

**GEORGE MASON UNIVERSITY**  
**School of Recreation, Health and Tourism**

**PHED 480 001— Special Topics: Kinesiology Taping Sports Taping Specialist Certification (1)**  
**Spring 2015**

DAY/TIME:	March 20, April 10 & 17 8am-12:30pm	LOCATION:	BRH 148
INSTRUCTOR:	Dr. Holly Moriarty, DC	EMAIL ADDRESS:	Hollymoriarty@hotmail.com
OFFICE LOCATION:	BRH 220	PHONE NUMBER:	703-993-2098
OFFICE HOURS:	times by appointment	FAX NUMBER:	703-993-2025
SCHOOL WEBSITE:	rht.gmu.edu	COURSE WEBSITE:	mymasonportal.gmu.edu

**PRE/COREQUISITES**

Admission to the professional phase of the ATEP.

**COURSE DESCRIPTION**

Application of Kinesiology taping as a treatment technique to promote return to activity and healing. Focuses on taping techniques to aid inflammation reduction, muscle activation and deactivation, and strapping for limiting mobility in treating injuries to the spine, upper lower extremity. Upon course completion, students will earn their Sports Taping Specialist certification.

**COURSE OBJECTIVES**

At the completion of this course students should be able to complete the following:

1. Select Kinesiology Taping techniques for various musculoskeletal conditions;
2. Apply Kinesiology Tape for musculoskeletal conditions, to aid inflammation reduction, and encourage muscle activation;
3. Identify the indication and contraindications for Kinesiology Taping;
4. Demonstrate the components of Kinesology Taping techniques for various body parts; and
5. List the historical and evidence based foundation for Kinesiology Taping.

**NATURE OF COURSE DELIVERY**

Face to face.

**ATTENDANCE**

Students are expected to be on time, attend all class meetings and be prepared for in class assignments and projects. Excused absences include the following: illness (must bring a receipt or note from a doctor), family death, athletic/academic event(contact instructor in advance), and others at the discretion of the instructor. For known upcoming absences, students must contact the instructor at least one week in advance to the missed class to make up work. In the case of illness or some other unforeseen absence, the student must contact the instructor before the course meeting via e-mail or telephone. At the next attended class meeting the student will discuss material that is to be completed. ***Students will have one week from the excused absence to complete any missed assignments.*** It is the student's obligation to pursue any make-up work.

**DRESS**

During the laboratory section of the course, students will be asked to wear appropriate clothing to expose various body parts for the purposes of practicing the application of various medical procedures. Tank tops, tee-shirts or sports bras/bathing suit tops will be required when topics focus on the upper body. Shorts will be required will be required when topics focus on the lower body. If there is a concern with exposing areas of the student's body or classmates, it is the student's responsibility to contact the instructor to make appropriate arrangements.

**LABORATORY SUPPLIES**

None. All materials have been donated by KT Taping Corporation

### **TECHNOLOGY USE DURING CLASS**

As per GMU policy, all sound emitting technology is required to be turned off during the class meeting time. Additionally, *no laptop computers, Smart Phones, or other technology* will be permitted for use during class time; the exceptions are for use during presentations/projects, and technology deemed as necessary by the Office of Disability Services. Students utilizing various technology devices during class will be asked to leave class and will not be permitted to complete course work or receive any points for assignments that day.

### **E-MAIL CORRESPONDENCE**

Only messages that originate from a George Mason University address will be accepted. The following is an appropriate professional format:

Dear Dr. Moriarty; *(Beginning salutation)*

I am looking forward to your class. *(Text body)*

Regards, *(Ending Salutation)*

First Name Last Name *(Your name)*

### **ACCREDITATION STANDARDS**

The course meets Commission on Accreditation of Athletic Training Education (CAATE) competencies and proficiencies in one or more of the following content areas: evidence-based practice, prevention and health promotion, clinical examination and diagnosis, acute care of injury and illness, therapeutic interventions, psychosocial strategies and referral, healthcare administration, professional development and responsibility.

### **REQUIRED READINGS**

None.

### **SUGGESTED READINGS**

Will be provided in class as needed.

### **EVALUATION**

Students will be evaluated on performance (demonstration of the content). Performance will be assessed through completion of class participation activities and skill demonstration.

#### **Skill Demonstration**

Two assessments on various taping related psychomotor skills will be administered at the second and third class meeting. This is a real time assessment that will require the student to demonstrate various taping techniques.

#### **Attendance & Participation**

Students are expected to attend all three course meetings and actively participate in discussion and hands on activities.

### **GRADING**

<b>ASSESSMENT METHOD</b>	<b>NUMBER</b>	<b>POINTS EACH</b>	<b>POINTS TOTAL</b>
Attendance & Participation	3	100	300
Skill Demonstrations	2	100	200
<b>TOTAL</b>	—	—	<b>500</b>

### Course Grading Scale

The student's final letter grade will be earned based on the following scale:

<b>A:</b> 465 – 500 pts. (93%)	<b>C+:</b> 385 – 399 pts. (77%)
<b>A-:</b> 450 – 464 pts. (90%)	<b>C:</b> 365 – 384 pts. (73%)
<b>B+:</b> 435 – 449 pts. (87%)	<b>C-:</b> 350 – 364 pts. (70%)
<b>B:</b> 415 – 434 pts. (83%)	<b>D:</b> 315 – 349 pts. (63%)
<b>B-:</b> 400 – 414 pts. (80%)	<b>F:</b> < 315 pts

### MAKE UP WORK

Students who are absent or who arrive late without an official university or a medical doctor's excuse will not be permitted to participate in the class activities for credit the day of the absence or tardy event. There will be no make-up quizzes or exams unless an excused absence has been warranted. Students who miss an examination, quiz or other class activity because of an excused absence must complete the assignment ***within a week of the excused absence***. It is the student's obligation to pursue any make-up work.

### PHED 480 Calendar *Faculty reserves the right to alter the schedule as necessary*

DAY	DATE	TENTATIVE TOPIC	ASSIGNMENT
1	3-20	Taping mechanics and history Introduction to taping properties and Kinesiology Taping Kinesiology Taping Procedures for conditions of the following: -Spine injuries -Cervical -Thoracic -Lumbar -Sacroiliac	
2	4-10	Kinesiology Taping Procedures for conditions of the following: -Upper extremity -Shoulder -Scapula -Elbow -Wrist -Hand	
3	4-17	Kinesiology Taping Procedures for conditions of the following: -Lower Extremity -Hip -Knee -Ankle -Foot -Lymphatic Drainage	

### *Student Expectations*

- Students must adhere to the guidelines of the George Mason University Honor Code [See <http://oai.gmu.edu/the-mason-honor-code-2/>]
- Students with disabilities who seek accommodations in a course must be registered with the George Mason University Office of Disability Services (ODS) and inform their instructor, in writing, at the beginning of the semester [See <http://ods.gmu.edu/>].
- Students must follow the university policy for Responsible Use of Computing [See <http://universitypolicy.gmu.edu/policies/responsible-use-of-computing/>]
- Students are responsible for the content of university communications sent to their George Mason University email account and are required to activate their account and check it regularly. All communication from the university, college, school, and program will be sent to students solely through their Mason email account.
- Students must follow the university policy stating that all sound emitting devices shall be turned off during class unless otherwise authorized by the instructor.

### *Campus Resources*

- The George Mason University Counseling and Psychological Services (CAPS) staff consists of professional counseling and clinical psychologists, social workers, and counselors who offer a wide range of services (e.g., individual and group counseling, workshops and outreach programs) to enhance students' personal experience and academic performance [See <http://caps.gmu.edu/>].
- The George Mason University Writing Center staff provides a variety of resources and services (e.g., tutoring, workshops, writing guides, handbooks) intended to support students as they work to construct and share knowledge through writing [See <http://writingcenter.gmu.edu/>].
- For additional information on the College of Education and Human Development, School of Recreation, Health, and Tourism, please visit our website [See <http://rht.gmu.edu/>].

CORE VALUES COMMITMENT: The College of Education and Human Development is committed to collaboration, ethical leadership, innovation, research-based practice, and social justice. Students are expected to adhere to these principles.

PROFESSIONAL BEHAVIOR: Students are expected to exhibit professional behaviors and dispositions at all times.

