

1. Course: Taping as an supportive therapy in traditional physiotherapeutic methods

2. Type of classes: practical classes

3. Assesment: credit with a mark

4. Semester: winter

5. The proposed number of hours: 20

6. Syllabus:

Pre-requisites: Student has knowledge of human anatomy. Sportswear, sharp scissors and kinesiology tape are necessary on practical classes.

The aim of the course is to gain knowledge and basic skills of the elastic tapes applications, including manual diagnostics and therapeutic algorithm using taping correction techniques in the process of medical rehabilitation.

Program content:

Introduction to the taping concept: history, the use of tape. Tape applications in muscle techniques, patient preparation, contraindications, specialized tests, study and practical use of tapes in therapy.

7. Learning outcomes:

LO1 (knowledge) – Defines dysfunctions of the movement apparatus, describes their causes, characterizes different types of elastic tape applications, and diagnostic tests.

LO2 (skills) – Demonstrates the therapeutic algorithm in the posttraumatic states using taping.

LO3 (social competence) – Empathizes as a therapist, behaves in accordance with the ethical code of the physiotherapist.

8. Qualifications: first and second degree studies

9. Organisational unit of a course: Section of Esthetics Cosmetology, Institute of Applied Sciences, Faculty of Motor Rehabilitation

10. Person responsible for the subject: Andrzej Markowski, PhD, PT

11. Conditions of the course: practical classes with a group

12. The proposed number of ECTS: 4

13. The 8 hours of classes can be completed online.