

Course Name : KT1 Standardized Syllabus (Course Code - Kinesio fill out)
Course Date :
Course Place :
Instructor Name :

Time	Necessary Time	Application/Condition	Instructor	Region	Special Information / Method
8:00	20	Introduction to Kinesio Taping Concepts, Theory and History			Introduction of instructor and orientation, Database and Instructor Lecture
8:20	20	Qualities of Kinesio Tape, Differences, Benefits and Finger Demonstration		Finger Demonstration Lab	Actual Exercises with Model and KT Database
8:40	30	Introduction of Five Major Physiological Effects and Skin Function, Circulatory Function			Database and Instructor Lecture
9:10	20	KT Skin & Fascia Function			Database and Instructor Lecture
9:30	15	Sacrospinalis Demo Lab		Sacrospinalis (I Strips)	Actual Exercises with Model and KT Database
9:45	15	KT Muscle Function and Basic Application Concepts			Database and Instructor Lecture
10:00	15	Break			
10:15	15	Joint Function			Database and Instructor Lecture
10:30	15	Biotensegrity			Database and Instructor Lecture
10:45	15	Application Basics, Prep, Precautions.			Database and Instructor Lecture
11:00	20	Intro to KT Assessment Tests			Database and Instructor Lecture
11:20	10	Q&A			Database and Instructor Lecture
11:30	60	Lunch			
12:30	15	KT Cervical Flexion Assessment			Database and Instructor Lecture
12:45	15	Cervical Paraspinals Application Lab		Cervical Paraspinals (Y) P-D	Actual Exercises with Model and KT Database
1:00	15	KT Cervical Extension Assessment			Database and Instructor Lecture
1:15	15	Scalenes Anterior (I) D-P Lab		Scalenes Anterior (I) D-P	Actual Exercises with Model and KT Database
1:30	15	KT Trunk Flexion Assessment		Sacrospinalis Demo Already Applied.	Database and Instructor Lecture
1:45	15	Quadriceps Femoris Application Lab		Quadriceps Femoris (Y) P-D	Actual Exercises with Model and KT Database
2:00	15	KT Pectoral Girdle Assessment			Database and Instructor Lecture
2:15	15	Pec Major and Rhomboid Lab		Pectoralis Major (Y) D-P and Rhomboid (X)	Actual Exercises with Model and KT Database
2:30	15	KT Hip Rotation Assessment with Lab			Database and Instructor Lecture
2:45	15	Gluteus Medius Lab		Gluteus Medius (2 I strips) P-D	Actual Exercises with Model and KT Database
3:00	15	Break			
3:15	15	KT Leg Raise Assessment with Lab			Database and Instructor Lecture
3:30	15	Gastrocnemius and Soleus Lab		Gastrocnemius/Soleus (Y) D-P	Actual Exercises with Model and KT Database
3:45	15	Required Deltoid Lab		Deltoid (Y) D-P	Actual Exercises with Model and KT Database
4:00	15	Required common Wrist Extensors Lab		Common Wrist Extensors (Y) D-P	Actual Exercises with Model and KT Database
4:45	15	Required Extensor Pollicis Longus Lab		EPL (Y) D-P	Actual Exercises with Model and KT Database
5:00	20	Conclusion Assessment Questions, KT1 Review			4 Basic Functions, D-P, P-D; Kinesio Taping Glossary
5:20	20	Q&A, Application Requests			
5:40		Q&A Conclusion			