



University of Florida
College of Health and Human Performance
Department of Applied Physiology & Kinesiology
Course Syllabus

COURSE INFORMATION:

ATR 2010C: Prevention and Care of Athletic Injuries (3 credits)
Meeting Times: M, W, F, Period 2: 8:30-9:20 am
Classroom: CSE E222

INSTRUCTOR:

Cassie Winkfield, MS, ATC, LAT, OTC
Adjunct Professor
E-mail: kavanc@shands.ufl.edu
Office Hours: by appointment

COURSE DESCRIPTION:

Addresses prevention and recognition strategies for injuries related to sport and provides the student knowledge of basic first aid and injury management. Pre-Requisite: APK2100C Anatomy

LEARNING OUTCOMES:

- Recognize the importance of prevention strategies used to reduce sport and exercise related injury
- Describe the proper management of use of first aid skills
- Recognize the signs and symptoms associated with common sport related injuries

REQUIRED TEXTS AND MATERIALS:

Textbook
Essentials of Athletic Injury Management By: William E. Prentice, Daniel D Arnheim Publisher: McGraw-Hill ISBN: 0073310239 (7 th ed.) 2006 or ISBN: 0077382013 (8 th ed.) 2009 or ISBN: 9780078022616 (9 th ed.)

Other Materials:

Student will be responsible for obtaining course materials from other sources (e.g., Library, on the web or E-learning) and additional classroom handouts may be distributed at the discretion of the instructor.

COURSE POLICIES:

Examinations: There will be NO make-up examinations unless exceptional conditions occur as defined in the University of Florida Undergraduate Catalog. Please see this link for more information <https://catalog.ufl.edu/ugrad/current/regulations/info/attendance.aspx>. Prior permission from the professor is required for any make-up examinations. There will be a time limit for each examination. Examinations will evaluate the understanding of material from lecture, text and other supplemental material provided.

Quizzes and Assignments: Quizzes will assess learning progress from lecture material and assigned readings. To ensure that students are reading the assigned material, the quizzes will be both announced and unannounced and in-class or on E-learning. Only students attending class may take quizzes (including E-learning quizzes). There will be NO make-ups for missed quizzes (showing up late, etc.). Assignments are due at the onset of class on the date assigned to them. **Students should type all assignments** unless otherwise stated in the directions when the assignment was given. **LATE ASSIGNMENTS WILL NOT BE 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 should notify the instructor with an explanation for missing class, in writing (email or letter) at least one week in advance to be eligible to receive an excused absence for class. Students are responsible for all materials missed as a result of an absence.

Student Conduct Policy:

- All students are expected to conduct themselves in a respectful and responsible manner
- All students are expected to be on time for class
- All students are expected to turn off or silence their cell phones
- All students are expected to not participate in actions that may disrupt the class

The instructor reserves the right to ask any student to leave the classroom, if the student violates any of the above class procedures.

GRADING CRITERIA:

Written Exams	75%
Syllabus Contract / Info Card	2%
Quizzes/Assignments	23%
TOTAL GRADE	100%

A	90 – 100
B+	87 – 89
B	80 – 86
C+	77 – 79
C	70 – 76
D	60 – 69
E	Below 60

Note: When the decimal is .5 or below the grade is rounded down to the nearest whole number. If the decimal is .51 or above the grade is rounded up to the nearest whole number.

COURSE SCHEDULE AND TOPIC OUTLINE:

Day	Date	Ch	Topics
M	8/21		Course Introduction/ Review Syllabus
W	8/23	1	Ch-1 Sports Medicine Team (Text) [DUE: Syllabus Quiz and Info Card]
F	8/25	2	Ch-2 Org & Admin. of Athletic Health Care Program
M	8/28	4	Ch-4 Preventing Injuries Through Fitness Training
W	8/30	4	Ch-4 Preventing Injuries Through Fitness Training
F	9/1		No Class
M	9/4		No Class
W	9/6	6	Ch-6 Selecting and Using Protective Sports Equipment
F	9/8	7	Ch-7 Emergency Situations and Injury Assessment
M	9/11	7	Ch-7 Emergency Situations and Injury Assessment
W	9/13	8	Ch-8 BB Pathogens, Univ. Prec., Wound Care
F	9/15	10	Ch-10 Environmental Conditions
M	9/18		Review for Exam 1
W	9/20		Exam I
F	9/22	12	Ch-12 Understanding the Basics of Injury Rehabilitation
M	9/25	13	Ch-13 Recognizing Different Sports Injuries
W	9/27	13	Ch-13 Recognizing Different Sports Injuries
F	9/29	14	Ch-14 The Foot [color]
M	10/2	15	Ch-15 The Ankle [color]
W	10/4	15	Ch-15 The Ankle [color]
F	10/6		No Class - Homecoming
M	10/9	16	Ch-16 The Knee [color]
W	10/11	16	Ch-16 The Knee [color]
F	10/13	17	Ch-17 The Thigh, Hip, Groin, and Pelvis
M	10/16	17	Ch-17 The Thigh, Hip, Groin, and Pelvis
W	10/18	17	Ch-17 The Thigh, Hip, Groin, and Pelvis
F	10/20	18	Ch-18 The Shoulder Complex
M	10/23	18	Ch-18 The Shoulder Complex
W	10/25	18	Ch-18 The Shoulder Complex
F	10/27		TBD
M	10/30		Review for Exam II
W	11/1		Exam II
F	11/3	19	Ch-19 The Elbow, Forearm, Wrist, and Hand [color]
M	11/6	19	Ch-19 The Elbow, Forearm, Wrist, and Hand [color]
W	11/8	19	Ch-19 The Elbow, Forearm, Wrist, and Hand [color]
F	11/10		No Class – Veteran’s Day
M	11/13	20	Ch-20 The Spine [color]
W	11/15	20	Ch-20 The Spine [color]

F	11/17	20	Ch-20 The Spine [color]
M	11/20	21	Ch-21 The Thorax and Abdomen
W	11/22		No Class- Thanksgiving
F	11/24		No Class- Thanksgiving
M	11/27	22	Ch-22 The Head, Face, Eyes, Ears, Nose, and Throat [color] PEDs (no text): SciShow PEDs
W	11/29	22	Ch-22 The Head, Face, Eyes, Ears, Nose, and Throat [color] PEDs (no text): SciShow PEDs
F	12/1		TBD
M	12/4		Review for Final Exam
W	12/6		Exam III

*Class schedule is subject to modification by the instructor

Bold items = dates are set; others are covered in order and may not be covered on the specific date

COLLEGE/UNIVERSITY-WIDE POLICIES:

Academic Honesty: Academic misconduct appears in a variety of forms (including plagiarism). It is a violation of the University of Florida Honor Code. 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 with the instructor of this class. For more information regarding academic misconduct policies, consult the Undergraduate Catalog <https://catalog.ufl.edu/ugrad/current/Pages/home.aspx>.

Academic Assistance and Student Services: Students who are in need of academic, career, or personal counseling services are encouraged to see the academic assistance website for further information on available services (<http://oas.aa.ufl.edu/>). University counseling services and mental health services are available at: 392-1575, <http://www.counseling.ufl.edu/cwc/Default.aspx>. University Police Department: call 392-1111 or 9-1-1 for emergencies.

ADA Policy: The University of Florida provides accommodations for students with documented disabilities. Students requesting classroom accommodation must first register with the Dean of Students Office. The Dean of Students Office will provide documentation to the student who must then provide this documentation to the Instructor when requesting accommodation. For more information regarding services and procedures for requesting accommodations visit <http://www.ada.ufl.edu/>.

Student Responsibility for Course Prerequisites: Students are responsible to have satisfied all published prerequisites for this class. Please review the prerequisites and discuss any questions with your instructor and/or your academic adviser.

Last Day to Withdraw: In order to withdraw from a course it is not sufficient simply to stop attending class or to inform the instructor of your intention to withdraw. In accordance with

college policy, contact your adviser to begin the withdrawal process. **The last day for withdrawal from this course can be found at** <https://catalog.ufl.edu/ugrad/current/Pages/home.aspx>.

Confidentiality: The University ensures the confidentiality of student educational records in accordance with State University System rules, state statutes and FERPA, the Family Educational Rights and Privacy Act of 1974, as amended, also known as the Buckley Amendment.

Course Evaluation: Students are expected to provide feedback on the quality of instruction in this course based on 10 criteria. These evaluations are conducted online at <https://evaluations.ufl.edu>. Evaluations are typically open during the last two or three weeks of the semester, but students will be given specific times when they are open. Summary results of these assessments are available to students at <https://evaluations.ufl.edu>.