I. Instructor: Rich Bomgardner ATC, CSCS
   1. Office Location: Heskett Center, Office 111
   2. Office Phone: 978-5981
   3. Office Hours: M & W 1:30-3:30; T & Th 9:30-11:30
   4. E-mail: rich.bomgardner@wichita.edu

II. Course Description:

The study of techniques used for the care and prevention of athletic injuries. The student will learn various methods of athletic taping, bandaging, protective padding, and bracing of anatomical regions.

III. Course Objectives:

1. Protective Equipment:
   - The student will demonstrate the ability to select and fit standard protective equipment that provides safe and healthy participation in physical activity.
   - The student will select and fit the following protective equipment.
     A. Rib brace/guard
     B. Prophylactic ankle brace
     C. Prophylactic knee brace

2. Custom protective Devices:
   - The student will demonstrate the ability to construct custom protective devices. These devices include, but are not limited to, those that protect contusions, sprains, strains, wounds, and fractures from further injury.
   - The student will construct, apply, and remove the following protective devices:
     A. bony prominence pad
     B. muscle contusion
     C. soft playing cast
     D. hard, immobilization splint or cast
     E. friction pad
     F. checkrein device

3. Tape, splint, wrap, pad, or brace
   - The student will demonstrate the ability to select and apply preventative and protective taping, wrapping, splinting, bracing, and rehabilitative devices in order to prevent further injury.
   - The student will demonstrate the ability to tape, splint, wrap, pad or brace the following joints to limit motion:
     A. Cervical Spine
     B. Shoulder joint and girdle
     C. Elbow
     D. Wrist
E. Hand and fingers
F. Lumber Spine
G. Hip and pelvis
H. Knee
I. Leg
J. Ankle
K. Foot and toes

IV. Readings:

1. A list of required readings is provided for the course preparation.
2. Each chapter will be discussed in the outline unless the instructor alters the schedule.
3. There will be material added by the instructor. Each student is responsible for obtaining this material.
4. The outline below may not correlate in the order of presentation:

OUTLINE:
   Types of tape
   Preparing to tape
   The Foot
   The Ankle
   The Lower Leg
   The Thigh, Hip, and Pelvis
   The Shoulder and Arm
   The Elbow
   The Forearm
   The Thumb & Fingers
   The Wrist
   The Hand

5. Required Text:

V. Course Requirements:

1. Each student must successfully pass 5 exams.
2. Each exam is in the format of true/false, multiple choice, and matching.
3. Each exam is worth approximately 50 points.
4. The final exam in comprehensive and worth 100 points.
4. Quizzes will be given every Monday. Each quiz is worth 10 points.
5. Regular course attendance correlates with success. Therefore, NO make-up exams or quizzes will be given unless prior arrangements have been made with the instructor.

VI. Grading Evaluation Scales/Criteria:
1. The grading scale will be based on percentages and determined by total points.
2. The total points to be accumulated is approximately 400 points.
3. The grading scale is as follows:

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\begin{align*}
90 - 100\% &= A \\
80 - 89\% &= B \\
70 - 79\% &= C \\
60 - 69\% &= D \\
Below 60\% &= F
\end{align*}
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VII. Policies:

1. A standard of honesty, fairly applied to all students, is essential to a learning environment. Students violating such standards must accept the consequences, and penalties are assessed by appropriate classroom instructors or other designated persons. Serious cases may result in discipline at the college or university level and may result in suspension or dismissal. Students accused of abridging a standard of integrity may protect themselves through established academic appeal procedures and are assured due process and the right of appeal from accusations or penalties felt to be unjust. For more information, consult the 2002-2003 Undergraduate Catalog, page 27.

2. ADA: If you have a physical, perceptual, psychiatric/emotional, medical, or learning disability that may impact your ability to carry out assigned course work, contact the Office of Disability Services (DS), Grace Wilkie Annex, room 173. (Voice/TDD 978-3309). ODS will review your concerns, confirm you disability, and determine, with you, what accommodations are necessary. All information and documentation of your disability is confidential and will not be released by DS without your written permission.

VIII. Tentative Daily Schedule:

August 30 – Introduction
September 1 – Ch. 1 – Introduction to Taping and Bracing
   6 – Labor Day Holiday
   8 – Ch. 2 – The Foot, Ankle, and Leg – Anatomy
   13 – Ch. 2 – Taping – Foot
   15 – Ch. 2 – Taping – Ankle
   20 – Ch. 2 – Taping Foot/Ankle and Bracing
   22 – Ch. 3 – Exam #1 (Ch. 1 & Ch. 2)
   27 – Ch. 3 – The Knee – Anatomy
   29 – Ch. 3 – Taping – Knee
October 4 – Ch. 3 – Taping – Knee/Patella
   6 – Ch. 3 – Bracing – Knee/Patella
   11 – Ch. 4 – The Thigh, Hip, and Pelvis – Anatomy
13 – Ch. 4 – Taping/Bandaging
18 – Exam #2 (Ch. 3 & Ch. 4)
20 – Ch. 5 – The Shoulder and Arm – Anatomy
25 – Ch. 5 – Taping – Shoulder
27 – Ch. 5 – Bandaging/Bracing – Shoulder

November 1 – Ch. 6 – The Elbow and Forearm – Anatomy
  3 – Ch. 6 – Taping – Elbow
  8 – Ch. 6 – Bracing – Elbow
 10 – Exam #3 (Ch. 5 & Ch. 6)
15 – Ch. 7 – The Wrist and Hand – Anatomy
  7 – Ch. 7 – Taping – Wrist
  3 – Ch. 7 – Taping – Wrist/Hand
24 – Thanksgiving Holiday
  9 – Ch. 7 – Taping – Thumb and Finger

December 1 – Lower Body Review
  6 – Upper Body Review
  8 – Bracing and Bandaging Review
 13 – Final Exam - Comprehensive