

**Bergen Community College**  
Health Professions  
Department of Wellness & Exercise Science

## **WEX-209 Athletic Training Practicum I-Taping and Bracing for Athletic Injuries**

### **Basic Information about Course and Instructor**

Semester and year: All  
Course and Section Number: WEX-209; Athletic Training Practicum I-Taping and Bracing for Athletic Injuries

Meeting Times and Locations: TBD  
Instructor: Associate Professor Danielle Coppola-Oliveri  
Office Location: G-211  
Phone: 201-493-3660  
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### **Course Description**

Athletic Training Practicum I incorporates practical and clinical experience with the focus on taping and bracing techniques that are applied in clinical settings as an athletic trainer. Students will explore the anatomy of the major joints and muscle groups associated with athletic injury and apply the various taping and bracing techniques to the upper and lower body. Clinical experience consisting of observation hours will be required for each student. Students will work closely with an ATC (certified athletic trainer) in a clinical setting to observe clinical competencies presented in the athletic training field. Observations may include clinical and/or game and practice exposure.

3 lecture hours; 3 Credits

**Prerequisite: WEX-184.**

**Student Learning Outcomes:** As a result of meeting the requirements in this course, students will be able to:

1. Identify anatomical locations of the upper and lower body associated with athletic injury.
2. Identify and compare the different taping and bracing methods used on the upper and lower body used for injury prevention associated with athletic injuries.
3. Analyze different musculotendinous injury related to strains and sprains and compare acute and chronic injuries.
4. Develop skills necessary to provide taping and bracing for upper body anatomy consisting of the shoulder, arm, elbow, forearm, wrist and hand.

5. Develop skills necessary to provide taping and bracing for lower body anatomy of the foot, ankle, leg, knee, thigh, hip and pelvis.
6. Analyze through observation the different taping and bracing methods applied to prevent athletic injury.

**Student Learning Outcomes and Means of Assessment**

Student Learning Outcomes	Suggested Means of Assessment
1. Identify anatomical locations of the upper and lower body associated with athletic injury.	Students will identify verbally and in writing the anatomical locations of the upper and lower body.
2. Identify and compare the different taping and bracing methods used on the upper and lower body used for injury prevention associated with athletic injuries.	Students will identify in writing the different taping and bracing methods applied to the upper and lower body used for injury prevention associated with athletic injuries.
3. Analyze different musculotendinous injury related to strains and sprains and compare acute and chronic injuries.	Students will describe in writing musculotendinous injury related to strains and sprains and compare in writing acute and chronic injuries.
4. Develop skills necessary to provide taping and bracing for upper body anatomy consisting of the shoulder, arm, elbow, forearm, wrist and hand.	Students will demonstrate with self and partner activities the application and use of taping and bracing devices that will be applied to the upper body shoulder, arm, elbow, forearm, wrist and hand to prevent athletic injury.
5. Develop skills necessary to provide taping and bracing for lower body anatomy of the foot, ankle, leg, knee, thigh, hip and pelvis.	Students will demonstrate with self and partner activities the application and use of taping and bracing devices that will be applied to the lower body foot, ankle, leg, knee, thigh, hip and pelvis to prevent athletic injury.
6. Analyze through observation the different taping and bracing methods applied to prevent athletic injury.	Students will observe an ATC in a clinical setting and/or game and practice to gain exposure to taping and bracing methods applied to prevent athletic injuries

**Course Content**

**Content of the course will include:**

Course Orientation	<ul style="list-style-type: none"> <li>• Explanation of the procedures and course requirements.</li> <li>• Overview of course: lecture components</li> </ul>
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	<ul style="list-style-type: none"> <li>• Explanation of evaluation: exams, quizzes, writing and reading assignments</li> <li>• Facilities and resources based on semester availability. (gymnasium, fitness centers, computer labs, library, office of specialized services, etc.)</li> </ul>
Anatomical Locations of the Upper and Lower Body	<ul style="list-style-type: none"> <li>• Anatomical locations and planes of motion</li> <li>• Mechanisms of injury</li> <li>• Movements associated with upper and lower body</li> </ul>
Taping and Bracing Methods and Devices	<ul style="list-style-type: none"> <li>• Purpose of taping and bracing</li> <li>• Nonelastic tape and cloth</li> <li>• Elastic tape and wraps</li> <li>• Protective Devices and athletic braces</li> <li>• Application and removal of tape</li> </ul>
Musculotendinous Injuries	<ul style="list-style-type: none"> <li>• Muscle Strains and ligament sprains</li> <li>• Grades of injury</li> <li>• Muscle and bone contusions</li> <li>• Muscle and Tendon ruptures and avulsions</li> <li>• Stress fractures, tendinitis and fasciitis</li> <li>• Forearm and shin splints</li> <li>• Neuroma</li> </ul>
Upper and Lower Body Taping and Bracing	<ul style="list-style-type: none"> <li>• Mechanism of injury</li> <li>• Prepares body for taping or bracing</li> <li>• Selection of appropriate tape or brace</li> <li>• Proper position of body part</li> <li>• Application of taping procedure</li> <li>• Instructs removal of tape or brace</li> </ul>

### Special Features of the Course

- The use of learning technologies in the course will include powerpoint, youtube, worldwide web and moodle to include web enhanced features.
- The layout of this course will consist of weekly powerpoints. Powerpoint presentations will include online resources such as the worldwide web and youtube to enhance learning topics.
- All lecture material and handouts will be available through moodle. Students can login to moodle with their Bergen credentials and have access to all available information. Information will become available every Sunday.

## Course Texts and/or Other Study Materials

Required:

Perrin H., David **Athletic Taping and Bracing** 3<sup>rd</sup> edition. Human Kinetics, 2012

Recommended:

Prentice E., William **Principles of Athletic Training. A guide to Evidence-Based Clinical Practice** 16<sup>th</sup> edition. McGraw Hill, 2017

## Writing, Workshops, Observation and Examination Requirements

Students are required to complete a variety of writing assignments and workshops in the course. These assignments and workshops may include class discussions, in and out of class writing assignments, case studies and performance skills. Examinations both written and skill assignment in addition to written quizzes will also be assessed.

Observation and clinical experience is required of all students to complete the course. The clinical experience includes observation of an ATC in a clinical, game and/or practice setting. ATC's are available at Bergen Community College and should be scheduled in advance. Course instructor will help with this process. You are expected to accumulate hours and have the sign off log for observation hours completed by you and the ATC and submitted to course instructor.

## Grading Policy

The final grade is based on a "grading package". Participation and quality of effort within each portion of this package will determine your status at the end of the semester. The available points assigned to each section are as follows:

Total 500 semester points. Points may vary based on the amount of assignments accumulation during the semester.

450 and above .....	A
440 – 449 points.....	B+
400 - 439 points .....	B
390 - 399 points .....	C+
350 - 389 points.....	C
300- 349 points.....	D
299 or less points.....	F

**Attendance: 50 points:** There is 1 allowed absence. Any class missed after 1 will result in a 5-point deduction. Other points may be deducted for in class assignments missed. Every late or early leave will result in a deduction of 2.5 points. Classes cannot be made up. Absences can be excused with proper documentation.

### **Written and Workshop Assignments: 150 points:**

Writing assignments, case studies and worksheets will be assigned regularly for class. Each assignment is worth a different amount. All assignments are due at the next class meeting unless otherwise stated. An assignment that is missed is allowed 1 week for submission or all points will be forfeited.

Workshops will be during class time only. Proper attire is required for participation in these workshops. If you come to class unprepared for any of the workshops, you will not earn the points assigned to that particular workshop. If you miss a workshop you will not be rewarded the workshop points.

**Exams and quizzes: 100 points:** There will be 5 quizzes (10 points each) throughout the semester to emphasize weekly topics. The quiz will be in a written format. There will be 2 exams (25 points each). Exams will be based on skill assessment and practical application of taping and bracing methods and procedure. If you miss a quiz or exam for ANY reason, you must have documentation. Make up must be completed within 1 week. No make up for a quiz or exam without appropriate documentation.

**Observation 200 points:** Clinical observations hours must be completed to be considered for a final grade. Documentation and scheduling for observation hours will be coordinated between the ATC, student and instructor.

25 hours=200 points  
20-24 hours=150 points  
15-19 hours=100 points  
10-14 hours=50 points  
5-9 hours= 25 points  
1-4 hours=10 points

### **Attendance Policy**

#### **BCC Attendance Policy:**

All students are expected to attend punctually every scheduled meeting of each course in which they are registered. Attendance and lateness policies and sanctions are to be determined by the instructor for each section of each course. These will be established in writing on the individual course outline. Attendance will be kept by the instructor for administrative and counseling purposes.

#### **Attendance Policy in this Course:**

There is 1 allowed absence. Any class missed after 1 will result in a 5-point deduction. Other points may be deducted for in class assignments missed. Every late or early leave will result in a deduction of 2.5 points. Classes cannot be made up. Absences can be excused with proper documentation.

### **Other College, Divisional, and/or Departmental Policy Statements**

**Statement on Americans with Disabilities Act (ADA):** Bergen Community College has adopted an internal grievance procedure providing for prompt and equitable resolution of complaints alleging any action prohibited by federal regulations implementing section 504 of the Rehabilitation Act of 1973, as amended, and the Americans with Disabilities Act of 1990 (ADA). Section 504 and ADA state, in part, that “no qualified individual with a disability, by reason of such disability, be excluded from participation in or be denied benefits of the services, programs, or activities of a public entity, or be subjected to discrimination by any such entity.” Complaints should be addressed to the Manager of Training and Compliance, Office of the Executive Vice President, Room A – 330, (201) 612-5331, who has been

designated to coordinate 504/ADA compliance efforts (BCC Student Handbook, 2003, page 42).

**Sexual Harassment Statement:** Bergen Community College is committed to providing its students and employees with an academic and work environment free from sexual harassment or discrimination. Sexual harassment in any form constitutes prohibited, unprofessional, and unacceptable conduct, and is a violation of Title VII of the Civil Rights Act of 1964 and 1990, as amended, Title IX of the Education Amendments of 1972, The New Jersey Law Against Discrimination, established case law, and State policies. The policy applies to all persons. Administrators, faculty, staff, and students are all covered (BCC Catalog, 2006-7, page 59). See catalog for complete details.

### Student and Faculty Support Services

The Office of Specialized Services	Room S-131	201-612-5270 <a href="http://www.bergen.edu/oss">www.bergen.edu/oss</a> ossinfo@bergen.edu
The Sidney Silverman Library	Room L-226	Main Building, Pitkin Education Center, L-wing, 2nd Floor. Paramus Library Hours: (201) 447-7131 or visit <a href="http://www.bergen.edu/library/calendar/gcal.htm">http://www.bergen.edu/library/calendar/gcal.htm</a> Paramus Service Desk: (201) 447-7970 Meadowlands Location: 1280 Wall Street, Lyndhurst 2nd Floor Meadowlands Library Hours: <a href="http://www.bergen.edu/library/calendar/gcal.htm">http://www.bergen.edu/library/calendar/gcal.htm</a> Meadowlands Service Desk: (201) 301-9692 <a href="http://www.bergen.edu/library">www.bergen.edu/library</a>
The Distance Learning Office-for any problems you may have accessing your online courses	Room C-334	201-612-5581 psimms@bergen.edu
Testing Center	Room S-127	(201) 447-7202

### Course Calendar

\*The course syllabi is a tentative outline and is subject to change. Assignments and the total points accumulated by the end of the semester may change depending on the material covered. These changes will become known to all students in advance.

Week(s)	Date(s) Fall/Spring	Topics/Activities/Assignments
1	September/January	<i>Topic:</i> Orientation, Introduction to Taping and Bracing; Chapter 1 <i>Activities and Assignments:</i> Class discussions, Worksheets

2 - 4	September/January-February	Quiz 1 <i>Topic:</i> The Foot, Ankle and Leg; Chapter 2 <i>Activities and Assignments:</i> Self and partner taping and bracing Worksheet and Case Study
5	October/February	Quiz 2 <i>Topic:</i> The Knee; Chapter 3 <i>Activities and Assignments:</i> Self and Partner taping and bracing Worksheet and Case Study
6-8	October/February-March	Quiz 3 <i>Topic:</i> The Thigh, Hip and Pelvis; Chapter 4 <i>Activities and Assignments:</i> Self and Partner taping and bracing Worksheet and Case Study
9	November/March	Exam 1-Skills Assessment Chapter 2-4
10-12	November/March-April	Quiz 4 <i>Topic:</i> The Shoulder and Arm; Chapter 5 <i>Activities and Assignments:</i> Self and partner taping and bracing Worksheet and Case Study
13-14	November-December/April	Quiz 5 <i>Topic:</i> The Elbow and Forearm, Wrist and Hand; Chapter 6 & Chapter 7 <i>Activities and Assignments:</i> Self and partner taping and bracing Worksheet and Case Study
15	December/May	Exam 2- Skills Assessment Chapter 5-7