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

Prerequisite: None

Total Hours: 8 hours lecture; 24 hours lab (32 hours total)

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*, 2nd ed. New York: Human Kinetics, 2005. Print.

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:

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| Unit I | Introduction and Ankle
a. Ankle Taping |
| Unit II | Ankle (cont'd) and Big Toe
a. Ankle Compression Wrap
b. Turf Toe Taping |
| Unit III | Foot and Heel
a. Longitudinal Arch Taping
b. Heel Bruise Taping |
| 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