



College of Health and Human Performance

Department of Exercise Sciences



Athletic Training Taping Laboratory
EXSC 321 - 001

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Athletic Training

Credit Hours: **0.5**
Course Time / Days: **T 7:00 – 8:50 AM**
Lecture Room: **280 SFH**
Pre/Co Requisite: **None**
Texts:

Required

- Taping Manual – Print off Blackboard
- Basic Athletic Training Taping & Wrapping DVD – BYU Bookstore

Course Description:

EXSC 321 is designed to develop and refine the basic skills necessary for the exercise science student. It is recommended that the student spend additional time outside of class practicing and mastering skills.

Course Objective(s):

1. Demonstrate competency and proficiency in taping the ankle, foot, lower leg, knee, thigh/hip, shoulder, elbow, wrist, thumb, and finger joints.
2. Demonstrate competency and proficiency in wrapping the ankle, foot, lower leg, thigh/hip, shoulder, elbow, wrist, thumb, and finger joints.
3. Demonstrate competency and proficiency in wound care management.
4. Demonstrate competency and proficiency in injury evaluation.
5. Demonstrate competency and proficiency in injury treatment management.
6. Demonstrate competency and proficiency in spineboarding and splinting.

Attendance:

Attendance is crucial to academic learning and success in this class. You are allowed one absence without a penalty. For **every absence after one**, your grade will drop one full letter grade. Any **assignments missed** due to an absence or tardiness are unable to be made-up,

unless prior arrangements are made with the instructor. When prior arrangements are granted make-up work must be completed within one week.

The first half of class will be spent introducing, demonstrating, discussing, and practicing the taping technique or skill taught that class period. During the second half of class will be used to practice and assess the taping technique or skill taught during that class. Students must have the taping technique or skill checked-off prior to leaving class. Lab time is important; make sure you use it wisely.

Cell phones MUST be turned off during class unless you have permission from the instructor.

Class Attire:

Class attire will depend on the material covered that day. BYU dress code must be adhered to at all times. There will be days when you'll be required to wear certain clothing such as shorts to make it easier to tape and more realistic. Modesty will always be maintained in this class.

Grading Criteria / Point Distribution:

Skills sheet..... 105 pts
 Quizzes.....100 pts
 Written Exam..... 78 pts
 Practical Exam.....150 pts
Total Points433 pts

****Additional assignments and quizzes may increase the total points possible****

Grading Scale:

B+ = 88% - 89%	A = 93% - 100%	A- = 90% - 92%
C+ = 78% - 79%	B = 83% - 87%	B- = 80% - 82%
D+ = 68% - 69%	C = 73% - 77%	C- = 70% - 72%
	D = 63% - 67%	D- = 60% - 62%

Tentative Course Schedule

DATE	TOPIC	PAGES
1/6	Introduction, General taping procedures, Supplies, & Ankle taping	3-6
1/13	Ankle compression & bracing, skill check-off	7-8
1/20	Foot, skill check-off	9-12
1/27	QUIZ #1, Lower leg, skill check-off	13-14
2/3	Knee, skill check-off	15-18
2/10	Hip & Thigh, skill check-off	19-22
2/24	QUIZ #2, Shoulder, skill check-off	23-26
3/3	Elbow, Wrist, Thumb, & Fingers, skill check-off	27-31
3/10	QUIZ #3, Evaluation & Wound care , skill check-offs	32-34
3/17	Splinting & Crutch fitting, skill check-off	35-38
3/24	Sling Psychrometer, Blood pressure & Heart Rate skill check-offs	39-40
3/31	QUIZ #4, Review	
4/7	Final Practical Exam or Review	
4/7-14	Written Exam in Testing Center	

4/14	Final Practical Exam or Review	
4/15-16	Final Practical Exam (Ankle & 2 other skills)	By appt.
4/21	Final Practical Exam (Ankle & 2 other skills)	By appt.

**** The grading criteria/point distribution and schedule above are SUBJECT TO CHANGE****

Preventing Sexual Harassment:

Title IX of the Education Amendments of 1972 prohibits sex discrimination against any participant in an educational program or activity that receives federal funds. The act is intended to eliminate sex discrimination in education. Title IX covers discrimination in programs, admissions, activities, and student-to-student sexual harassment. BYU's policy against sexual harassment extends not only to employees of the university, but to students as well. If you encounter unlawful sexual harassment or gender based discrimination, please talk to your professor; contact the Equal Employment Office at 422-5895 or 367-5689 (24-hours); or contact the Honor Code Office at 422-2847.

Students with Disabilities:

Brigham Young University is committed to providing a working and learning atmosphere, which reasonably accommodates qualified persons with disabilities. If you have any disability which may impair your ability to complete this course successfully, please contact the Services for Students with Disabilities (SSD) Office (422-2767). Reasonable academic accommodations are reviewed for all students who have qualified, documented disabilities. Services are coordinated with the student and instructor by the SSD Office. If you need assistance or if you feel you have been unlawfully discriminated against on the basis of disability, you may seek resolution through established grievance policy and procedures. You should contact the Equal Employment Office at 422-5895, D-285 ASB.