

**PHED 2156  
Taping and Bandaging**

**Western Texas College  
Department of Physical Education**

- I. Basic Course Information
  - A. Course description - This course serves as an introduction to basic athletic training procedures with specific focus on therapeutic and preventive taping and bandaging techniques used in the field of athletic training. Through practical experience in the field and weekly lecture experiences, the completion of this class will prepare students for future enrollment in PHED 2356. PHED 2156 may be taken concurrently with PHED 2356 or separately.
  - B. Prerequisites - none
- II. Student Learning Outcomes
  - A. The student will be able to apply taping techniques in a clinical setting.
  - B. The student will be able to construct pads and splints and use them on athletes in clinical settings.
  - C. The student will be able to apply basic wrapping techniques in the clinical setting.
- III. Major Course Requirements and Grading Standards
  - A. Attendance is a key component to grading; unexcused absences in excess of two missed class sessions will result in a deduction of one class grade per absence beginning with the third unexcused absence
  - B. Labs: The entire course is based on completing the labs effectively. Attendance to all labs is required.
  - C. Exams: Two exams will be given and based on the successful completion of certain proficiencies taught in class.
- IV. Information on Books and Other Course Material
  - A. *Athletic Taping and Bracing* (Perrin). ISBN-10: 0-7360-4811-1, Human Kinetics
- V. Other Policies: Please refer to the WTC Course [Catalog](#) for the following:
  - A. Campus Calendar
  - B. Final Exam schedule
  - C. How to drop a class
  - D. Withdrawal information
  - E. Student Conduct/Academic Integrity
  - F. Students with disabilities
- VII. Course Organization and Tentative Schedule

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 (TEST #1)
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
Week 15	Kinesiotaping
	FINAL EXAM

Last Modified: August 19, 2015