# KIN A274: ATHLETIC TAPING AND MODALITIES

| Item | Value |
|---|---|
| Curriculum Committee Approval Date | 11/04/2020 |
| Top Code | 083520 - Fitness Trainer |
| Units | 3 Total Units |
| Hours | 90 Total Hours (Lecture Hours 36; Lab Hours 54) |
| Total Outside of Class Hours | 0 |
| Course Credit Status | Credit: Degree Applicable (D) |
| Material Fee | No |
| Basic Skills | Not Basic Skills (N) |
| Repeatable | No |
| Grading Policy | Standard Letter (S) |

## Course Description

The entry-level theory and technique of athletic strapping and physiological effects and use of therapy modalities. Instruction in the use of ultrasound, electric stimulation, heat/cold, and whirlpool. Transfer Credit: CSU; UC: Credit Limitation: Any or all of these HLED, KIN, PE Theory courses combined: maximum credit, 8 units.

## Course Level Student Learning Outcome(s)

1. Assess basic athletic injuries using sound physiological principles.
2. Develop appropriate treatment modality regimes to assist in recovery from injury.
3. Determine appropriate taping strategies to reduce the risk of future injury.

## Course Objectives

- 1. Explain the anatomy of the major bones and muscles of the body as they relate to athletic injuries.
- 2. Evaluate athletic injuries as related to the joints and muscles of the body.
- 3. Discuss theory of athletic taping and how it relates to the prevention of athletic injuries.
- 4. Explain athletic taping technique, including advantages and disadvantages of specific taping patterns.
- 5. Demonstrate proficiency in taping the major joints of the body.
- 6. Identify possible signs of inappropriate taping patterns.
- 7. Discuss psychological factors related to athletic taping.
- 8. Analyze the physiological effects of modalities.
- 9. Develop basic treatment regimes using available modalities.
- 10. Demonstrate entry-level proficiency in the use of ultrasound, E.G.S., heat/cold, and whirlpool.

## Lecture Content

1. Introduction - definition of terms 2. Ultrasound a. How it works b. Indication/contra-indications c. Use of ultrasound d. Demonstration e. Phonophoresis 3. Heat a. Physical effects b. Indications/contra-indications c. Demo/work heat d. Explanation of types of heat e. Advantages/disadvantages 4. Cryotherapy a. Physical effects b. Indications/contra-indications c. Types of cold d. Advantages/disadvantages e. Demo/work 5. Electric stimulation a. Indications/contra-indications b. Types of stimulation c. Physical effects d. Iontophoresis e. Demo/work of unit 6. Tens a. Theory b. Indication/contra-indications 7. Biofeedback a. Uses b. Indications/contra-indications 8. Ankle a. Related anatomy b. Instruction on taping 9. Knee a. Related anatomy b. Instruction on taping/wrap 10. Patella a. Related anatomy b. Instruction on taping 11. Hip a. Related anatomy b. Spica wrap 12. Arch a. Related anatomy b. Plantar fascia c. Arch support 13. Tibia/fibula - related anatomy 14. Shoulder a. Related anatomy b. Spica 15. Wrist a. Related anatomy b. Hyperextension c. General support 16. Fingers a. Related anatomy b. Collateral support 17. Thumb a. Related anatomy b. Hyperextension c. Spica 18. Elbow a. Related anatomy b. Hyperextension

## Lab Content

See Course Content.

## Method(s) of Instruction

- Lecture (02)
- DE Live Online Lecture (02S)
- DE Online Lecture (02X)
- Lab (04)
- DE Live Online Lab (04S)
- DE Online Lab (04X)

## Instructional Techniques

Lecture, taping and strapping demonstrations, lab practice with instructor feedback.

## Reading Assignments

Students will spend approximately 4 hours a week reading from the text book and articles from peer reviewed journals and research articles

## Writing Assignments

WStudents will spend approximately 1 – 2 hours per week be required to complete written assignments

## Out-of-class Assignments

Students will spend approximately 1 – 2 hours a week completing individual and group written assignments; homework assignments to emphasis course topics.

## Demonstration of Critical Thinking

Mid-term and final exam. Proficiency in chosen taping and strapping. Demonstrate proficiency in use of ultrasound, Electrical Galvanic Stimulation, heat and cold. Essay on adjunct therapy.

## Required Writing, Problem Solving, Skills Demonstration

Written mid-term and final exams. Demonstrate proficiency in various taping and strapping techniques and theory. Demonstrate proficiency in use and theory of ultrasound, Electrical Galvanic Stimulation, heat and cold. Report on a related topic.

## Eligible Disciplines

Athletic training: Any bachelors degree and two years of professional experience, or any associate degree and six years of professional experience. Note: This discipline listing applies only to instructors

teaching apportionment generating courses in the subject of athletic training. Non-apportionment-generating athletic training activity is not subject to minimum qualifications. Physical education: Masters degree in physical education, exercise science, education with an emphasis in physical education, kinesiology, physiology of exercise, or adaptive physical education, OR bachelors degree in any of the above AND masters degree in any life science, dance, physiology, health education, recreation administration, or physical therapy OR the equivalent. Masters degree required.

## Textbooks Resources

1. Required Johnson and Johnson Products, Inc. Athletic Uses of Adhesive Tape, ed. New Brunswick: Johnson Johnson Products, Inc, 2007 Rationale: .