



Course Prefix/Number/Title: HPER 213 Taping and Bracing

Number of Credits: 2

Course Description: Taping and bracing will focus on the stabilizing procedures used to assist in the healing process of athletic injuries. A hands-on approach will be used throughout the course

Pre-/Co-requisites: none

Course Objectives: HPER 213 Taping and Bracing for various injuries caused by activities

Instructor: Carolyn Rygg MEd, LAT, ATC,

Office: Athletic Training Room, Thatcher 158

Office Hours: Monday-Friday 10-12 & 1-3 \*subject to vary depending on week events\*

Phone: 701-520-8246

Email: carolyn.j.rygg@dakotacollege.edu

Lecture/Lab Schedule: Lecture, T & TH 8-8:50 am

Textbook(s): *recommended* Orthopedic Taping, Wrapping, Bracing, & Padding 3<sup>rd</sup> Edition by Joel W. Beam ISBN: 978-0803658486

Course Requirements:

- ~ Blackboard access
- ~ proper attire is required for class time
- ~ classroom participation

Grading:

A	90-100	C	70-79	F	0-59
B	80-89	D	60-69		

Tentative Course Outline:

- Aug 25 – First Day of Class, Syllabus
- Aug 27 – Chapter 1; Tapes, Wraps, Braces, and Pads
- Sept 1 – Chapter 3; Feet
- Sept 3 – Practice
- Sept 8 – Chapter 4; Ankle
- Sept 10 – Practice
- Sept 15 – Chapter 5; Lower Leg
- Sept 17 – Practice
- Sept 22 – Test 1
- Sept 24 - Chapter 6; Knee

Sept 29 – Chapter 7; Thigh, Hip, and Pelvis  
Oct 1 – Practice  
Oct 6 – Chapter 8; Shoulder  
Oct 8 – Practice  
Oct 13 – Midterm Practical  
Oct 15 – Midterm Practical; Test 2; Midterm Grades Due  
Oct 20 – Chapter 9; Elbow  
Oct 22 – Practice  
Oct 27 – Chapter 10; Wrist  
Oct 29 – Practice  
Nov 3 – Chapter 11; Hand, Fingers, Thumb  
Nov 5 – Practice  
Nov 10 – Test 3  
Nov 12 - Chapter 12; Thorax  
Nov 17 – Practice  
Nov 19 – Practice  
Nov 24 – Practice  
Nov 26 – No Class Thanksgiving  
Dec 1 – Chapter 13; Protective Equipment and Padding  
Dec 3 – Practice  
Dec 8 – Practice  
Dec 10 – final test  
Dec 14-18 – Practical; FINALS WEEK

General Education Competency/Learning Outcome(s) OR CTE Competency/Department Learning Outcome(s): none

Relationship to Campus Focus: This course prepares students to have knowledge of the taping, wrapping, bracing, & padding of athletic related injuries according to the evidence-based guidelines followed by the Board of Certification of Athletic Trainers.

#### Classroom Policies:

It is important to attend all classes as there will be hands on learning in most meeting times.

- ~ Late assignments will be docked 10% each day they are late counting weekends.
- ~ Assignments are created per chapter and will be due at the time set on Blackboard.
- ~ Be respectful
- ~ No phones, computers are allowed for note taking
- ~ No airpods, headphones, or any other devices are allowed during lecture or tests

#### Student Email Policy:

Dakota College at Bottineau is increasingly dependent upon email as an official form of communication. A student's campus-assigned email address will be the only one recognized by the Campus for official mailings. The liability for missing or not acting upon important information conveyed via campus email rests with the student.

#### Academic Integrity:

According to the DCB Student Handbook, students are responsible for submitting their own work. Students who cooperate on oral or written examinations or work without authorization share the

responsibility for violation of academic principles, and the students are subject to disciplinary action even when one of the students is not enrolled in the course where the violation occurred. The Code detailed in the Academic Honesty/Dishonesty section of the Student Handbook will serve as the guideline for cases where cheating, plagiarism or other academic improprieties have occurred.

#### Disabilities or Special Needs:

Students with disabilities or special needs (academic or otherwise) are encouraged to contact the instructor and Disability Support Services.

#### Title IX:

Dakota College at Bottineau (DCB) faculty are committed to helping create a safe learning environment for all students and for the College as a whole. Please be aware that all DCB employees (other than those designated as confidential resources such as advocates, counselors, clergy and healthcare providers) are required to report information about such discrimination and harassment to the College Title IX Coordinator. This means that if a student tells a faculty member about a situation of sexual harassment or sexual violence, or other related misconduct, the faculty member must share that information with the College's Title IX Coordinator. Students wishing to speak to a confidential employee who does not have this reporting responsibility can find a list of resources on the DCB Title IX webpage.