

**Harmonogram kursu
Kinesiology Taping
28-29.11.2020r.**

Applicant Name : prof. Zbigniew Śliwiński

Submit Date: On 28-29.11.2020

COURSE PLAN

Course Name : Kinesio Taping Part 1

Course Date : 28-29.11.2020

Course Place: Kielce UJK Poland

Instructor Name : prof. Zbigniew Śliwiński

Workbook Name	How to input
KINESIO TAPING BASIC COURSE	BASIC
Upper extremity	BOOK 1
Lower Extremity	BOOK 2
Muscles in the Superficial Layer	BOOK 3
Muscles in the Middle and Deep Layer	BOOK 4
Correctional Techniques and Clinical Applications	BOOK 5
Clinical Applications	BOOK 6

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85 2030 0045 1110 0000 0152 0020

The first day of course

Time	Time Progress	Necessary Time	KT Name	Workbook
				KT Database#
09:00	0:00	0:10	Introduction of an instructor	
09:10	0:10	0:10	KT Basics What's KT ?	BASIC
09:20	0:20	0:05	Idea of KT	BASIC
09:25	0:25	0:15	Advantage of Kinesio Tex	BASIC
09:40	0:40	0:10	Difference KT/ athletic taping	BASIC
09:50	0:50	0:10	KT muscle, joint effects	BASIC
10:00	1:00	0:10	KT fascia, lymphatic effects	BASIC
10:10	1:10	0:10	Techniques of KT	BASIC
10:20	1:20	0:15	Types of the Kinesio TEX	BASIC
10:35	1:35	0:15	Handling Kinesio Tex Tape	BASIC
10:50	1:50	0:15	How to cut Kinesio Tex	BASIC
11:05	2:05	0:10	Handling Kinesio Tex Tape	BASIC
11:20	2:15	0:10	Applications in medicine "	

11:30	2:25	0:15	Coffee/Tea Break	
11:45	2:40	0:05	Screening Test Summary	
11:50	2:45	0:05	Linder Test II	
11:55	2:50	0:20	Sacrospinalis	BOOK1 0002-SH-NE
12:15	3:10	0:10	Exercises	
12:25	3:20	0:05	Abdominal Preasure Test Explanation	BOOK1
12:30	3:25	0:20	Abdominal external oblique	BOOK1 0095-NE-XX
12:50	3:45	0:10	Exercises	
13:00	3:55	1:00	Lunch Breake	
14:00	4:55	0:15	Correction technique	BOOK5
14:15	5:10	0:10	Fascia correction	BOOK5 0171-CO-FS
14:25	5:20	0:10	Exercises	
14:35	5:30	0:10	Mechanical correction Y1 shaped	BOOK5 0168-CO-ME
14:45	5:40	0:10	Exercises	
14:55	5:50	0:05	Wright Test Explanation	
15:00	5:55	0:20	Biceps muscle of the arm	BOOK1 0023-EL-GH
15:20	6:15	0:10	Exercises	
15:30	6:25	0:15	Pectoralis minor	BOOK4 0012-SH-XX

15:45	6:40	0:10	Exercises	
15:55	6:50	0:15	Deltoideus	BOOK3 0014-GH-XX
16:10	7:05	0:10	Supraspinatus	BOOK1 0018-GH-XX
16:20	7:15	0:20	Exercises	
16:40	7:35	0:15	Coffee/ tea break	
16:55	7:50	0:05	Cervical Vertebrae Extension Test Exp.	
17:00	7:55	0:15	Scalenus anterior	BOOK1 0095-NE-XX
17:15	8:10	0:10	Exercises	
17:25	8:20	0:10	Scalenus medius	BOOK1 0096-NE-XX
17:35	8:30	0:10	Exercises	
17:45	8:40	0:10	Scalenus posterior	BOOK1 0097-NE-XX
17:55	8:50	0:10	Exercises	
18:05	9:00	0:15	Splenius capitis	Book1 0098-NE-XX
18:20	9:15	0:10	Exercises	
18:30	9:25	0:15	Splenius cervicis	Book1 0099-NE-XX
18:45	9:40	0:10	Exercises	
18:55	9:50	0:30	Questions and answer. Summary	
19:25	10:20			

The seconde day of course

Time	Time Progress	Necessary Time	KT Name	Workbook
				KT Database#
09:00	0:00	0:30	Questions and answer from yesterday	
09:30	0:30	0:05	SLR test explanation	
09:35	0:35	0:20	Quadriceps Femoris	Book 2 0055-KN-XX
09:55	0:55	0:10	Exercises	
10:05	1:05	0:10	Biceps femoris	Book2 0070-KN-HI
10:15	1:15	0:10	Exercises	
10:25	1:25	0:10	Semitendinosus	Book2 0071-KN-HI
10:35	1:35	0:10	Exercises	
10:45	1:45	0:15	Semimembranosus	Book2 0072-KN-HI
10:35	1:35	0:15	Exercises	
10:50	1:50	0:15	Coffee/ tea break	
11:05	2:05	0:20	Patella ligament tape	Book 6 0123-LG-KN
11:20	2:25	0:10	Exercises	
11:30	2:35	0:15		Book 5

			Achilles tendon correction	0177-CO-TE
11:45	2:50	0:10	Exercises	
11:55	2:55	0:05	Patrick Test Explanation	
12:00	3:00	0:20	Gluteus maximus	Book2 0066-HI-XX
12:20	3:20	0:10	Exercises	
12:30	3:30	0:05	Linder Test I explanation	
12:35	3:35	0:20	Upper Trapezius	Book1 0002-SH-NE
12:55	3:55	0:10	Exercises	
13:05	4:05	0:05	Bulge in artery explanation	
13:10	4:10	0:15	Rhomboideus major	Book 4 0007-SH-XX
13:25	4:25	0:10	Exercises	
13:35	4:35	0:30	Questions and answer. Summary	
14:05	5:05		Exam	oblogatory

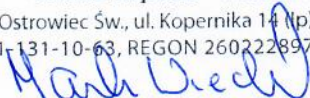
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