



# 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