

Prevention and Care of Athletic Injuries

APK2010c | 3 Credits | Spring 2023

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Course Info

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OFFICE HOURS Schedule an appointment with Dr. Brown [HERE](#). TA Office Hours and Location will be determined at the start of the semester.

MEETING TIME/LOCATION FLG 245 T period 4, R periods 4-5

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

APK 2100c (Applied Human Anatomy w/ Lab) or BSCX094+L or BSCX086+L or PETX322+L or ZOO3733c and APK major

REQUIRED AND RECOMMENDED MATERIALS

Essentials of Injury Management
Publisher: McGraw-Hill

Author: Prentice, William; Arnheim, Daniel
ISBN: 9781260708080 (11th ed.)

Any other readings or materials needed for this class will be posted on the course CANVAS shell.

COURSE FORMAT

This course meets live two days a week. We will meet on Tuesdays for one period and on Thursdays for two consecutive periods. In a typical week, students can expect lectures, hands-on activities, and discussion-based exercises during class time. Prior to lectures in any given week, students should read from the textbook and complete any reading-related assignments posted in CANVAS.

COURSE LEARNING OBJECTIVES:

After completing this class, student should 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

Course & University Policies

ATTENDANCE & ENGAGEMENT POLICY

Attendance is required for the course and is worth 10% of the final grade.

Excused Absences:

- Illnesses
 - Need a Note/Verification of Visit from a Provider
- UF Policy on Attendance:
 - <https://catalog.ufl.edu/UGRD/academic-regulations/attendance-policies/#absencestext>

Grading rubric:

Unexcused Days	Points Deducted	Score
0	0	10%
1	0.25	9.75%
2	0.5	9.25%
3	1	8.25%
4	1.5	6.75%
5	2.5	4.25%
6+	10	0%

PERSONAL CONDUCT POLICY

Students are expected to exhibit behaviors that reflect highly upon themselves and our University.

- Reserve cell phone/technology use for instructor-permitted in-class use only
- Demonstrate **independent** knowledge on all assignments unless otherwise instructed (as in, no looky looky on neighbors' work)
- Honor and respect the ideas and contributions of everyone in class; be considerate and conscientious when offering a differing viewpoint
- Punctuality is respectful and appreciated

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. If you have any questions or concerns, please consult the instructor or TA in this class.

EXAM MAKE-UP POLICY

A student experiencing an illness should visit the UF Student Health Care Center or their preferred healthcare provider to seek medical advice and obtain documentation. If you have an illness, family emergency or death, please contact the Dean of Students Office (www.dso.ufl.edu) and follow the DSO Care Team procedures for documentation and submission of a request for make-up assignment (<https://care.dso.ufl.edu/instructor-notifications/>). The DSO will contact the instructor. Do not provide any documentation to the instructor regarding illness or family emergency. This is your personal and protected information. The DSO is qualified to receive and verify the documents you provide. The instructor will follow the recommendations from the DSO.

Once you have reached out to obtain documentation from the DSO, please complete the make-up assignment located in CANVAS.

Should a student miss an exam due to an unexcused reason, make-up exams will be reviewed on a case-by-case basis

Requirements for class attendance and make-ups, assignments, and other work are consistent with the university policies that can be found at <https://catalog.ufl.edu/ugrad/current/regulations/info/attendance.aspx>.

ACCOMMODATING STUDENTS WITH DISABILITIES

Students with disabilities who experience learning barriers and would like to request academic accommodations should connect with the Disability Resource Center by visiting their Get Started page at <https://disability.ufl.edu/students/get-started/>. It is important for students to share their accommodation letter with their instructor and discuss their access needs, as early as possible in the semester.

COURSE EVALUATIONS

Students are expected to provide professional and respectful feedback on the quality of instruction in this course by completing course evaluations online via GatorEvals. Guidance on how to give feedback in a professional and respectful manner is available at <https://gatorevals.aa.ufl.edu/students/>. Students will be notified when the evaluation period opens and can complete evaluations through the email they receive from

GatorEvals, in their Canvas course menu under GatorEvals, or via <https://ufl.bluera.com/ufl/>. Summaries of course evaluation results are available to students at <https://gatorevals.aa.ufl.edu/public-results/>.

Getting Help

HEALTH & 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/>

INCLUSION, DIVERSITY, EQUITY, AND ACCESSIBILITY RESOURCES

For suggestions or concerns related to IDEA, please reach out to any of the following:

- Dr. Ashley Smuder, APK IDEA Liaison, asmuder@ufl.edu
- Dr. Rachael Seidler, APK Graduate Coordinator, rachaelseidler@ufl.edu
- Dr. Joslyn Ahlgren, APK Undergraduate Coordinator, jahlgren@ufl.edu

Grading

Evaluation Components	Approximate % of Total Grade
Yellow Dig Discussion Board	10%
Attendance	10%
Assignments	15%
Quizzes (5)	20%
Written Exams (3)	45%

Yellow Dig Discussion Board – YellowDig Engage is a platform in CANVAS that will be used as a discussion board. Announcements will be posted and this platform is used to encourage learning and engagement. You will be required to interact on YellowDig weekly. Please post weekly to receive your allotted points.

Attendance – As stated in attendance and engagement policy above. Class attendance will be taken and will count towards 10% of total grade.

Assignments – Assignments are due at the onset of class on the date assigned to them or submitted prior to the designated deadline in e-learning. **Please type all assignments** unless otherwise stated in the directions. **LATE ASSIGNMENTS ARE NOT ACCEPTED!** If you will be traveling for a University sanctioned event and will miss an assignment due date, your assignment is due **before** you leave. You must notify me with an explanation for missing class, in writing (email or letter), to receive an excused absence for class. Students are responsible for all materials missed because of an absence.

Preparticipation and Facility Design Assignment – This assignment will help you evaluate the elements that go into designing and organizing an athletic health care program. You will apply your knowledge of the importance of Preparticipation exams and elements of an athletic health care facility. In parts I and II, you will apply your knowledge of the Preparticipation exam and describe its application. We will complete part I in class. You will submit your final assignment on CANVAS.

Article Appraisal - *We will discuss this more in class.* This assignment will help you appraise current literature regarding sport-related injury prevention. You will be required to find a peer-reviewed article about the randomly assigned sports-related injury and write a synopsis of the article (including answering questions located within the assignment, a summary of the findings, and how this may help you in your future). You will submit your final assignment on CANVAS.

Upper Extremity (UE) Assignment – For each given pathology, provide information of the relevant anatomy and how it is affected, include description of a mechanism of injury, explain an athlete/athletic population that is likely to have this pathology, and provide a summary of an article describing a plan of treatment (a rehabilitation process, return to play protocol, or description of surgical intervention, etc) for this pathology.

Quizzes - The quizzes will be multiple-choice questions. Quizzes will take place during class time, either at the beginning or end of class. If a student is not in class for the quiz, they will not be allowed to take the quiz. Lockdown browser will be utilized during the quizzes.

Written Exams – There will be three exams, but no comprehensive final. Each exam will possibly include multiple choice, true/false, fill-in-the-blank, short answer, and/or some short essay question types. You will have one class period to complete the exams.

GRADING SCALE

Students will earn their course grade based on completion of coursework as outlined in the Grading Criteria listed below. Percentage calculations are rounded up at “.6 or above” and rounded down at “.5 or below”. For more information regarding Grade Point Averages, Grade Values, etc. please visit the University registrar website <https://catalog.ufl.edu/UGRD/academic-regulations/grades-grading-policies>. *“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.”*

Grading Criteria

Letter Grade	Percentage
A	90-100
B+	87-89
B	80-86
C+	77-79
C	70-76
D	60-69
E	Below 60

Tentative Weekly Course Schedule (Subject to change)

Dates	Assigned Module & Schedule Notes	Reading and Assessments Due
Jan 9-13	Jan 10: Syllabus Jan 12: Chapter 1/2	
Jan 16-20	Jan 17: Chapter 3/4 Jan 19: Chapter 4/ 6	Jan 19: Quiz Chapters 1-4
Jan 23-27	Jan 24: Chapter 7 Jan 27: Chapter 8	Jan 27: In Class Activity Assignment 1
Jan 30 – Feb 3	Jan 31: Chapter 9 Feb 2: Chapter 11	Jan 31: Assignment 1 Due Feb 2: Quiz Chapters 6-9
Feb 6-10	Feb 7: Chapter 12 Feb 9: Exam 1	Exam on Chapters 1-4; 6-12
Feb 13-17	Feb 14: Chapter 13 Feb 16: Chapter 14	Feb 16: Discuss Article Critique
Feb 20-24	Feb 21: Chapter 14 Feb 23: Chapter 15	
Feb 27 – Mar 3	Feb 28: Chapter 15 Mar 2: Chapter 16	Mar 2: Quiz Chapters 11-15
Mar 6-10	Mar 7: Chapter 16 Mar 9: Chapter 17	
Mar 11-18	BREAK/ No Classes	
Mar 20-24	Mar 21: Chapter 17 Mar 23: Exam 2	Mar 21: Article Critique Due Exam on Chapters 13-17
Mar 27-31	Mar 28: Chapter 18 Mar 30: Chapter 18	
April 3-7	Apr 2: Chapter 19 Apr 6: Chapter 19	Apr 6: Quiz Chapters 16-18
April 10-14	Apr 11: Chapter 20 Apr 13: Chapter 21	Apr 13: Discuss UE Assignment
April 17-21	Apr 16: Chapter 22 Apr 20: Chapter 23	Apr 20: Quiz Chapters 18-22
April 24-28	Apr 25: Chapter 23 Apr 27: Reading Day	Apr 25: UE Assignment Due
May 1-5	May 4 (10:00am-12:00pm): Exam 3	Exam 3 on Chapters 18-23