

UNIVERSITY OF FLORIDA
College of Health & Human Performance
Department of Applied Physiology & Kinesiology
ATR 2010C – 15A7 (12094) Spring 2019

I. COURSE TITLE: PREVENTION AND CARE OF ATHLETIC INJURIES (3 CR.)

Instructor: Paul A. Borsa, PhD, ATC
Office location: Florida Gymnasium, Rm. 149
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Office Hours: MW 9:00 – 9:30am or by appointment
Lecture: MWF 3rd period (9:35 - 10:25am) in CSE E119

II. COURSE DESCRIPTION:

This course will introduce the student to the basic concepts of prevention and care of sport-related injuries/illnesses for physically active populations. A background in human anatomy is required.

III. COURSE OBJECTIVES:

Upon completion of this course the student will be able to:

1. Demonstrate a basic understanding of the clinical approaches for the prevention, evaluation, recognition, and treatment of sport-related injuries/illnesses.
2. Demonstrate a basic understanding of the functional anatomy of the cervical and lumbar spine, and the upper and lower extremities.
3. Demonstrate a basic understanding of the pathoetiology, pathomechanics, pathophysiology, and signs and symptoms of acute and chronic sport-related injuries/illnesses.
4. Demonstrate a basic understanding of the medico-legal issues associated with sports health care.

IV. RECOMMENDED TEXT:

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

Lectures notes can be found on UF/e-Learning (Canvas System). Resources link.

V. EVALUATION PROCEDURES:

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|----------------------------|--|
| Quizzes [6 @ 25 pts. each] | 100 points (top 4 quiz scores are tallied) |
| Written Examination I | 100 points |
| Written Examination II | 100 points |
| Written Examination III | 100 points |
| <hr/> Total | <hr/> 400 points |

Weighting
Exams (70%) Quizzes (30%)

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, matching, etc.

Written examinations will be completed during class lecture and will be presented in a multiple choice format. Usually 50 questions in length. Questions will be taken from course lectures (and required readings). Exams are NOT cumulative and there is no final comprehensive examination.

VI. GRADING PROCEDURES:

Letter grades for this class will be calculated on a percentage basis. The following is the grading scale that will be employed in this class, along with the percentage range for each letter grade:

A = ≥ 90 (4.0) B = 80-86 (3.0) C = 70-76 (2.0) D = 60-69 (1.0)
B+ = 87-89 (3.33) C+ = 77-79 (2.33) D+ = 67-69 (1.33) E = <60 (0.0)

Additional information on UF grading policies can be found on the undergraduate catalog web page: <http://www.registrar.ufl.edu/catalog/policies/regulationgrades.html> or <https://catalog.ufl.edu/ugrad/current/regulations/info/grades.aspx>.

VII. CLASSROOM POLICIES AND PROCEDURES:

1. Students requesting accommodations should first register with the Disability Resource Center (352-392-8565, www.dso.ufl.edu/drc/) by providing appropriate documentation. Once registered, students will receive an accommodation letter which must be presented to the instructor when requesting accommodation. Students with disabilities should follow this procedure as early as possible in the semester.
2. **Excused absences:** Notification and documentation for excused absences is required!! Students with excused absences have 7 days to make-up exams. Documentation is required for excused absences. If you have an extended absence you must have it on file in the office of the Vice President of Student Development. 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.
3. **Attendance and make-up exams/quizzes:** Attendance and punctuality is expected and highly recommended. Make every effort to attend all lectures. Attendance will not directly affect your grade. However, numerous concepts that will be made ONLY during class lecture (**and are not in the lecture notes**) will be part of your quizzes and examinations. 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>.
4. **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.
5. **Missed classes:** If you are to miss a class for whatever reason you should make a practice of contacting the instructor prior to class in order to be eligible to make-up a quiz or examination.
6. **Electronic devices and other technology:** The use of cell phones (and the like) is strictly prohibited during lectures and exams. Any cell phone or other electronic device used during an exam will be considered a violation of the student honor code (i.e., cheating) and will result in stiff penalties. Laptop computers are welcome in class as long as you are using it for class-related work. Surfing the web, checking your email, making Facebook posts, or anything of

that nature is strictly prohibited. Violation of this policy will result in point deductions at the discretion of the instructor.

7. **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.
8. **Appeals** on quizzes & examination grades can only be made by appointment with instructor and will be considered only with a written request describing justification and/or scoring error.
9. **Academic misconduct:** Any student found guilty of academic misconduct will receive an "E" grade for this course. Academic misconduct includes cheating on exams, using notes, copying another's work, etc. There will be no deviation from this policy.
10. **The Honor Code Pledge:** We, the members of the University of Florida community, pledge to hold ourselves and our peers to the highest standards of honesty 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 (<https://sccr.dso.ufl.edu/process/student-conduct-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 in this class.
11. The phone number and contact site for university counseling services and mental health services: 392-1575, <https://counseling.ufl.edu/>. University Police Department: 392-1111 or 9-1-1 for emergencies.

VIII. COURSE OUTLINE:*

| Segment: | Lecture Topics: | Readings: |
|-----------------|--|---|
| Weeks 1-5 | Athletic Health Care Team Medical/Legal Issues Concept of Sports Injury Injury: Prevention & Care Psycho-physiology of Injuries | Ch. 1,2 Ch. 3 Ch. 13 Ch. 4,8,9,11,13 Ch. 12, 13 |
| Weeks 6-10 | Inj. to Head and Face Inj. to Cervical & Lumbar Spine Inj. to the Thorax and Abdomen Inj. to the Upper Extremity - Shoulder Inj. to the Upper Extremity - Arm, Wrist, and Hand | Ch. 22 Ch. 20 Ch. 21 Ch. 18 Ch. 19 |
| Weeks 11-15 | Inj. to the Lower Extremity - Hip/Pelvis Injuries to the Thigh, Leg & Knee Injuries to the Lower Leg, Ankle, and Foot Thermal Injuries Dermatologic Conditions Other Medical Concerns | Ch. 17 Ch. 17,16 Ch. 14,15 Ch. 7 Ch. 8,23 Ch. 23 |

IX. CRITICAL DATES:*

No Class

January 21 MLK, Jr. Day
March 2nd to 9th Spring Break

| <u>Date</u> | <u>Event</u> |
|---------------------------|--------------|
| January 23 rd | Quiz 1 |
| February 11 th | Quiz 2 |
| February 13 th | Exam 1 |

| | |
|---------------------------|--------|
| February 22 nd | Quiz 3 |
| March 15 th | Quiz 4 |
| March 22 nd | Exam 2 |

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|------------------------|--------|
| April 8 th | Quiz 5 |
| April 22 nd | Quiz 6 |
| April 24 th | Exam 3 |

***Dates are tentative and subject to change**

X. SEMESTER GRADE REPORT

Final grade = [(Exam 1 + Exam 2 + Exam 3/300)(.70)] + [(Quiz 1 + 4)(.30)] = _____.