



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)
Section: 0038
Meeting Times: M, T, W, TH, F, Period 3
Classroom: CSE-E220

INSTRUCTOR:

Dr. Brady L. Tripp PhD, ATC
Clinical Assistant Professor
Director, Graduate Athletic Training Program
Office Location: FLG 148
Office: (352) 294-1725
E-mail: trippb@hhp.ufl.edu
Office Hours: by appt.

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: ISBN: 0077382013 (8th ed.) 2009; ISBN: 9780078022616 (9th ed.) ISBN: 9780078022753 (10th 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 Dr. Tripp 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 the above class procedures

GRADING CRITERIA:

UF grading policies are available @ <https://catalog.ufl.edu/ugrad/current/regulations/info/grades.aspx>.

Written Exams	75%
Syllabus Quiz / 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:

Week	Day	Date	Ch	Topics
1	M	5/14		Course Intro./ Review Syllabus [<i>DUE: Syllabus Quiz</i>]
	T	5/15	1	Sports Medicine Team [<i>DUE: Info Card</i>]
	W	5/16	2	Org & Admin. of Athletic Health Care Program
	Th	5/17		TBD
	F	5/18		TBD
2	M	5/21	4	Preventing Injuries Through Fitness Training
	T	5/22	6	Selecting and Using Protective Sports Equipment
	W	5/23	7	Emergency Situations and Injury Assessment
	Th	5/24	8	BB Pathogens, Univ. Prec., Wound Care
	F	5/25	10	Environmental Conditions
3	M	5/28		No Class
	T	5/29		Exam Review
	W	5/30		Exam I
	Th	5/31	12	Understanding the Basics of Injury Rehabilitation
	F	6/1	13	Recognizing Different Sports Injuries
4	M	6/4	14	The Foot
	T	6/5	15	The Ankle
	W	6/6	16	The Knee
	Th	6/7	17	The Thigh, Hip, Groin, and Pelvis
	F	6/8		TBD
5	M	6/11	18	The Shoulder Complex
	T	6/12		Exam Review
	W	6/13		Exam II
	Th	6/14	19	The Elbow, Forearm, Wrist, and Hand
	F	6/15		TBD
6	M	6/18	20	The Spine
	T	6/19	21	The Thorax and Abdomen
	W	6/20	22	The Head, Face, Eyes, Ears, Nose, and Throat / PEDs (no text)
	Th	6/21		TBD
	F	6/22		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. 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 obligated to report any condition that facilitates academic misconduct to appropriate personnel. If you have any questions or concerns, please consult with the instructor or TAs in this class

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/>).

U Matter, We Care: If you or a friend is in distress, please contact umatter@ufl.edu or 352 392-1575 so that a team member can reach out to the student.

Counseling and Wellness Center: <http://www.counseling.ufl.edu/cwc/Default.aspx>, 392-1575; and the University Police Department: 392-1111 or 9-1-1 for emergencies, <http://www.police.ufl.edu/>.

Sexual Assault Recovery Services (SARS): Student Health Care Center, 392-1161.

Students with disabilities 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.

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>

Library Support, <http://cms.uflib.ufl.edu/ask>. Various ways to receive assistance with respect to using the libraries or finding resources.

Student Complaints Campus: https://www.dso.ufl.edu/documents/UF_Complaints_policy.pdf

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: 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 by completing online evaluations 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/results/>.