

**MINISTRY OF HEALTH CARE OF UKRAINE  
ODESA NATIONAL MEDICAL UNIVERSITY**

Department of physical rehabilitation, sports medicine, physical training

**Syllabus of the academic discipline  
"Kinesiotaping in medicine and sports."**

<b>Scope of the academic discipline</b>	Total number of hours per discipline: 90 hours, 3.0 credits. Semester: IX-X 5th year of study
<b>Days, time, place of educational discipline</b>	According to the schedule of classes. Department of Physical Rehabilitation, Sports Medicine, Physical Training Odesa, 4-A Olgivivska St., ONMedU Sports Complex, 2nd floor.
<b>Teacher(s)</b>	Iushkovska Olga. Head of the Department, Doctor of Medical Sciences, Professor. Plakida Oleksandr. Doctor of Medicine, Professor of the Department. Olena Filonenko. Candidate of Medical Sciences, Associate Professor of the Department. Kravets Svitlana. Assistant of the Department. Semenenko Oleg. Assistant of the Department. Kamo Shakhnazaryan. Assistant of the Department.
<b>Contact information</b>	Help by phone: Viktoriya Seredovska, head teacher of the department 0672857552 Viktoriya Radaeva, laboratory assistant of the department, 0973824140, +380(48) 723-05-68, +380 (48) 728-50-30 E-mail: sportmed@onmedu.edu.ua Face-to-face consultations: from 15.00 to 17.00 every Thursday according to the schedule. Online consultations: from 16.00 to 18.00 every Thursday according to the schedule. A link to an online consultation is provided to each group during classes separately.

**COMMUNICATION**

Communication with applicants will be carried out in the classroom (in person). During distance learning, communication is carried out through the Microsoft Teams platform, as well as through e-mail correspondence, Viber messengers (through groups created in Viber for each group, separately through the group head).

**ABSTRACT OF THE EDUCATIONAL DISCIPLINE**

The subject of the study of the discipline is the study of the peculiarities of the kinesiotaping method in medicine and sports.

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Prerequisites and post-requisites of the discipline (place of the discipline in the educational program):

*Prerequisites:* foreign language (by professional direction), medical biology, biophysics, biochemistry, ethics, philosophy, ecology, human anatomy, normal and pathological physiology and integrates with these disciplines.

*Post-requisites:* life safety, valeology, physical rehabilitation, sports medicine and formation of skills to apply knowledge of kinesiotaping, further study of all clinical disciplines and in future professional activities.

*The goal of the discipline:* Mastering by the student of higher education knowledge and formation of elements of professional competences in the field of kinesiotaping in sports medicine and physical and rehabilitation medicine.

*Tasks of the discipline:*

1. Mastering the skill of kinesiotaping in medicine and sports;
2. Mastering the technique of stabilization kinesiotaping of different localization;
3. Mastering the technique of draining kinesiotaping of different localization;
4. Formation of understanding of the possibilities of kinesiotaping in medicine and sports;
5. Formation of the system of knowledge and skills in physical rehabilitation and sports medicine;

*Expected results:*

As a result of studying the academic discipline, the applicant must:

*Know:*

- Basics of the method and principles of its application;
- Basics of kinesiotaping at different stages of rehabilitation;
- Peculiarities of kinesiotaping in sports;

*Be able:*

- Apply stabilization kinesiotaping;
- Apply draining kinesiotaping.

## DESCRIPTION OF THE EDUCATIONAL DISCIPLINE

*Forms and methods of education:*

The discipline will be taught in the form of practical classes (30 class hours); organization of independent work of the applicant (60 hours).

*Teaching methods:* conversation, narration, explanation, demonstration, instruction, training exercises.

Content of the academic discipline

### Content module 1.

Basics of the kinesiotaping method

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Topic 1. History of kinesiotaping in sports and rehabilitation practice. The concept of taping and kinesiotaping. Indications and contraindications. Physiological justification of the action of kinesiotapes.

Topic 2. Kinesiotaping: main characteristics, features of kinesiotapes from different manufacturers. Auxiliary means used in kinesiotaping. Biomechanical tapes: features.

Topic 3. Basic approaches to kinesiotaping. Peculiarities of kinesiotaping depending on the purpose of the procedure. Application of kinesiotaping in sports medicine, rehabilitation, beauty industry.

Topic 4. Local kinesiotaping: stabilization (purpose, tasks, features). Local kinesiotaping of the spine: features. Local kinesiotaping of knee joints: features. Local kinesiotaping of shoulder joints: features.

Topic 5. Local kinesiotaping: draining (purpose, tasks, features, options).

Topic 6. Concept of functional kinesiotaping (purpose, features). Functional research of the musculoskeletal system, assessment of static stereotype. Evaluation of the dynamic stereotype.

Topic 7. Peculiarities of kinesiotaping of pregnant women and children.

*List of recommended literature:*

*Basic:*

1. Basics of kinesiotaping [Text]: teaching. Manual for students studying for special "Physical therapy, occupational therapy" specialization / O. O. Glynyana, Yu. V. Kopochynska; KPI named after Igor Sikorsky. - Vinnytsia: Works, 2020. -142 p. : fig., tab. - Bibliography: p. 140-141.

*Additional:*

1. Is Kinesio Taping Effective for Sport Performance and Ankle Function of Athletes with Chronic Ankle Instability (CAI)? A Systematic Review and Meta-Analysis. Biz C, et al. Medicine (Kaunas). 2022. PMID: 34397403

2. Evaluation of short-term and residual effects of Kinesio taping in chronic lateral epicondylitis: A randomized, double-blinded, controlled trial. Balevi ISY, Karaoglan B, Batur EB, Acet N. J Hand Ther. 2023 Jan-Mar;36(1):13-22. doi:10.1016/j.jht.2021.09.001. Epub 2021 Nov 1. PMID: 34736818

3. Kinesio taping reduces elbow pain during resisted wrist extension in patients with chronic lateral epicondylitis: a randomized, double-blinded, cross-over study. Cho YT, Hsu WY, Lin LF, Lin YN. BMC Musculoskeletal Disord. 2018 Jun 19;19(1):193. doi:10.1186/s12891-018-2118-3. PMID: 29921250

4. The effectiveness of Kinesio Taping in improving pain and edema during early rehabilitation after Anterior Cruciate Ligament Reconstruction: A Prospective, Randomized, Control Study. Labianca L, et al. Acta Biomed. 2022. PMID: 35483568

5. Short-Term Effects of the Kinesio Taping® on Early Postoperative Hip Muscle Weakness in Male Patients With Hamstring Autograft or Allograft Anterior Cruciate

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Ligament Reconstruction. Balki S, Göktas HE. J Sport Rehabil. 2019 May 1;28(4):311-317. doi: 10.1123/jsr.2017-0219. Epub 2018 Dec 12. PMID: 29252113

6. Kinesio taping as a treatment method in the acute phase of ACL reconstruction: A double-blind, placebo-controlled study. Balki S, Göktas HE, Öztumur Z. Acta Orthop Traumatol Turc. 2016 Dec;50(6):628-634. doi: 10.1016/j.aott.2016.03.005. Epub 2016 Oct 24. PMID: 27784622

**ASSESSMENT**

*Forms and methods of current control:* oral (questionnaire), theoretical testing, evaluation of test performance, evaluation of activity in the classroom.

*Criteria for current assessment in practical classes*

<b>Grade</b>	<b>Evaluation criteria</b>
«5»	The applicant worked systematically during the semester, showed versatile and deep knowledge of the program material, was able to successfully complete the tasks provided for by the program, mastered the content of basic and additional literature, realized the relationship between individual sections of the discipline, their importance for the future profession, revealed creative abilities in the mind using educational and program material that has shown the ability to i update and replenish knowledge dependently.
«4»	The applicant has revealed full knowledge of the educational and program material, successfully fulfills the tasks stipulated by the program, mastered the basic literature recommended by the program, showed a sufficient level of knowledge in the discipline and can independently update and update them in the course of further education and professional activity.
«3»	The applicant has shown knowledge of the main educational and program material to the extent necessary for further education and subsequent work in the profession, copes with the tasks provided for by the program, made some mistakes in the answers to the exam and when performing test tasks, but has the necessary knowledge to overcome the mistakes made under the guidance of a scientific and pedagogical worker.
«2»	The applicant did not reveal sufficient knowledge of the main educational and program material, made fundamental mistakes in implementing the tasks provided for by the program, could not use knowledge in further training without the help of a teacher, and could not master the skills of independent work.

*Forms and methods of final control:* a credit is given to an applicant who has completed all sections of the educational program of the elective discipline, actively

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participated in seminars, has a current average grade of at least 3.0 and has no academic debt. Possibility and conditions for receiving additional (bonus) points: not provided.

**INDEPENDENT WORK OF HIGHER EDUCATION ACQUIRES**

Independent work involves preparation for each practical session.

**EDUCATIONAL DISCIPLINE POLICY**

*Deadlines and Rescheduling Policy:*

Absences of classes for non-respectable reasons are made up according to the schedule of the teacher on duty.

Absences due to valid reasons are processed according to an individual schedule with the permission of the dean's office.

*Policy on academic integrity:*

- It is mandatory for applicants to observe academic integrity, namely:
- independent performance of all types of work, tasks, forms of control provided for by

the work program of this academic discipline;

- references to sources of information in the case of using ideas, developments, statements, information;

- compliance with the legislation on copyright and related rights;

- provision of reliable information about the results of one's own educational (scientific) activity, used research methods and sources of information.

*The following are unacceptable in educational activities for participants of the educational process:*

- using family or official ties to obtain a positive or higher grade during any form of control of learning results or advantages in scientific work;
- use of prohibited auxiliary materials or technical means (cheat sheets, notes, micro-earphones, telephones, Smartphone, tablets, etc.) during control measures;
- passing procedures for control of training results by fake persons.

*For violation of academic integrity, students may be held to the following academic responsibility:*

- a decrease in the results of assessment of control work, assessment in class, credit, etc.;
- repeated evaluation (test, credit, etc.);
- appointment of additional control measures (additional individual tasks, control works, tests, etc.);
- additional inspection of other works authored by the violator.

*Attendance and Tardiness Policy:*

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*Uniform:* a medical gown that completely covers the outer clothing, or medical pajamas, a cap, a mask, and a change of shoes.

*Equipment:* notebook, pen.

*State of health:* applicants suffering from acute infectious diseases, including respiratory diseases, are not allowed to attend classes.

A student who is late for class can attend it, but if the teacher has put "abs" in the journal, he must complete it in the general order.

*Use of mobile devices:*

Students with the permission of the instructor may use mobile devices if they are needed to complete the assignment.

*Behavior in the audience:*

The behavior of applicants and teachers in the classrooms should be working and calm, strictly comply with the rules established in accordance with the Code of Academic Ethics and Relations of the University Community of Odesa National Medical University.

