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:

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
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  

Supplemental Data:  

<table>
<thead>
<tr>
<th>TOP Code:</th>
<th>083500: Physical Education</th>
</tr>
</thead>
<tbody>
<tr>
<td>SAM Priority Code:</td>
<td>E: Non-Occupational</td>
</tr>
<tr>
<td>Distance Education:</td>
<td>Not Applicable</td>
</tr>
<tr>
<td>Category</td>
<td>Status</td>
</tr>
<tr>
<td>---------------------------------------</td>
<td>---------------------------------</td>
</tr>
<tr>
<td>Funding Agency:</td>
<td>Y: Not Applicable(funds not used)</td>
</tr>
<tr>
<td>Program Status:</td>
<td>1: Program Applicable</td>
</tr>
<tr>
<td>Noncredit Category:</td>
<td>Y: Not Applicable, Credit Course</td>
</tr>
<tr>
<td>Special Class Status:</td>
<td>N: Course is not a special class</td>
</tr>
<tr>
<td>Basic Skills Status:</td>
<td>N: Course is not a basic skills course</td>
</tr>
<tr>
<td>Prior to College Level:</td>
<td>Y: Not applicable</td>
</tr>
<tr>
<td>Cooperative Work Experience:</td>
<td>N: Is not part of a cooperative work experience education program</td>
</tr>
<tr>
<td>Eligible for Credit by Exam:</td>
<td>NO</td>
</tr>
<tr>
<td>Eligible for Pass/No Pass:</td>
<td>C: Pass/No Pass</td>
</tr>
<tr>
<td>Taft College General Education:</td>
<td>NONE</td>
</tr>
<tr>
<td>Disciplines:</td>
<td>Health or PE or Kinesiology or Athletic</td>
</tr>
</tbody>
</table>