

Guidelines for the IPNFA Instructor Training

The purpose of this guideline is to provide an orientation to the progression of the assistantships. The assistants as well as the supervising instructors can better prepare themselves when they know what should be expected of the assistant at each level.

Overview

	Basic Course assistance	Teaching amount	Teaching content	Patient Demo	Teaching forms
1. Beginner level:	1st and 2nd Basic Course	Minimum 2 teaching units a day	practical demonstrations (patterns, techniques, sequences from mat or gait class)	Min 1 patient demo per course week	practical demonstration
2. intermediate level:	3rd and following Basic Courses	Minimum 3 teaching units a day	additional: lectures: Basic Principles, gait class, mat activities, assessment etc	Min 1 patient demo per course week	additional: lectures
3. ICC recommendation level	earliest 4th Basic Course	Teaching longer sequences, approx 50% of course content	ready to teach all teaching units and lectures spontaneously	Min 1 long patient demo or 2 short demos per course week	additional: task oriented group work

The IPNFA instructor training consists of three levels: **Beginner, Intermediate, and “ICC Recommendation”**.

Beginner Level

The beginner level consists of the first two Basic Course assistantships. The emphasis of this level is on the ability of the assistants to:

- familiarize themselves with the practical translation of the Basic Course contents and objectives

- familiarize themselves with different teaching methods
- gain early teaching experience with practical demonstrations and patient demonstrations

Intermediate Level

After two successful Basic Course assistantships, the assistant progresses automatically to the intermediate level.

The intermediate level consists of practical and patient demonstrations and lectures

The emphasis of the intermediate level is for the assistant to:

- improve practical demonstration skills
- gain experience with different teaching methods
- develop and present lectures including media
- improve patient demonstration competencies

ICC Recommendation Level

The “ICC Recommendation Level“ is reached, when the assistant requests an ICC recommendation from the supervising instructor (earliest within the 4th Basic Course) or when the assistant already has one recommendation for ICC.

At this level the assistant must:

- demonstrate a “good*” performance with respect to all criteria of the Assistantship Competencies.
- consistently demonstrate correct PNF-skills!
- cover all teaching units of PNF1 and PNF2 with his/her own adequate teaching material / media (folios, slides, videos, handouts etc.) including a complete PNF Basic Course script
- demonstrate readiness to present lectures about any topic relevant to the PNF Basic Courses. For example: PNF-philosophy, PNF-history, Basic Principles and Procedures, techniques, gait analysis, motor learning, neurophysiological bases, irradiation etc.
- be able to apply different teaching methods
- be able to present extended teaching sequences or teach for an extended period of time

see also: ready for instructor course recommendation paper EdCom 2010
(*good in the meaning of assistantship competency criteria)