



Course Syllabus

KINE 2156- Taping & Bandaging

Revision Date: 8/22/2016

Catalog Description: This course provides the fundamental taping and bandaging techniques used in the prevention and care of athletic-related injuries.

Lecture hours = 2, Lab hours = 0

Prerequisites: none

Semester Credit Hours: 2

Lecture Hours per Week: 2

Lab Hours per Week: 0

Contact Hours per Semester: 16

State Approval Code: 51.0913.51 16

Core Components and Related College Student Learning Outcomes

This course counts as part of the academic requirements of the Panola College Core Curriculum and an Associate of Arts or Associate of Science degree. Yes No: If no, skip to Instructional Goals.

The items below marked with an X reflect the state-mandated outcomes for this course **IF this is a CORE course:**

- Critical Thinking Skills – to include creative thinking, innovation, inquiry and analysis, evaluation and syntheses of information
 - CT1: Generate and communicate ideas by combining, changing, or reapplying existing information
 - CT2: Gather and assess information relevant to a question
 - CT3: Analyze, evaluate, and synthesize information
- Communication Skills – to include effective development, interpretation, and expression of ideas through written, oral, and visual communication
 - CS1: Develop, interpret, and express ideas through written communication
 - CS2: Develop, interpret, and express ideas through oral communication
 - CS3: Develop, interpret, and express ideas through visual communication
- Empirical and Quantitative Skills – to include the manipulation and analysis of numerical data or observable facts resulting in informed conclusions
 - EQS1: Manipulate and analyze numerical data and arrive at an informed conclusion
 - EQS2: Manipulate and analyze observable facts and arrive at an informed conclusion
- Teamwork – to include the ability to consider different points of view and to work effectively with others to support a shared purpose or goal
 - TW1: Integrate different viewpoints as a member of a team

- TW2: Work with others to support and accomplish a shared goal
- Personal Responsibility – to include the ability to connect choices, actions, and consequences to ethical decision-making
 - PR1: Evaluate choices and actions and relate consequences to decision-making
- Social Responsibility – to include intercultural competence, knowledge of civic responsibility, and the ability to engage effectively in regional, national, and global communities
 - SR1: Demonstrate intercultural competence
 - SR2: Identify civic responsibility
 - SR3: Engage in regional, national, and global communities

Instructional Goals and Purposes:

The purpose of this course is to prepare students to manage the well-being and health of athletes. Students will learn when the appropriate time to apply specific taping and bandaging techniques to prevent athletic injuries or support athletic performance. Students will learn basic splinting procedures. Students will also learn the basic supplies and equipment using for taping, bandaging and splinting in an organized athletics setting.

Learning Outcomes:

After studying all materials and resources presented in the course, the student will be able to:

1. The student will learn basic anatomical terms and landmarks related to athletic taping and bracing.
2. The student will be able to identify the necessary taping supplies.
3. The student will understand the common uses and purposes for different taping and bracings.
4. The student will be able to apply taping techniques in a clinical or athletics setting.
5. The student will be able to construct pads and splints and use them on athletes in clinical settings.
6. The student will be able to apply basic wrapping techniques in the clinical setting.
7. The student will be able to apply basic bandaging as it relates to an athletics setting.

Course Content:

A general description of lecture/discussion topics included in this course are listed in the Learning Objectives section of this syllabus.

Students in all sections of this course will learn the following content:

Week 1	Introduction to Taping and Bracing
Week 2	Taping the Foot, Ankle and Leg
Week 3	Taping the Foot, Ankle and Leg
Week 4	The Knee
Week 5	The Knee
Week 6	The Thigh, Hip, Groin, and Pelvis

Week 7	Thigh, Hip, Groin, and Pelvis, Lower Extremity Proficiency
Week 8	The Shoulder and Arm
Week 9	The Shoulder and Arm
Week 10	The Elbow and Forearm
Week 11	The Elbow and Forearm
Week 12	The Wrist and Hand
Week 13	The Wrist and Hand
Week 14	Review_ Upper Extremity Proficiency
Week 15	Splinting and Bandaging
TBA	FINAL EXAM

Methods of Instruction/Course Format/Delivery:

This course is offered in lectures, cooperative activities, lab exercises, class discussion, and group work.

Major Assignments / Assessments:

The following items will be assigned and assessed during the semester and used to calculate the student's final grade.

Assignments

1. Participation grades by class attendance. Attendance is necessary as this is a hands on and skill development class, any unexcused absences beyond 2 will result in a 10 point deduction from the student's overall point total per absence.

Assessment(s):

2. Two proficiency taping exams, upper extremity and lower extremity. **Each worth 100 points**

Course Grade:

The grading scale for this course is as follows and will be based on how many points the students gains out of the overall available points.

A= 90-100% 270-300 overall points

B= 80-89% 240-269 overall points

C=70-79% 210-239 overall points

D=60-69% 180-209 overall points

F= below 60% 0-179 overall points

Texts, Materials, and Supplies:

- textbook: none
- other materials

Required Readings:

- none

Recommended Readings:

- none

Other:

- For current texts and materials, use the following link to access bookstore listings: <http://www.panolacollegestore.com>
- For testing services, use the following link: <http://www.panola.edu/elearning/testing.html>
- If any student in this class has special classroom or testing needs because of a physical learning or emotional condition, please contact the ADA Student Coordinator in Support Services located in the Administration Building or go to <http://www.panola.edu/student-success/disability-support-services/> for more information.
- Withdrawing from a course is the student's responsibility. Students who do not attend class and who do not withdraw will receive the grade earned for the course.
- Student Handbook, *The Pathfinder*: <http://www.panola.edu/student-success/documents/pathfinder.pdf>