

COURSE SYSTEM OF THE INTERNATIONAL PNF ASSOCIATION (IPNFA)

I. PARTICIPANTS:

- Qualified Physiotherapists
- Occupational Therapists
- Physicians (PNF 1 - 3 only)
- Everybody who are close to PNF can attend, but will not receive official certificates. Participation is at the discretion of the individual instructor.

II. COURSES OFFERED

A. BASIC COURSE PNF 1+2 (minimum 75 hours à 60 minutes)

B. ADVANCED LEVELS

1. PNF 3 (minimum 37 hours à 60 minutes) with written and practical test . Successful completion of each test is required to attend the next level
2. PNF 4 (minimum 37 hours á 60 minutes) with written and practical test plus patient demonstration. Successful completion of each test is required to attend the next level
3. PNF 5 (minimum 37 hours à 60 minutes) with written and practical test plus patient demonstration. Successful completion entitles to be called „IPNFA certified PNF-Therapist“ and to proceed to the assistantship qualification course with recommendation of the instructor

C. INSTRUCTOR TRAINING

1. Assistantship qualification course (minimum 37 hours à 60 minutes) with written and practical tests
2. Assistantship with Basic and Advanced Courses
3. Instructor Certification Course

III. BASIC AND ADVANCED COURSES.

It is recommended that during the progression of the IPNFA program participants should take courses from at least two different instructors

A. Basic and Advanced courses will be recognized by the IPNFA after the course program with content and duration have been approved by the Education Committee

B. Information regarding IPNFA courses may be obtained from the Education Committee

IV. PROGRESSION OF THE IPNFA PROGRAM

A. PNF 1+2 represent the basic course

1. Each level consists of a 1 week course totaling a minimum of 37,5 hours
2. The basic course must be finished with 24 months
3. No evaluation of course participants is required.
4. Participants must work a minimum of 6 months using PNF before progressing to PNF 3.

B. PNF 3 & 4

1. PNF 3 represents the 3rd. week of course instruction and contains a minimum of 37 hours à 60 minutes.
 - a. Objectives: see IPNFA PNF3 Course Objectives
 - b. Participant requirements:
 1. have completed PNF 1 & 2

2. have had a minimum of 6 months practical experience following PNF 2
 - c. All participants will be tested. The test will consist of two parts: written and practical test. Each test must be 50 % correct
 - d. The participant must successfully complete all parts of the examination to continue to the next level.
 - e. All participants receive a written evaluation from the instructor.
2. PNF 4 represents the 4th and 5th week of course instruction and contains a minimum of 37 hours à 60 minutes instruction, including a minimum of 5 hours à 60 minutes patient treatment each.
- a. Objectives: See PNF 4 Objectives
 - b. Participant requirements:
 1. have completed PNF 3 with a satisfactory evaluation.
 2. have had a minimum 6 months practical experience after completion of PNF 3 or another PNF4
 - c. All participants will be tested. The test will consist of two parts: written and practical test. For participants of a PNF4B course an additional patient demonstration will be mandatory. Each test must be 66 % correct
 - d. The participant must successfully complete all parts of the examination to continue to the next level.
 - e. All participants receive a written evaluation from the instructor.

Alternatively to one of the PNF 4 courses a second PNF 3 course may be taken with a different instructor than in the first PNF 3 course. Testing procedure and standards remain equivalent to those of the PNF 4 courses. This second PNF 3 course can replace one of the PNF4 courses in the progression of the IPNFA program.

C. PNF 5:

1. PNF 5 represents the 6th week of course instruction and contains a minimum of 37 hours à 60 minutes instruction.
 - a. Objectives: See: IPNFA PNF 5 (Level 5) Objectives
 - b. Participant requirements:
 1. have completed two PNF 4s with different topics or alternatively one PNF 3B and one PNF 4B with a satisfactory evaluation and written recommendation of the last PNF4 to proceed to PNF 5.
 2. have had a minimum of 6 months practical experience after completion of the last PNF 4.
 - c. All participants will be tested. The test will consist of three parts: written, practical and treatment demonstration. Each test must be 80 % correct
 - d. All participants should be familiar with:
 1. PNF literature
 2. PNF definitions, philosophy and principles
 3. PNF basic procedures (grip, traction/approximation etc..)
 4. All patterns and combinations of patterns with the variations of the middle joints (including extremities, bilaterals, neck, trunk, scapula/pelvis).
 5. The types of muscle contractions and their uses.
 6. Indications, contraindications and the application of stretch.
 7. Use of irradiation and timing.
 8. Assessment/reassessment throughout treatment. (Giessen, 1994).
 - e. All participants receive a written evaluation from the instructor and after successful completion a diploma
„IPNFA certified PNF Therapist“
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In order to proceed to the instructor training a recommendation “ready

for Assistantship Qualification Course“ is mandatory. The supervising instructors will select the participants, which will get this recommendation (see Objectives PNF5)

V. PERSONS WHO HAVE ATTENDED THE KFRC, VALLEJO PROGRAM:

A. 3 MONTHS:

1. Participate in 1 PNF 4 course and receive satisfactory evaluation and recommendation for PNF 5
2. continue with Level 5 etc. with the requirements as stated above.

B. 6 MONTHS:

Participate in a PNF 5 and receive a satisfactory evaluation and recommendation for PNF 5

C. 9 MONTHS:

Receive a diploma „**IPNFA certified PNF Therapist**“ after successful completion and a recommendation to the AQC

VI. BASIC COURSE INSTRUCTOR TRAINING PROCEDURE

Pre-requisite courses must be completed and satisfactory evaluations received from the course instructors before the Instructor certification program is started. Copies of all certificates, evaluations and recommendations for the instructor program must be in order and sent to the Education Committee upon applying for the instructor certification course.

A. REQUIREMENTS: Successful completion of:

1. PNF 1 & 2 (basic course)
2. PNF 3 OR 3 month Vallejo course. (both with satisfactory evaluation)
3. PNF 4 OR 6 month Vallejo course. (both with satisfactory evaluation)
4. PNF 5 OR Vallejo 9 months course with a satisfactory evaluation
5. Assistantship Qualification Course with satisfactory evaluation and written recommendation. The Assistantship Qualification Course instructor should not be the same as in PNF 5 if possible.

B. ASSISTANTSHIP QUALIFICATION COURSE:

Pre-requisite to enter the instructor assistantship program consists of a minimum of 37 hours à 60 minutes instruction.

1. Objectives: See IPNFA Assistantship Qualification Course Objectives
2. Participant requirements:
 - a. have completed PNF 5 with satisfactory evaluation and written recommendation to proceed to Assistantship Qualification Course
 - b. have 6 month practical experience after completion of PNF 5.
 - c. All participants receive a written evaluation from the instructor.
 - d. Participants will complete an application form in which they state their wish to be tested to begin the assistants program.
 - e. have five years post graduate patient treatment experience with a minimum of 6000 hours of patient treatment
 - f. demonstrate proficiency in the ability to read, write, speak and comprehend the English language. Should there be a question as to the applicant's English capabilities the applicant may be required to pass a TOEFL test with a minimum score of 18 in each of the 4 sections- reading, writing, speaking and comprehending or equivalent test.

g. All applications have to be sent to the Education Committee

During an Assistantship Qualification Course a maximum of 8 candidates for one instructor will be tested.

Alternatively to the AQC the candidate may take a two days Didactical Assistantship Preparation Course plus a PNF5 course . The testing criteria during the PNF5 course are the same as in the AQC.

C. ASSISTANTSHIP:

Assistants must be IPNFA Associated members and declare on their membership-application form their intent to assist before beginning assistantship. They must also submit their enrollment form to the Education Committee at the beginning of their assistant training.

Assistants must start their assistance latest three years after passing the AQC. (This rule becomes effective from January 1, 2013) In case they do not start to assist within the set time frame the AQC becomes void.

Before being considered for Basic Course Instructor:

1. All pre-requisite courses must be completed.
2. Successful Assistance in a minimum of 5 IPNFA recognized basic courses (PNF1+2) taught by at least 2 different IPNFA recognized instructors, is required.
3. Successful Assistance in a minimum of 3 PNF 3 or PNF4 courses is required.
4. In total, the assistant must assist four different Instructors
This rule is valid for those who have started their assistantship yet after 2012
5. Successful completion of assistantship and recommendations from each supervising instructor must be obtained in writing.
6. "Ready for instructor certification course" recommendation must be obtained in writing from two different Instructors, one must have Senior status, the other can be Advanced or Senior. The earliest recommendation cannot be received before the fourth basic course assistance
7. All assisting requirements must be completed before the application for the instructor certification course.
8. Assistantship will last a minimum of 3 years and a maximum of 10 years.
Beginning of the assistantship is the date that the applicant is accepted as assistant; end is the date of the application for the instructor course.
(*This rule becomes effective January 1st 2013*)
9. Assistants are responsible for maintenance of required teaching units and teaching records
10. See:VII,2 for recognized Instructors allowed to train assistants.
11. Application for the Instructor certification course is to be sent to the Education Committee
12. Recommendation: one course series (PNF 1+2+3) should be completed before assisting the next series.
13. To maintain assistant status, each assistant must attend the IPNFA general meeting at least every four years.
14. After two unsuccessful assistances the assistant may be told to stop. The decision of a termination will be done by the Education Committee in a majority voting after consulting all involved supervising instructors and evaluation papers

"D. INSTRUCTOR CERTIFICATION COURSE (ICC)

1. The instructor certification course consists of a minimum of 100 hours (60 minutes each) which includes a complete PNF Basic course of 75 hours (PNF1 + PNF2). It will be held by two Senior Instructors or one Senior Instructor with one Senior Instructor candidate.
2. The instructor candidates receive a set of tasks to be accomplished in a defined time before the ICC by the supervising instructors. The tasks are as decided by the senior instructor group.

One of these tasks is the preparation of a complete IPNFA Basic course. The candidates will teach this course under supervision.

3. Additionally there are a minimum of 25 hours (60 minutes) of discussion, reflection, didactical instruction and testing of the candidates before and during this basic course.”
4. For a successful completion of the ICC a minimum of 80% of the clinical and didactical performance must be good.
5. In case of a failure, and the candidate is recommended to continue, the supervising seniors will give the candidate tasks to be accomplished before he/she can apply again for the ICC
6. In case of a failure the Instructor Certification Course may be repeated only once.

VII. BASIC COURSE INSTRUCTOR

1. Is approved to teach the IPNFA Basic Course. PNF1 & 2
2. Must teach 10 basic courses before taking assistants for training and evaluation. Instructors who want to start taking assistants have to notify the IPNFA Education Committee

VIII. ADVANCED COURSE INSTRUCTOR

Is approved to:

1. Teach PNF 1 & 2 & 3 & and after fulfilling requirements* PNF4 courses
2. Evaluate assistants
3. Recommend assistants for the instructor certification course

A. PRE-REQUISITES

1. Has been a basic course instructor a minimum of 4 years
2. Has taught a minimum of 10 basic courses.
3. Consistently demonstrates ability to work within the guidelines of the IPNFA Constitution and its Rules and Regulations
4. Was and is active within the IPNFA and can prove a positive contribution to the PNF development and the IPNFA meetings.

B. Admission for qualification procedure and assistantships

1. Applies in writing to the Education Committee with a Curriculum Vitae and statement as to why he/she feels qualified to be an Advanced Instructor for review and asking for permission to begin the qualification procedure (assistantships)
2. After acceptance assists successfully two Advanced Courses with two different instructors (at least one must be a Senior Instructor)

C. Final Qualification

1. Applies to the Education Committee for the final qualifying course
2. After approval of the Education Committee, the candidate instructs a PNF 3 course under the supervision of a Senior instructor.
In this course, the candidate
 - a) must demonstrate superior skills in PNF, clinical work and teaching. She/he is able to use a variety of teaching skills and methods
 - b. Is familiar with the objectives and contents of PNF 3
 - c. Has his/her own PNF 3 course program including practical and written tests
 - d. Demonstrates competence in the evaluation and guidance of course participants (evaluation of case reports, written and practical testing, completing IPNFA assessment forms)
 - e. Is skilled in the evaluation and guidance of assistants (competency criteria, teaching units...)
 - g. Will receive a written recommendation from the Senior Instructor. A copy is to be sent to the Education Committee by the Senior Instructor.

* Minimum requirements for teaching PNF4 courses: Being advanced instructor for 3 years, having taught 5 PNF3 courses, having co-taught a PNF4 course of the desired topic or subject (Recommendation)

X. SENIOR INSTRUCTOR

Is approved

1. to teach PNF1 & 2 & 3 & 4 & 5 courses
2. to teach Assistantship Qualification Courses with a second senior instructor or senior instructor candidate,
3. to evaluate and certify new instructors with a second senior instructor or senior instructor candidate,
4. to evaluate and certify new advanced instructors

A. PRE-REQUISITES:

1. has been advanced course instructor a minimum of 6 years
 2. has taught a minimum of 12 level 3 or 4 courses.
 3. has taught a minimum of 20 level 1 and 2 courses.
 4. has taught internationally in three countries with different languages and cultures excluding the own country
 5. has superior handling and teaching skills.
 6. is familiar with new literature and trends.
 7. has an ability to accept and acknowledge persons with different opinion.
 8. has exceptional ability to observe, guide, facilitate and evaluate both course participants and fellow instructors
 9. The physical therapist who is in direct charge of the PNF program at Vallejo and a member of the IPNFA makes that person a permanent Senior Instructor of the IPNFA.
 10. Is a role model in knowing and following the IPNFA Constitution and Rules and Regulations
 11. has been active in the IPNFA and can prove a positive contribution to the development of the concept by PNF relevant research, publications and/or presentations on IPNFA meetings or congress.
- Maintains the highest standards of professional and ethical behaviour

B. REQUIREMENTS:

1. The Senior instructors group, in consultation with the Executive Committee and the Educational Committee will select Senior Instructor Candidates when appropriate. The candidates will be informed in writing.
2. teach a PNF 5 course, an Assistantship Qualification Course and an Instructor certification course with a senior instructor.
3. will develop and present outlines with time guidelines of a level 5 course, an assistantship qualification course and an Instructor certification course to the Senior instructor.
4. will receive a written evaluation and recommendation from the senior instructor of each course. A copy is to be sent to the Education Committee.

X. ADMISSION OF INSTRUCTORS WHO ARE NOT IPNFA RECOGNIZED INSTRUCTORS INTO THE IPNFA.

See information from C.Tanner-Bräm,Basel, 1991
IPNFA approved course content and the names of IPNFA recognized instructors may be obtained from the Education Committee:

Marcel Grzebellus, Aachweg 32,D-78315 Radolfzell, Germany,
Fax:++49-7732-54875, e-mail: ipnfa@hotmail.com

or

Tim Josten, PNF-Program,KFRC, 975 Sereno Dr, Vallejo Ca 94590 USA
Fax: ++1-707-651 2199 e-mail: tim.josten@kp.org

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