

Prevention and Care of Athletic Injuries

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APK2010c | 3 Credits | Fall 2024

Course Info

INSTRUCTOR

Madison Stewart LAT, ATC
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Christopher Brown PhD, LAT, ATC, CSCS*D, TSAC-F, PES, OPE-C
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Preferred Method of Contact: **Email**

OFFICE HOURS

Virtual Office Hours: Mondays 12:00-1:00pm, Thursdays 12:00-1:00pm
Zoom link: <https://ufl.zoom.us/j/93383299849>

MEETING TIME/LOCATION

Access course through Canvas on UF e-Learning
(<https://elearning.ufl.edu/>) & the Canvas mobile app by Instructure

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

William Prentice: **Essentials of Athletic Injury Management** (10th ed.). McGraw Hill Education, Boston, MA, 2013.

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

COURSE FORMAT

This course utilizes lecture videos and assignments in an asynchronous style. Lectures and assignments should be completed within their given time frame to stay on track. Modules will typically be open for 7 days (unless otherwise noted) and any assignments will be due at 11:59pm on the final day. Lecture videos and slides will remain available for student review for exams, but students will be unable to return to quizzes once the viewing window has passed.

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

PERSONAL CONDUCT POLICY

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

- Demonstrate *independent* knowledge on all assignments unless otherwise instructed (as in, don't look at your neighbors' work)
- Honor and respect the ideas and contributions of everyone in class; be considerate and conscientious when offering a differing viewpoint

University of Florida students are bound by the Honor Pledge. On all work submitted for credit by a student, the following pledge is required or implied: "On my honor, I have neither given nor received unauthorized aid in doing this assignment." The [Student Honor Code and Conduct Code \(Regulation 4.040\)](#) specifies a number of behaviors that are in violation of this code, as well as the process for reported allegations and sanctions that may be implemented. All potential violations of the code will be reported to Student Conduct and Conflict Resolution. If a student is found responsible for an Honor Code violation in this course, the instructor will enter a Grade Adjustment sanction which may be up to or including failure of the course.

APPROPRIATE USE OF AI TECHNOLOGY

The UF Honor Code strictly prohibits *cheating*. The use of any materials or resources prepared by another person or Entity (inclusive of generative AI tools) without the other person or Entity's express consent or without proper attribution to the other person or Entity is considered *cheating*. Additionally, the use of any materials or resources, through any medium, which the Faculty / Instructor has not given express permission to use and that may confer an academic benefit to a student, constitutes *cheating*.

In some instances, within this course, the use of AI tools will facilitate student development of skills and knowledge acquisition within the stated learning objectives. However, in other components, the use of any AI enabled tool in this course substantially compromises the student's ability to achieve the stated learning objectives. Each assignment and assessment will include a statement clarifying acceptable AI use for that respective learning assessment. When students opt to leverage AI tools to augment their submitted products, they will be expected to appropriately cite the tool(s) utilized. Further, students will be held accountable under the scope of the UF Student Honor Code & Conduct Code for the content of all work they submit (including the portions that may have been produced in part or whole by an external Entity—inclusive of AI). Thus, students should engage in active editorial and underwriting efforts to ensure the totality of the work submitted reflects their intentions and ethical values.

EXAM MAKE-UP POLICY

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.

<http://www.registrar.ufl.edu/catalog/policies/regulationattendance.html> Prior permission from the professor is required. There will be a time limit for each examination. Examinations will evaluate the understanding of material from lecture, text, and other supplemental material provided.

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 someone you know is in distress, please contact umatter@ufl.edu, 352-392-1575, or visit [U Matter, We Care website](#) to refer or report a concern and a team member will reach out to the student in distress.
- ***Counseling and Wellness Center***: Visit the [Counseling and Wellness Center website](#) or call 352-392-1575 for information on crisis services as well as non-crisis services.
- ***Student Health Care Center***: Call 352-392-1161 for 24/7 information to help you find the care you need, or visit the [Student Health Care Center website](#).
- ***University Police Department***: Visit [UF Police Department website](#) or call 352-392-1111 (or 9-1-1 for emergencies).
- ***UF Health Shands Emergency Room / Trauma Center***: For immediate medical care call 352-733-0111 or go to the emergency room at 1515 SW Archer Road, Gainesville, FL 32608; or visit the [UF Health Emergency Room and Trauma Center website](#).
- ***GatorWell Health Promotion Services***: For prevention services focused on optimal wellbeing, including Wellness Coaching for Academic Success, visit the [GatorWell website](#) or call 352-273-4450.

ACADEMIC RESOURCES

- ***E-learning technical support***: Contact the [UF Computing Help Desk](#) at 352-392-4357 or via e-mail at helpdesk@ufl.edu.
- ***Career Connections Center***: Reitz Union Suite 1300, 352-392-1601. Career assistance and counseling services.
- ***Library Support***: Various ways to receive assistance with respect to using the libraries or finding resources.
- ***Teaching Center***: Broward Hall, 352-392-2010 or to make an appointment 352-392-6420. General study skills and tutoring.
- ***Writing Studio***: 2215 Turlington Hall, 352-846-1138. Help brainstorming, formatting, and writing papers.
- ***Student Complaints & Grievances***: Students are encouraged to communicate first with the involved person(s), but [here](#) is more information on the appropriate reporting process.

APK ADMINISTRATORS

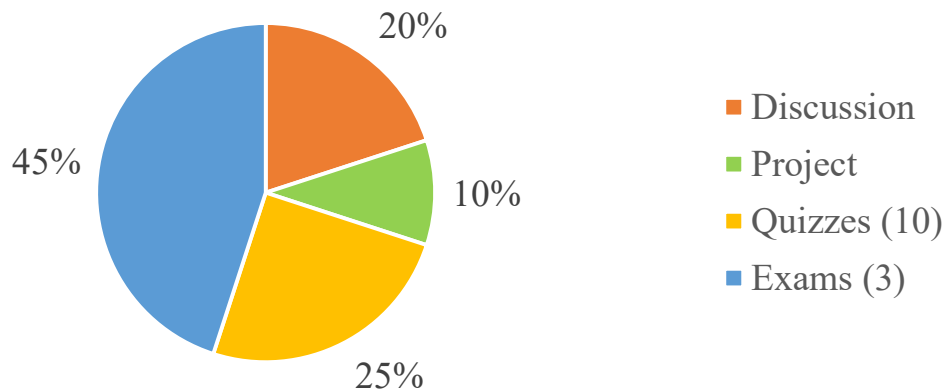
For suggestions or concerns related to APK courses or programming, please reach out to any of the following:

- Dr. David Vaillancourt (he/him), APK Department Chair, vcourt@ufl.edu
- Dr. Demetra Christou (she/her), APK Department Vice Chair, ddchristou@hhp.ufl.edu
- Dr. Steve Coombes (he/him), APK Graduate Coordinator, rachaelseidler@ufl.edu
- Dr. Joslyn Ahlgren (she/her), APK Undergraduate Coordinator, jahlgren@ufl.edu

Grading

Methods	% of Grade
Discussion	20%
Project	10%
Quizzes (10)	25%
Exams (3)	45%

Grade Breakdown



Quizzes (10)




- Quizzes will be 10-15 multiple choice questions, 5 questions per chapter covered.
- You will have a 48-hour window to complete quizzes, and they must be completed in one sitting.
- Honorlock will be on during the quizzes. There is a basic calculator. Notes, scratch paper, and textbooks are **NOT** permitted.

Lecture Exams (3)

- Each exam will consist of multiple choice, matching, and/or true/false questions.
- Exams will be 50-70 questions covering the chapters within the modules.
- You will not be able to see correct answers until after the exam window has passed.
 - Exam questions and correct answers will be posted the day after the Exam for 24 hours.
- You will have a 48-hour window to complete exams, and they must be completed in one sitting.
 - Keep in mind the exam is on Eastern Standard Time for those in different time zones.
- Honorlock will be on during the exam. There is a basic calculator. Notes, scratch paper, and textbooks are **NOT** permitted.

Discussions – Discussions will follow each chapter over the semester. You will be given prompts to write about in your discussion posts. You must also respond to at least 1 other person's post to receive full credit. Posts will be graded using the rubric provided below.




Discussion Rubric

APK2010-Discussion Rubric   			
Criteria	Ratings		Pts
Length of Post Discussion thread posts should be 40 words or more in length.	1 pts Full Marks Post is 40 or more words in length	0 pts No Marks	1 pts
Depth of Post A thoughtful response to the discussion question is evident in the post.	1 pts Full Marks A thoughtful response to the discussion question is evident in the post.	0 pts No Marks	1 pts
Accuracy of Post The post contains information that is supported by the class learning materials or does not contradict class materials.	1 pts Full Marks The post contains information that is supported by the class learning materials or does not contradict class materials.	0 pts No Marks	1 pts
Writing Skill of Post The post should contain proper grammar and spelling.	1 pts Full Marks The post is written with proper grammar and spelling.	0 pts No Marks	1 pts
Collegiality Each student should reply to at least one of their classmate's posts by the due date of the discussion.	1 pts Full Marks Student replied to at least one of their classmate's posts by the due date	0 pts No Marks	1 pts
			Total Points: 5

Prevention and Care Project

Prevention and Care Project – Students will choose a scenario from a list of options provided by the instructor on August 22. No more than 3 students per option. Utilizing peer-reviewed evidence from an academic database, students will create a 3–5-minute PowerPoint presentation highlighting different aspects of the injury. A detailed grading rubric for this assessment will be posted in CANVAS for you to use to prepare the presentation. The Prevention and Care Project is due November 24 at 11:59pm.

Prevention and Care Project Rubric

Prevention and Care Project Rubric   						
Criteria	Ratings				Pts	
Title	5 pts Full Marks Includes Injury Name; Student Name		0 pts No Marks Not included or missing crucial information		5 pts	
Picture/Video	5 pts Full Marks Includes a picture or video of the injury		0 pts No Marks Does not include a picture or video of the injury or an incorrect picture or video			5 pts
Signs and Symptoms	15 pts Full Marks 5 or more signs and symptoms are listed		10 pts Partial Marks 3-4 signs and symptoms listed	5 pts Partial Marks 1-2 signs and symptoms listed	0 pts No Marks Not listed	15 pts
Diagnosis	10 pts Full Marks Appropriate diagnostic strategy provided		5 pts Partial Marks The diagnostic strategy provided, but not appropriate for injury		0 pts No Marks Not listed	10 pts
Risk Factors	10 pts Full Marks 2 appropriate risk factors are provided		5 pts Partial Marks 1 appropriate risk factor is provided		0 pts No Marks Not listed	10 pts
Treatment Options	15 pts Full Marks 3 treatment options provided		10 pts Partial Marks 2 treatment options provided	5 pts Partial Marks 1 treatment option provided	0 pts No Marks Not listed	15 pts
Recovery Time	10 pts Full Marks Appropriate time provided		5 pts Partial Marks Time provided but not appropriate for injury		0 pts No Marks Not listed	10 pts
Prevention and Care	15 pts Full Marks 2-4 strategies provided		5 pts Partial Marks 1 strategy provided		0 pts No Marks Not listed	15 pts
Citations	10 pts Full Marks Citations are provided and are in correct format		5 pts Partial Marks Citations are provided but are not correct format		0 pts No Marks No citations provided	10 pts
Presentation Time	5 pts Full Marks Within the 3-5 minute limit	3 pts Partial Marks Below or exceeds the 3-5 minute limit by 5-30 seconds.		0 pts No Marks Below or exceeds the 3-5 minute limit by more than 30 seconds.		5 pts
Total Points: 100						

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>.

Letter Grade	Percent of Total Points Associated with Each Letter Grade	GPA Impact of Each Letter Grade
A	89.5-100	4.0
B+	86.5-89.4	3.33
B	79.5-86.4	3.0
C+	76.5-79.4	2.33
C	69.5-76.4	2.0
D	59.5-69.4	1.0
E	59.4 and below	0

Weekly Course Schedule

Module	Module Start	Lecture(s)	Assignments	Due Date
Syllabus	Aug 22		Syllabus Quiz Introduction Post	Aug 25
1	Aug 26	Chapters 1, 2, 3	Quiz 1 Discussions 1-3	Sept 1
2	Sept 3	Chapter 4 & 11	Quiz 2 Discussion 4 and 11	Sept 8
3	Sept 9	Chapter 7 & 8	Quiz 3 Discussion 7 and 8	Sept 15
4	Sept 16	Chapter 6 & 9	Quiz 4 Discussion 6 and 9	Sept 22
Exam #1	Sept 27		Exam #1 (Ch 1-4, 6-9, 11)	Sept 29
5	Sept 30	Chapter 12 & 13	Quiz 5 Discussion 12 and 13	Oct 6
6	Oct 7	Chapter 14 & 15	Quiz 6 Discussion 14 and 15	Oct 13
7	Oct 14	Chapter 16 & 17	Quiz 7 Discussion 16 and 17	Oct 20
Exam #2	Oct 25		Exam #2 (Ch 12-17)	Oct 27
8	Oct 28	Chapter 18 & 19	Quiz 8 Discussion 18 and 19	Nov 3
9	Nov 4	Chapter 20 & 21	Quiz 9 Discussion 20 and 21	Nov 10
10	Nov 11	Chapter 22 & 23	Quiz 10 Discussion 22 and 23	Nov 17
Projects	Nov 18		P&C Project	Nov 24
Exam #3	Dec 6		Exam #3 (Ch 18-23)	Dec 8

*All assignments are due at 11:59pm on the date listed

Disclaimer: This syllabus represents **current plans and objectives**. As we go through the semester, those plans may need to change to enhance the class learning opportunity. Such changes will be communicated clearly, are not unusual and should be expected.