

PREVENTION & CARE OF ATHLETIC INJURIES

ATR 2010C ~ 3 CREDITS ~ FALL 2020 (REMOTE)

INSTRUCTOR:

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OFFICE HOURS:

Scheduled Zoom times (W 11:30am – 12:30pm) or by appointment

MEETING TIME/LOCATION: MWF 2nd period (8:30 - 9:20pm; remote delivery accessed through Zoom and/or CANVAS)

COURSE DESCRIPTION: Prevention of athletic injuries, including protective equipment, safe facilities and proper supervision of practice and contests. Recognition, referral and follow-up of injuries in athletics. Legal implications of athletic training.

PREREQUISITE KNOWLEDGE AND SKILLS: APK2100C Human Anatomy

COURSE LEARNING OBJECTIVES: Upon completion of this course, the student will be able to:

- Appraise current literature regarding sport-related injury prevention and management
- Differentiate common signs and symptoms between common sports-related injuries
- Differentiate injury mechanisms between common sports-related injuries
- Recognize the importance of prevention strategies used to reduce sport-related injuries
- Describe the proper first aid and management of common sports-related injuries

REQUIRED AND RECOMMENDED MATERIALS:

- William Prentice: **Essentials of Athletic Injury Management** (10th ed.). McGraw Hill Education, Boston, MA, 2013.(Recommended)
- Lecture notes can be downloaded from UF/e-Learning (Canvas System). Resources link.

COURSE FORMAT: Lecture material will be available to students on e-Learning CANVAS. The course will be taught remotely (100% on-line). Most, if not all, lectures will be available for asynchronous learning. Lectures are pre-recorded and will be uploaded to the Modules section on CANVAS. Lectures can be viewed on most personal electronic devices (desktop & laptop computer, tablets, etc.) using Mediasite or other related audio/video platforms. Students are

expected to take notes using the lecture notes provided. Lecture notes can be found in the files section.

COURSE AND UNIVERSITY POLICIES:

ATTENDANCE POLICY: N/A

PERSONAL CONDUCT POLICY: Students are expected to exhibit behaviors that reflect highly upon themselves and our University. UF students are bound by The Honor Pledge which states, “We, the members of the University of Florida community, pledge to hold ourselves and our peers to the highest standards of honor and integrity by abiding by the Honor Code. On all work submitted for credit by students at the University of Florida, the following pledge is either required or implied: “On my honor, I have neither given nor received unauthorized aid in doing this assignment.” The Honor Code (<http://www.dso.ufl.edu/sccr/process/student-conduct-honor-code/>) specifies a number of behaviors that are in violation of this code and the possible sanctions. Furthermore, you are obliged to report any condition that facilitates academic misconduct to appropriate personnel.

EXAM MAKE-UP POLICY: No makeup examinations or quizzes will be given without a serious and/or compelling reason. “Requirements for class attendance and make-up exams, assignments, and other work in this course are consistent with university policies that can be found in the online catalog at:

<https://catalog.ufl.edu/ugrad/current/regulations/info/attendance.aspx>.”

ACCOMMODATING STUDENTS WITH DISABILITIES: Students requesting accommodation for a disability must first register with the Dean of Students Office (<http://www.dso.ufl.edu/drc/>). The Dean of Students Office will provide documentation to the student who must then provide this documentation to the instructor when requesting accommodation. You must submit this documentation prior to submitting assignments or taking the quizzes or exams. Accommodations are not retro-active, therefore, students should contact the office as soon as possible in the term for which they are seeking accommodations.

ELECTRONIC DEVICES: N/A

COMMUNICATION: You are responsible for checking announcements and course postings on CANVAS. This is how your course instructor will communicate with you. All course grades (quizzes and examinations) will be posted on CANVAS. Any discrepancies should be pointed out to the instructor on or before the last day of finals week.

COURSE EVALUATIONS: Students in this class are participating in GatorEvals. This evaluation system is designed to be more informative to instructors so that teaching effectiveness is enhanced and to be more seamlessly linked to UF’s CANVAS learning management system. Students can complete their evaluations through the email they receive from GatorEvals, in their Canvas course menu under GatorEvals, or via <https://ufl.bluera.com/ufl/> . Thank you for serving as a partner in this important effort.

GETTING HELP:

Health and Wellness

- U Matter, We Care: If you or a friend is in distress, please contact umatter@ufl.edu or 352 392-1575
- Counseling and Wellness Center: <https://counseling.ufl.edu/>, 352-392-1575
- Sexual Assault Recovery Services (SARS) - Student Health Care Center, 392-1161
- University Police Department, 392-1111 (or 9-1-1 for emergencies)
<http://www.police.ufl.edu/>

Academic Resources

- E-learning technical support, 352-392-4357 (select option 2) or e-mail to Learning-support@ufl.edu. <https://lss.at.ufl.edu/help.shtml>
- Career Connections Center, Reitz Union, 392-1601. Career assistance and counseling. <https://career.ufl.edu/>
- Library Support, <http://cms.uflib.ufl.edu/ask>. Various ways to receive assistance with respect to using the libraries or finding resources.
- Teaching Center, Broward Hall, 392-2010 or 392-6420. General study skills and tutoring. <http://teachingcenter.ufl.edu/>
- Writing Studio, 302 Tigert Hall, 846-1138. Help brainstorming, formatting, and writing papers. <http://writing.ufl.edu/writing-studio/>
- Student Complaints On-Campus: <https://sccr.dso.ufl.edu/policies/student-honor-code-student-conduct-code/> On-Line Students Complaints: <http://distance.ufl.edu/student-complaint-process/>

GRADING:

Evaluation Components (number of each)	Points Per Component	Weighting %
Lecture Exams (3)	100 pts each = 300 pts	70%
Quizzes (6 total; drop 2 lowest scores = 4)	25 pts each = 100 pts	30%
Extra Credit	3 points possible	0%

Quizzes: Quizzes start at the beginning of class with no exceptions. You will have 15 minutes to complete your quiz. If you miss a quiz due to lateness or absenteeism, you will not be allowed to make-up the quiz. Quiz format will be a combination of fill in the blank, multiple choice, short answer, and /or matching.

Lecture Exams: Each exam will consist of 50 questions, 2 points per question. Questions will be in multiple choice and true/false format. Students are not permitted access to any kind of materials or notes during these exams. Exam questions are generated by the course instructor and the focus should be given to the lecture notes when studying. Exams are NOT cumulative and there is no final comprehensive examination. Students will take exams in the same room where weekly lectures are held and will be allowed 50 minutes to complete the exam.

Extra Credit: Students will have the opportunity to earn “extra credit” in the form of points from bonus questions given at the end of each exam. Students may earn up to 3 extra credit points per exam (3 exams @ 3 points = 9 points total).

Here is how I will use your bonus points from the exams to calculate your extra credit:

- $1/9 = 0.35$ of a point (won't add much)
- $2/9 = 0.7$ of a point (may be rounded up to a whole point depending on your cumulative score)
- $3/9 = 1$ point added to cum score
- $4/9 = 1.35$ point
- $5/9 = 1.7$ points
- $6/9 = 2$ points
- $7/9 = 2.35$ points
- $8/9 = 2.7$ points
- $9/9 = 3$ points

Extra credit points will be added to your final cumulative score after exams and quizzes have been tabulated.

Final grade = $[(\text{Exam 1} + \text{Exam 2} + \text{Exam 3}/300)(.70)] + [(\text{Quiz 1} + 4)(.30)] + \text{EC} = \underline{\hspace{2cm}}$.

Any requests for additional extra credit or special exceptions to these grading policies will be interpreted as an honor code violation (i.e., asking for preferential treatment) and will be handled accordingly.

Final grades will NOT be calculated using CANVAS. The instructor will calculate your grade using separate software and uploaded to CANVAS once the final tabulations have been made.

GRADING SCALE: Quiz and exam scores will be entered or uploaded directly into CANVAS within 12-24 hrs after completion. If you feel there is an error in grade calculation please bring it to the attention of the instructor ASAP. “More detailed information regarding current UF grading policies can be found here: <https://catalog.ufl.edu/UGRD/academic-regulations/grades-grading-policies/>.”

Letter Grade	Percent of Total Points Associated with Each Letter Grade	GPA Impact of Each Letter Grade
A	90.00-100%	4.0
B+	87.00-89.99%	3.33
B	80.00-86.99%	3.0
C+	77.00-79.99%	2.33
C	70.00-76.99%	2.0
D+	67.00-69.99%	1.33
D	60.00-66.99%	1.0
E	0-59.99%	0

WEEKLY COURSE SCHEDULE:

*Dates are tentative and subject to change.

Week	Dates	Lecture Topic	Readings
1	Aug 31-Sept 4	Athletic Health Care Team Law of Sports Medicine: Medical & Legal Issues Concept of Sports Injury	Ch. 1-3
2	Sept 7-11	<i>Mon, Jan 20 is a holiday (Labor Day) – no class</i> Concept of Sports Injury (Continued) Prevention & Care of Sports Injury	Ch. 4,8,9,11,13
3	Sept 14-18	Quiz 1: Mon Sept 14th Prevention & Care of Sports Injury (Continued) Injury Process: Physiological Response to Injury Inflammation: Vascular & Cellular Events	Ch. 12,13
4	Sept 21-25	Injury Process: Physiological Response to Injury (Continued) Inflammation & Pain Therapeutic Intervention	Ch. 12,13
5	Sept 28-Oct 2	Tissue Repair & Therapeutic Intervention Injury Process: Psychological Response to injury Quiz 2: Fri Oct 2nd	Ch. 12,13
6	Oct 5-9	Exam 1: Mon Oct 5th Head & Face Injuries: Cerebral concussion Eye, ear, nose and mouth (dental)	Ch. 22
7	Oct 12-16	Spinal Injuries: Cervical & Lumbar	Ch. 20
8	Oct 19-23	Injuries to the Thorax & Abdomen Quiz 3: Fri Oct 23rd	Ch. 21
9	Oct 26-30	Injuries to the Upper Extremity: Shoulder Injuries to the Upper Extremity: Arm, Wrist & Hand	Ch. 18 Ch. 19
10	Nov 2-6	Injuries to the Upper Extremity: Arm, Wrist & Hand (cont..) Quiz 4: Wed Nov 4th Exam 2: Fri Nov 6th	Ch. 19
11	Nov 9-13	Injuries to the Lower Extremity: Hip & Pelvis Injuries to the Lower Extremity: Thigh, Leg & Knee <i>Wed, Nov 11 is a Holiday (Veterans Day) – no class</i>	Ch. 16 Ch. 17
12	Nov 16-20	Injuries to the Lower Extremity: Thigh, Leg & Knee (Continued)	Ch. 17
13	Nov 23-27	Quiz 5: Mon Nov 23rd Injuries to the Lower Extremity: Lower Leg, Ankle & Foot <i>Wed-Fri, Nov 25-28 is a Holiday (Thanksgiving Break) – no classes</i>	Ch. 14,15

14	Nov 30-Dec 4	Thermal: Heat-related and Cold-related Illnesses & Injuries Dermatological Conditions: Superficial Wounds, Infections & Allergic Reactions	Ch. 7
15	Dec 7-9	Quiz 6: Mon Dec 7th Other Medical Concerns Exam 3: Wed Dec 9th <i>Fri, Dec 11 is a Reading Day – no class</i>	Ch. 8,23

SUCCESS AND STUDY TIPS:

- Read and familiarize yourself with all aspects of the course syllabus
- Complete required readings from the chapters in the textbook, watch pre-recorded lectures and take impeccable notes, and attend synchronous lectures/office hours on a regular basis
- Learning over time approach will help with comprehension of course material