

Taping Theory

Syllabus Number

SPS-108

Elective

2 credit

1. Course Description

This course provides the student with the knowledge in applying of various types of taping techniques used in a sport medicine setting in order to manage or prevent athletic injuries. Through the didactic learning and practical lab experiences, the student will be able to apply taping for foot conditions (i.e. plantar fasciosis, hallux valgus, heel pain), ankle conditions (i.e. inversion vs eversion sprain, open vs closed basket weave), Achilles tendinopathy, "shinsplint," knee conditions, and elbow/wrist/finger sprains.