

Coffee Might Bring Beneficial Contribution To Your Golf Score

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A rather surprising study published in the journal *Medicine and Science in Sports and Exercise* suggests that consuming coffee could help with increasing your golf scores. Lead author of the study Petey W. Mumford from Alabama's Auburn University said that there are not many caffeine studies in golf. So he together with his colleagues decided to see the effects of caffeine on individual golf players.

It is true that golf is not a sport which requires much physical effort like for example basketball or football, but it still requires a lot of energy. The players have to put up with fatigue and also keep their energy in order to hit the ball and score extra points. They also have to bear the heat of the sun as they go through the 9 or 18 holes of the golf course. The study indicates that a cup of coffee could improve golf scores by two strokes.



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Dr. Kaelin C. Young of the University's Edward Via College of Osteopathic Medicine said:

For a skilled golfer who plays two days in a tournament just to get into the earnings rank, two strokes is huge."

The research team monitored 12 men who played golf with a handicap of 3 to 18. The participants were required to play tournament of 36 holes: a round of 18 holes in two days. Before the study began the participants were required to give a urine sample. They were also provided with a device that monitored their health over the day. Even though the participants consumed coffee regularly in their daily routine, in the study they were required to avoid other sources of caffeine.

The players also had to answer a survey regarding their mood and energy before starting the game. Afterwards they were randomly given a placebo or a caffeine supplement which contained 155 mg, meaning one cup of coffee. While the game was unfolding researchers collected data.

The participants did not use golf cart, but they had to walk to from one hole to another. They drank either placebo drinks or coffee supplements and ate a normal meal after the first nine holes. They were also asked to answer a survey again and after the game was over they had to complete another one. According to the findings the participants who consumed caffeine scored 77 strokes, whereas the control group scored 79.

Image Source: dreamstime.com

