

3.ár Sjúkráþjálfunarfræði - vormisseri 2024

Vika 1	1.jan	2.jan	3.jan	4.jan	5.jan
08:20-09:00	Sjúkra- og endurtökuþróf SJU námskeiða seinni hluti (3.-6. jan)				
09:10-09:50	Sjúkrapróf LÆK námskeiða (3.-6.jan)				
10:00-10:40					
10:50-11:30					
11:40-12:20					
12:30-13:10	Hóppjálfun				
13:20-14:00	Stjórnun og rekstur				
14:10-14:50	Oldrunarfræði				
15:00-15:40	Rafmagnsfræði				
15:50-16:30	Taugakerfi				
16:40-17:20					

Vika 2	8.jan	9.jan	10.jan	11.jan	12.jan
08:20-09:00			108		108
09:10-09:50					
10:00-10:40			Taugasko	Hópur 1 -	
10:50-11:30			108	Hópur 2 -	
11:40-12:20				Hópur 3 -	
12:30-13:10	Upprifjun			114	Skiðaferð
13:20-14:00	107		Zoom		
14:10-14:50	Basal				
15:00-15:40					
15:50-16:30		Fundur			
16:40-17:20					

Vika 3	15.jan	16.jan	17.jan	18.jan	19.jan
1 08:20-09:00	Greininga	H-202	108	216	Hópur 1 -
2 09:10-09:50		RSE		Hópur 1	Hópur 2 -
3 10:00-10:40	108		Taugaen	216	Hópur 3 -
4 10:50-11:30	108		hæfing	Hópur 2	114
5 11:40-12:20			108		107
6 12:30-13:10					Auður
8 13:20-14:00	Hópur 1 -				
9 14:10-14:50	Hópur 2 -	Zoom		Zoom	
# 15:00-15:40	Hópur 3 -				
# 15:50-16:30	114				
16:40-17:20					

Vika 4	22.jan	23.jan	24.jan	25.jan	26.jan
08:20-09:00	H-202			L-102	
09:10-09:50	RSE	Viðtöl		Auður	Viðtöl
10:00-10:40	Viðtöl				
10:50-11:30					
11:40-12:20					
12:30-13:10					
13:20-14:00				Talmeinafr	
14:10-14:50			108	Zoom	
15:00-15:40					
15:50-16:30					
16:40-17:20		Fundur			

Vika 5	29.jan	30.jan	31.jan	1.feb	2.feb
08:20-09:00		Hópur 2			108
09:10-09:50		114			
10:00-10:40	Mænuska	Hópur 1	Parkinso		
10:50-11:30	108	114	108		108
11:40-12:20					Nanna
12:30-13:10					108
13:20-14:00		Zoom	114	Málstofa	Auður
14:10-14:50			Parkinso	Málstofa	
15:00-15:40				Málstofa	
15:50-16:30					
16:40-17:20					

Vika 6	5.feb	6.feb	7.feb	8.feb	9.feb
08:20-09:00				108	108
09:10-09:50					AÓ/NGS/RSE
10:00-10:40	108		Akút		
10:50-11:30			óst	KE	
11:40-12:20			108		
12:30-13:10					Hópur 1
13:20-14:00			Hópur 1		114
14:10-14:50			Hópur 2	Zoom	Hópur 2
15:00-15:40			Hópur 3		114
15:50-16:30		Fundur	Akút		
16:40-17:20					

Vika 7	12.feb	13.feb	14.feb	15.feb	16.feb
08:20-09:00		210			
09:10-09:50					
10:00-10:40			108		
10:50-11:30	KE		Aðrir		
11:40-12:20			sjúkdóma		
12:30-13:10	MS				
13:20-14:00	108				
14:10-14:50		Zoom			
15:00-15:40					
15:50-16:30					
16:40-17:20					

Vika 8	19.feb	20.feb	21.feb	22.feb	23.feb
08:20-09:00	Próf	Próf	Próf	Próf	Próf
09:10-09:50					
10:00-10:40	114	114			Oldrunarfr
10:50-11:30	Verklegt	Verklegt			Próf 2 klst
11:40-12:20					óstaðf
12:30-13:10					helst f.h.
13:20-14:00					
14:10-14:50					
15:00-15:40					
15:50-16:30					
16:40-17:20		Fundur			

Vika 9	26.feb	27.feb	28.feb	29.feb	1.mar
08:20-09:00			114		
09:10-09:50			Hópur 1		
10:00-10:40	Málstofa		114	107	
10:50-11:30	Bratti		Hópur 2		
11:40-12:20	Stakkahlö				
12:30-13:10			AGS	Hópur 3 -	
13:20-14:00			108	Hópur 2 -	
14:10-14:50				Hópur 1 -	
15:00-15:40					
15:50-16:30					
16:40-17:20					

Vika 10	4.mar	5.mar	6.mar	7.mar	8.mar
08:20-09:00			114		
09:10-09:50			Hópur 2		107
10:00-10:40		107	114	107	
10:50-11:30			Hópur 1		
11:40-12:20	Heilaskað				2 groups
12:30-13:10	107		AGS		2 groups
13:20-14:00			114		2 groups
14:10-14:50					
15:00-15:40					
15:50-16:30					
16:40-17:20					

Vika 11	11.mar	12.mar	13.mar	14.mar	15.mar
08:20-09:00			114		
09:10-09:50			Hópur 1		
10:00-10:40		107	114	107	Árshátíð
10:50-11:30			Hópur 2		nema
11:40-12:20					
12:30-13:10		CP	108		
13:20-14:00		Fullorðnir			
14:10-14:50		107			
15:00-15:40					
15:50-16:30					
16:40-17:20					

Vika 12	18.mar	19.mar	20.mar	21.mar	22.mar
08:20-09:00	108		114		
09:10-09:50	Helftariö		Hópur 2		
10:00-10:40	Ganga	AGS	114	Stafræn	
10:50-11:30	Fyrirlestu	Fjarkennsla	Hópur 1	Einkenni	
11:40-12:20			AM	108	
12:30-13:10					
13:20-14:00	108	Hermisetur	Hópar 40 m	114	
14:10-14:50	Sýkinga- varnir	Sýkinga- varnir	4 hópar 2:30-15:3	Hópur 2	
15:00-15:40				114	
15:50-16:30				Hópur 1	
16:40-17:20		Fundur			

Vika 13	25.mar	26.mar	27.mar	28.mar	29.mar
08:20-09:00	114		Páskafri		
09:10-09:50		Kynning á			
10:00-10:40		BS verkefnum			
10:50-11:30		114			
11:40-12:20					
12:30-13:10					
13:20-14:00	114				
14:10-14:50					
15:00-15:40					
15:50-16:30					
16:40-17:20					

Vika 14	1.apr	2.apr	3.apr	4.apr	5.apr
08:20-09:00	Páskafri				
09:10-09:50					
10:00-10:40			Próf		
10:50-11:30			2,5 klst		
11:40-12:20					
12:30-13:10					
13:20-14:00					
14:10-14:50					
15:00-15:40					
15:50-16:30					
16:40-17:20		Fundur			

Vika 15	8.apr	9.apr	10.apr	11.apr	12.apr
08:20-09:00					
09:10-09:50	Verkegt		Skyndihjá	Skyndihjá	
10:00-10:40	próf		114	114	Björgun
10:50-11:30					laug
11:40-12:20					
12:30-13:10					
13:20-14:00			Skyndihjá	Skyndihjá	
14:10-14:50			114	114	
15:00-15:40					
15:50-16:30					
16:40-17:20					

Vika 16	15.apr	16.apr	17.apr	18.apr	19.apr
08:20-09:00	Hópbjálfa	Hópbjálfa	Hópbjálfa	Hópbjálfa	Hópbjálfa
09:10-09:50					
10:00-10:40					
10:50-11:30					
11:40-12:20					
12:30-13:10					
13:20-14:00					
14:10-14:50					
15:00-15:40					
15:50-16:30					
16:40-17:20		Fundur			

Vika 17	22.apr	23.apr	24.apr	25.apr	26.apr
08:20-09:00	Hópbjálfa	Hópbjálfa	Hópbjálfa		Hópbjálfa
09:10-09:50					
10:00-10:40					
10:50-11:30					
11:40-12:20					
12:30-13:10				Sumardag	
13:20-14:00					
14:10-14:50					
15:00-15:40					
15:50-16:30					
16:40-17:20					

Vika 18	29.apr	30.apr	1.maí	2.maí	3.maí
08:20-09:00	Hópbjálfa	Hópbjálfa		Hópbjálfa	
09:10-09:50					
10:00-10:40					
10:50-11:30					
11:40-12:20					
12:30-13:10			1.maí		
13:20-14:00					
14:10-14:50					
15:00-15:40					
15:50-16:30					
16:40-17:20		Fundur			

Dagur sjúkraþjálfunar

Vika 19	6.maí	7.maí	8.maí	9.maí	10.maí
08:20-09:00	Hópbjálfa	Hópbjálfa	Hópbjálfa		
09:10-09:50					
10:00-10:40					
10:50-11:30					
11:40-12:20					
12:30-13:10					
13:20-14:00					
14:10-14:50					
15:00-15:40					
15:50-16:30					
16:40-17:20		Fundur			