



**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 (i.e. shorts and t-shirts for practice)
- ~ classroom participation

**Grading:**

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

**Tentative Course Outline:**

- Day 1 – First Day of Class, Syllabus
- Day 2 – Chapter 1; Tapes, Wraps, Braces, and Pads
- Day 3 – Chapter 3; Feet
- Day 4 – Practice
- Day 5 – Chapter 4; Ankle
- Day 6 – Practice
- Day 7 – Chapter 5; Lower Leg
- Day 8 – Practice
- Day 9 – Test 1
- Day 10 - Chapter 6; Knee

Day 11 – Chapter 7; Thigh, Hip, and Pelvis  
Day 12 – Practice  
Day 13 – Chapter 8; Shoulder  
Day 14 – Practice  
Day 15 – Midterm Practical  
Day 16– Midterm Practical; Test 2; Midterm Grades Due  
Day 17 – Chapter 9; Elbow  
Day 18 – Practice  
Day 19 – Chapter 10; Wrist  
Day 20 – Practice  
Day 21 – Chapter 11; Hand, Fingers, Thumb  
Day 22 – Practice  
Day 23 – Test 3  
Day 24 - Chapter 12; Thorax  
Day 25 – Practice  
Day 26 – Practice  
Day 27 – Practice  
Day 28 – No Class Thanksgiving  
Day 29 – Chapter 13; Protective Equipment and Padding  
Day 30 – Practice  
Day 31 – Practice  
Day 32 – final test  
Dec 13-17 – 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 a majority of time – will be graded  
~ Late assignments will be docked 10%  
~ 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.