

# Prevention and Care of Athletic Injuries

Connect with HHP



APK2010c | 3 Credits | Fall 2024

## Course Info

### INSTRUCTOR

**Christopher Brown PhD, LAT, ATC, CSCS\*D, TSAC-F, PES, OPE-C**

Office: FLG122

Office Phone: (352)294-1070

Email: [cdbrown7@ufl.edu](mailto:cdbrown7@ufl.edu)

Preferred Method of Contact: **Email**

### OFFICE HOURS

Two weekly office hours will be posted on CANVAS

If Applicable: TA Office Hours and location will be determined at the start of the semester.

### MEETING

#### TIME/LOCATION

FLG 265 T period 5-6, R periods 6

## 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 meets live two days a week. We will meet on Thursdays for one period and on Tuesdays 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

- Students are encouraged to attend class regularly. You will be quizzed and tested on information discussed in lecture. It is up to you to provide documentation for excused absences.
- Attendance will be taken prior to Quizzes and Exams. If you are not present your grade on the quiz or exam in CANVAS will be deleted.

### PERSONAL CONDUCT POLICY

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. If AI is permissible on an assignment or assessment there will be 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. If there is no statement of appropriate use please do not use AI.

### IN-CLASS RECORDING

Students are allowed to record video or audio of class lectures. However, the purposes for which these recordings may be used are strictly controlled. The only allowable purposes are (1) for personal educational use, (2) in connection with a complaint to the university, or (3) as evidence in, or in preparation for, a criminal or civil proceeding. All other purposes are prohibited. Specifically, students may not publish recorded lectures without the written consent of the instructor.

A “class lecture” is an educational presentation intended to inform or teach enrolled students about a particular subject, including any instructor-led discussions that form part of the presentation, and delivered by any instructor hired or appointed by the University, or by a guest instructor, as part of a University of Florida course. A class lecture does not include lab sessions, student presentations, clinical presentations such as patient history, academic exercises involving solely student participation, assessments (quizzes, tests, exams), field trips, private conversations between students in the class or between a student and the faculty or guest lecturer during a class session. Publication without permission of the instructor is prohibited.

To “publish” means to share, transmit, circulate, distribute, or provide access to a recording, regardless of format or medium, to another person (or persons), including but not limited to another student within the same class section. Additionally, a recording, or transcript of a recording, is considered published if it is posted on or uploaded to, in whole or in part, any media platform, including but not limited to social media, book, magazine, newspaper, leaflet, or third party note/tutoring services. A student who publishes a recording without written consent may be subject to a civil cause of action instituted by a person injured by the publication and/or discipline under UF Regulation 4.040 Student Honor Code and Student Conduct Code.

### 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. Please follow the UF attendance policy outlined below.

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 someone you know is in distress, please contact [umatter@ufl.edu](mailto: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](mailto: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.

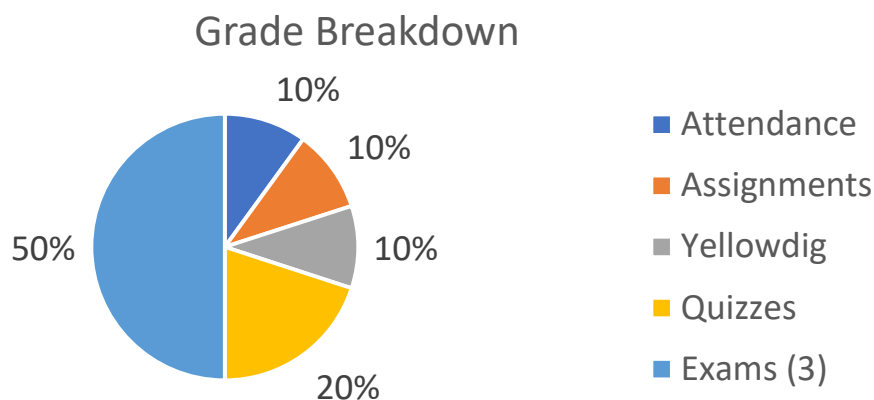
## APK ADMINISTRATORS

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

## Grading

Methods	% of Grade
Yellowdig	15%
Article Critiques (2)	10%
Quizzes (Syllabus + 5)	25%
Exams (3)	50%



**Exams** – There will be three (3) exams throughout the semester, with no cumulative final exam. Exams could include multiple choice, true/false, fill-in-the-blank, short answer, and/or some short essay questions. Exam scores will not be present upon submission, grades are published once everyone has completed the exam. You will have one class period to complete the exams. See the Exam Makeup Policy for exam makeup information.

**Quizzes** – Quizzes will be multiple choice and will be given during class. There will be 5 quizzes in addition to the syllabus quiz.

**YellowDig and Introduction** – 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.

**Article Critique** - The article synopsis (2 assignments) requires students to search a relevant database of research journals (i.e. Google Scholar, SportDiscus, PubMed) to find a peer-reviewed research article related to one of the course topics. Students should read the selected articles in their entirety and then post a brief synopsis of the article(s) to CANVAS.

The synopsis should be written and should include the following headers:

1. Reason for Selection
2. Research Problem
3. Methods
4. Results/Conclusions
5. Takeaways.

Students should briefly summarize why they selected the article, what research problem was addressed in the article, how the experiment was conducted, the most important results and explanations for the results provided by the authors of the study, and what information from the article can be used by classmates either now or as future clinicians.

## 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.”*

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

Assigned Module & Schedule Notes	Reading and Assessments Due
Aug 22: Syllabus	
Aug 27: Chapter 1 Aug 29: Chapter 2	
Sept 3: Chapter 3 Sept 5: Chapter 4	Sept 3: LockDown Browser Practice Quiz Sept 5-Syllabus Quiz Due
Sept 10: Chapter 6 Sept 12: Chapter 7	Sept 10-Quiz #1: Chapters 1-3
Sept 17: Chapter 8 Sept 19: Chapter 9	Sept 19- Quiz #2: Chapters 4, 6, and 7
Sept 24: Chapter 9/Exam Review Sept 26: <b>Exam #1</b>	
Oct 1: Chapter 11 Oct 3: Chapter 12	Oct 2: Article Critique #1 Due
Oct 8: Chapter 13 Oct 10: Chapter 14	Oct 10-Quiz #3: Chapters 11-13
Oct 15: Chapter 15 Oct 17: Chapter 16	Oct 17-Quiz #4: Chapters 14-15
Oct 22: Chapter 17/Exam Review Oct 24: <b>Exam #2</b>	
Oct 29: Chapter 18 Oct 31: Chapter 19	
Nov 5: Chapter 20 Nov 7: Chapter 21	Nov 7-Quiz #5: Chapters 18-20
Nov 12: Chapter 22 Nov 14: Chapter 23	
Nov 19: Chapter 23 Nov 21: Exam 3 Review	Nov 19: Yellowdig Due Nov 19: Article Critique #2 Due
Nov 26: <b>Thanksgiving Break</b> Nov 28: <b>Thanksgiving Break</b>	
Dec 3: <b>Exam #3</b>	

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.