

**San José State University**  
**Kinesiology**  
**KIN 189, Prevention and Care of Athletic Injuries Laboratory**  
**Spring 2022**

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<b>Office Hours:</b>	Tuesday, 5:30-7:30 PM
<b>Class Days/Time:</b>	Tuesday, 3:30-5:20 PM
<b>Classroom:</b>	Online (Zoom/Canvas until February 10) In-Person (YUH 128 from February 15)
<b>Prerequisites:</b>	KIN 70, KIN 188 (concurrent enrollment acceptable).

**MYSJSU Messaging and Online Access to Course Materials**

In order to ensure that you receive all pertinent email communication, you must have a current and accurate email address in the MySJSU system. Please check to make sure your email is updated in MySJSU. Copies of course materials such as the syllabus, power point presentations, study guides, and grade information may be found on Canvas. For more information on setting up your account go to <http://www.sjsu.edu/ecampus/students>. For help with using Canvas see Canvas Student Resources page ([http://www.sjsu.edu/ecampus/teachingtools/canvas/student\\_resources](http://www.sjsu.edu/ecampus/teachingtools/canvas/student_resources))

**Student Log In Information to Canvas**

1. Go to the Canvas URL Log In: <http://sjsu.instructure.com>
2. You will see a log in page. Log in with your 9-digit SJSU ID and password you use for your SJSUOne account
3. Click LOGIN to access your Canvas account
4. If you have issues logging into Canvas account, contact Information Technology Services (ITS) at 408-924-2377

**Course Description**

The laboratory course is designed to provide hands-on experience in the prevention and care of athletic injuries including preventative and supportive

taping techniques, emergency management, and various hands-on experiences related to the prevention of activity related injuries.

### **Course Goals and Student Learning Outcomes**

At the completion of this course, students will be able to demonstrate an understanding of:

1. Demonstrate a mastery of emergency management techniques.
2. Demonstrate the ability to perform skills related to injury prevention techniques.
3. Demonstrate an understanding of and the ability to perform the fundamental skills used for preventative and supportive taping and other basic techniques associated with the diverse aspects of athletic training and related professions.

### **Program Learning Outcomes (PLOs)**

At the end of a Bachelor of Science degree program in the Department of Kinesiology, students will be able to:

1. Explain, identify, and/or demonstrate the theoretical and/or scientific principles that can be used to address issues or problems in the sub-disciplines in kinesiology;
2. Effectively communicate in writing (clear, concise and coherent) on topics in kinesiology;
3. Effectively communicate through an oral presentation (clear, concise and coherent) on topics in kinesiology;
4. Utilize their experiences across a variety of health related and skill-based activities to inform their scholarship and practice in the sub disciplines in kinesiology.
5. Identify and analyze social justice and equity issues related to kinesiology for diverse populations.

### **Required Texts/Readings**

#### **Textbook (Required)**

Perrin, D. (2005 or 2012). *Athletic Taping and Bracing (2<sup>nd</sup> or 3<sup>rd</sup> ed.)*, Champaign, IL: Human Kinetics (ISBN: 0-7360-4811-1 or ISBN: 13: 978-1-4504-1352-7).

#### **Library Liaison**

Adriana Poo ([adriana.poo@sjsu.edu](mailto:adriana.poo@sjsu.edu), 408-808-2019).

## **Assignments and Grading Policy**

To access each quiz, please click "Quizzes" on the left side of the screen of the course navigation on Canvas.

**Online Quizzes:** A total of ten (10) quizzes will be administered via online during the semester. The contents of each quiz will be covered by the assigned power point presentation(s) and video(s).

Each online quiz will be given through Canvas on the assigned Tuesdays (noted on the class schedule) at 5:20 PM and it will be ended by the following Monday 11:59 PM. Ten (10) minutes will be allowed to take the quiz. The quiz must be completed in a single session, and at the end of exam, you must click "Submit Quiz" button to get credits within the allowed 10-minute. Once you have logged onto the quiz, you will not be allowed to log on for a second time. If you take the quiz, you will be given a 0 (zero) for the quiz. You will have two (2) trials for each quiz and higher score will be recorded.

### **Taping Technique Modification (TTM) Papers:**

- 1) 1<sup>st</sup> paper is due by Tuesday, April 26, 11:59 PM
- 2) 2<sup>nd</sup> paper is due by Friday, May 20, 5:00 PM

#### How to Prepare Your Taping Technique Modification Paper

Select two (2) taping techniques that you would like to modify it. Describe your rational (anatomical and/or biomechanical background, etc.) for the modification and write the procedures of the technique. Submit (upload) your papers in MS Word format in Canvas. Each paper will be worth 30 points.

#### How to upload your MS Word file in Canvas?

Click "Assignments" → "TTM Paper 1" or "TTM Paper 2" → Select your file → "Submit Assignment"

#### Formatting Instructions:

1. Top, bottom, right, and left margins of the body of the abstract (in a WORD file) should be set at 1" using the standard 8.5" x 11" format. Use either Arial (or Calibri) 12 pt. font with single spacing. Provide the title of the paper at the top left margin in **bold**.
2. On the next line, write course number and your name in **bold**.  
For example: **KIN 189, Your Name**
3. Double space and begin to write your selected "taping technique modification" paper. This paper should include the following sections in **bold**:  
**Anatomical/Biomechanical Background, Justification of Modification, and Procedures**. Write each section at the next line. No fewer than 400 words and no more than 450 words without counting the items 1 (Title of your paper) and

- 2 (Course number and your name) above.
4. On the next line, a word count (in **bold**) generated by MS Word must be included at the bottom left on the paper. For example: **Word Count: 410**

*\*Formatting error(s): -1 point/each error*

*\*Less than 400 words or more than 450 words: -10 points*

### Good Example

#### Arch Support Taping KIN 189, Your Name

Space

Space

**Anatomical/Biomechanical Background:** Write anatomical and biomechanical information of your chosen area of taping technique.

**Justification of Modification:** Explain the purpose of your modification and provide a compelling rationale for the modification.

**Procedures:** Write a step-by-step procedure of your chosen taping technique as follows: Step 1: Apply two anchors at the distal tibia; Step 2: Apply two anchors at the proximal tibia; Step 3: ...

**Word Count:** 420.

### Not Recommended Example

Arch Support Taping

KIN 189, Section 2, Your Name

**Anatomical/Biomechanical Background:** Write anatomical and biomechanical information of your chosen area of taping technique.

**Justification of Modification:** Explain the purpose of your modification and provide a compelling rationale for the modification.

**Procedures:** Write a step-by-step procedure of your chosen taping technique.

Word Count: 390.

### Grading Breakdown and Scale:

Ten (10) Quizzes	7 points × 10 = 70 points
Two (2) Taping Technique Modification Papers	30 points × 2 = 60 points
<b>TOTAL</b>	<b>130 points</b>

The final grade will be determined based on the following scale:

A plus = 100-96%	A = 95-93%	A minus = 92-
130-125	124-121	120-117
B plus = 89-86%	B = 85-83%	B minus = 82-80%
116-112	111-108	107-104
C plus = 79-76%	C = 75-73%	C minus = 72-70%
103-99	98-95	94-91

D plus = 69-66%	D = 65-63%	D minus = 62-60%
90-86	85-82	81-78
F = 59-0%		
77-0		

## University Policies

Per University Policy S16-9, university-wide policy information relevant to all courses, such as academic integrity, accommodations, etc. will be available on Office of Graduate and Undergraduate Programs' Syllabus Information web page at <http://www.sjsu.edu/gup/syllabusinfo/>

### Tentative Course Schedule

(The class schedule is subject to change with fair notice.  
Any changes will be announced in class and/or via Canvas).

Week	Date	Topics, Quizzes, Papers	Quiz/Paper Due Dates
1	02/01	Course Introduction Athletic Taping Procedures (The purpose of athletic taping)	
2	02/08 (Q1)	D-1) Range of motions (ROMs)/Manual Muscle Testing D-2) Goniometry	02/14 11:59 PM
3	02/15 (Q2)	A. Taping – Foot and Ankle Closed basketweave taping (Regular ankle taping) Open basketweave taping	02/21 11:59 PM
4	02/22 (Q3)	B. Taping – Foot and Ankle Arch Support/Turf Toe	02/28 11:59 PM
5	03/01 (Q4)	C) Taping – Foot and Ankle Heel contusion & Review "A" and "B"	03/07 11:59 PM
6	03/08 (Q5)	E) Taping – Leg, Knee Achilles tendon, Shin splints Patellar tendon, Collateral/Cruciate knee sprain	03/14 11:59 PM
7	03/15 (Q6)	F) Spine board principles and utilization	03/21 11:59 PM
8	03/22	G) Selection and fitting of standard protective equipment 1) NOCSAE 2) Head protection 3) Face protection 4) Trunk/Thorax protection 5) Lower extremity equipment protection	

Week	Date	Topics, Quizzes, Papers	
		6) Elbow/Wrist/Hand protection 7) Construction of protective and supportive devices	
9	03/29	<b>Spring Break</b>	
10	04/05 (Q7)	H) Taping– Knee, Thigh & Hip (Shoulder) Knee hyperextension Quadriceps/hamstring compression wrap I) Wrapping – Hip, Shoulder Hip adductor strain Hip flexor strain Shoulder spica	04/11 11:59 PM
11	04/12 (Q8)	J) Physical examination components Height and weight measurements Vital signs - pulse, respirations, blood pressure Snellen eye chart Ambulatory aids Crutch and cane fitting Environmental considerations WBGT index Sling psychrometer	04/18 11:59 PM
12	04/19 (Q9)	K) Taping and Wrapping – Wrist, Thumb, Fingers Wrist flexion/extension/compression Thumb sprain, Finger buddy taping Finger collateral ligament L) Taping and Wrapping – Elbow and Shoulder Elbow hyperextension, AC joint sprain	04/25 11:59 PM
13	04/26 (Q10)	M) Rules/regulations regarding protective padding and equipment Football helmet fitting Football shoulder pad fitting N) Wound and wound care principles <b>1<sup>st</sup> Paper Due</b> (Finalization/Submission)	05/02 11:59 PM  <b>04/26 11:59 PM</b>
14	05/03	Review all taping techniques in the LE	
15	05/10	Review all taping techniques in the UE	
Final Paper	05/20 (F)	<b>2<sup>nd</sup> Paper Due</b> (Finalization/Submission)	<b>05/20 5:00 PM</b>

**Note:** Q: Quiz