

Reviewed by: B. Ferguson  
Reviewed by: K. Bandy  
Date reviewed: February 26, 2019  
C&GE approved: April 4, 2019  
Board Approved: May 8, 2019  
Semester effective: Spring 2020

Physical Education (PHED) 1646 Techniques in Athletic Taping I (1 Unit) CSU:UC  
[Formerly Physical Education 46A]

Prerequisite: None

Hours and Unit Calculations:

Total Contact Hours: 8 hours lecture (16 Outside of class hours); 24 hours lab (48 Total Student Learning Hours) 1 Unit

Catalog Description: This course provides instruction in the basic techniques required in preventing athletic injuries by the use of tape and wraps. Practical application of anatomy and kinesiology in emergency first aid and therapy methods used in athletics are emphasized.

Type of Class/Course: Degree Credit

Text:

Perrin, David H. *Athletic Taping and Bracing*, 4<sup>th</sup> ed. New York: Human Kinetics, 2018.

Required Instructional Materials: Assorted types and sizes of athletic tape and elastic bandages

Course Objectives:

By the end of the course, a successful student will be able to:

1. Recall and reproduce prophylactic taping and wrapping for several specific sport related injuries,
2. Discuss the reasoning behind taping and wrapping athletic injuries, and
3. Illustrate several athletic injuries, the assessment procedures for each, and the tape or wrap procedure that specifically relates.

Course Scope and Content:

- |          |   |
|----------|---|
| Unit I   | Introduction and Ankle <ol style="list-style-type: none"><li>a. Ankle Taping</li></ol>  |
| Unit II  | Ankle (cont'd) and Big Toe <ol style="list-style-type: none"><li>a. Ankle Compression Wrap</li><li>b. Turf Toe Taping</li></ol> |
| Unit III | Foot and Heel <ol style="list-style-type: none"><li>a. Longitudinal Arch Taping</li><li>b. Heel Bruise Taping</li></ol>         |

- Unit IV      Ankle Evaluation
  - a. Bony landmarks
  - b. Soft Tissue
  - c. Special Tests
  
- Unit V      Foot, Lower leg, and Crutches
  - a. Metatarsal Arch Pad
  - b. Shin Splint Taping
  - c. Crutch fitting
  
- Unit VI      Achilles Tendon
  - a. Achilles Tendon Taping
  
- Unit VII     Knee
  - a. Patellar Tendon Taping
  - b. Knee Compression Wrap

Learning Activities Required Outside of Class:

The students in this class will spend a minimum of 2 hours per week outside of the regular class time doing the following:

1. Practicing taping techniques
2. Practicing wrapping techniques
3. Practicing proper evaluation procedures and methods

Methods of Instruction:

1. Lecture
2. Hands-on
3. Class discussion

Methods of Evaluation:

1. Practical examination

Supplemental Data:

TOP Code:	083500: Physical Education
SAM Priority Code:	E: Non-Occupational
Distance Education:	Not Applicable

Funding Agency:	Y: Not Applicable(funds not used)
Program Status:	I: Program Applicable
Noncredit Category:	Y: Not Applicable, Credit Course
Special Class Status:	N: Course is not a special class
Basic Skills Status:	N: Course is not a basic skills course
Prior to College Level:	Y: Not applicable
Cooperative Work Experience:	N: Is not part of a cooperative work experience education program
Eligible for Credit by Exam:	NO
Eligible for Pass/No Pass:	C: Pass/No Pass
Taft College General Education:	NONE
Disciplines:	Health or PE or Kinesiology or Athletic