



Motor Learning and PNF

Goals of the 1-day-Workshop

- Learning how to apply learning principles
- Explore and experience the effect of those principles
- Enhancing the tools of effectively facilitating patients

12 Principles and examples

original ipnfa®-list

1. Emotion / Motivation	7. Shaping
2. Cognition as a premise for learning	8. Active Participation
3. Action Observation	9. Practice conditions
4. Feedback	10. Repetition and Variability in Practice
5. Intrinsic vs. Extrinsic focus of attention	11. Task oriented practice/approach
6. Rhythmic Cueing	12. Stages of Motor Learning

subject allocation $3 \times 4 = 12^*$

- **emotional needs**

emotion/motivation...shaping...active participation...task oriented approach

- **exercise situation**

intr./extr. focus of attention....rhythmic cueing...practice conditions...repetition/variability

- **cognitive demands**

cognition as a premise...action observation...feedback...stages of motor learning