

# Taping Theory

Syllabus Number	SPS-108
Elective	2 credit
MATSUNAGA, Yuki	

## 1. Course Description

Taping in sport is for first aid, injury prevention by using adhesive tapes, adhesive elastic tapes, or some other equipment. This class is an introductory class of taping and designed to teach students the purposes and methods of using various taping techniques to the body parts, such as the feet, ankles, knees, shoulders, wrists, hands. Students will be introduced to basic anatomy and sports injuries as it is related to taping.