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James has worked as strength and conditioning coach in a variety of sports since 2004 and gained his certification as strength and conditioning specialist from the United Kingdom Strength and Conditioning Association in 2006. In 2008, James started as a strength and conditioning coach and biomechanist for the Scandinavian School of Golf and has been associated with the elite golf centre in Halmstad since then.

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A multi-disciplinary approach to studying performance among high-level golfers: physiological and biomechanical aspects

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