	Yes / No
6.	Is the exercise performed safely?	Yes / No	Yes / No

### Exercise 2: Arms in the Air!

1.	Feet are standing shoulder-width apart	Yes / No
2.	The club is held with both hands at the end.	Yes / No
3.	Two arms are straightened above the head.	Yes / No
4.	No major lordosis of the lower back	Yes / No
5.	Is the exercise performed safely?	Yes / No

### Exercise 3: Arm rotations

		Right hand up	Left hand up
1.	Club is hold vertically	Yes / No	Yes / No
2.	The hands are placed next to each other.	Yes / No	Yes / No
3.	Rotation until horizontal	Yes / No	Yes / No
4.	Arms are held straightened	Yes / No	Yes / No
5.	Is the exercise performed safely?	Yes / No	Yes / No

**Exercise 4: Sideways bending**

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|----|---|----------|
| 1. | The club is held with both hands at the end.  | Yes / No |
| 2. | Two arms are straightened above the head. (Or as far as possible for the individual. At least the arms are brought above) | Yes / No |
| 3. | The club is moved sideways to the left.   | Yes / No |
| 4. | The club is moved sideways to the right.  | Yes / No |
| 5. | The body is moving sideways and not too much forward or backwards.  | Yes / No |
| 6. | Is the exercise performed safely?   | Yes / No |

**Exercise 5: Rotation of the upper back**

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|----|---|----------|
| 1. | Golf posture  | Yes / No |
| 2. | The club is held with both hands at the end.                                      | Yes / No |
| 3. | The upper body is rotated to the left.  | Yes / No |
| 4. | The upper body is rotated to the right.   | Yes / No |
| 5. | Line of rotation is held. The club is not moved too much up or down while moving. | Yes / No |
| 6. | Is the exercise performed safely?   | Yes / No |

**Exercise 6: Powerful rotation**

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|----|--|----------|
| 1. | Feet are standing shoulder-width apart   | Yes / No |
| 2. | The club is at the lower left (horizontal at left knee height)                         | Yes / No |
| 3. | The club is at the high right  | Yes / No |
| 4. | Hips are twisted in the end position (Right internal rotation, hip in a straight line) | Yes / No |
| 5. | Is the exercise performed safely? The other side                                       | Yes / No |
| 6. | The club is at the lower right (horizontal at right knee height)                       | Yes / No |
| 7. | The club is at the high left   | Yes / No |
| 8. | Hips are twisted in the end position (Left internal rotation, hip in a straight line)  | Yes / No |
| 9. | Is the exercise performed safely?  | Yes / No |