

Reviewed by: B. Ferguson  
Reviewed by: K. Bandy  
Reviewed by: S. Walsh  
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Physical Education (PHED) 2146 Techniques in Athletic Taping II (1 Unit) CSU:UC  
[Formerly Physical Education 46B]

Prerequisite: Successful completion in Physical Education 1646 with a grade of “C” or higher

Prerequisite knowledge/skills: Before entering the course, a student should 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.

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

Catalog Description: This course is a continuation of P.E. 1646, and provides further 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*, 2<sup>nd</sup> ed. New York: Human Kinetics, 2005. Print.

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

Course Objectives:

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

1. Accurately tape and wrap athletic injuries while describing the technique using proper terminology,
2. Correctly assess athletic injury, and be able to discuss what structures are injured using proper anatomical terminology as well as identifying landmarks, and
3. Examine an injured athlete and properly assess the injury.

Course Scope and Content:

Unit I           Knee  
a. Knee Evaluation  
b. Rotary Instability Taping

Unit II           Hip and Thigh  
a. Hip Spica wrap

- b. Thigh Pad
- c. Thigh Compression wrap

- Unit III      Shoulder 1
  - a. Shoulder Evaluation
    - a. Bony Landmarks
    - b. Soft Tissue
    - c. Special tests
  
- Unit IV      Shoulder 2
  - a. Shoulder Spica wrap
  - b. Sling and Swath wrap
  
- Unit V      Elbow
  - a. Elbow Hyperextension taping
  - b. Epicondylitis taping
  
- Unit VI      Wrist and Thumb
  - a. Wrist taping
  - b. Wrist hyperextension taping
  - c. Thumb hyperextension taping
  
- Unit VII      Stretching
  - a. Theories behind stretching
  - b. Various stretches for:
    - a. Quadriceps
    - b. Hamstrings
    - c. Lower leg
    - d. Low Back
    - e. Shoulder & arm

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