



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

**Spring 2022 Course Syllabus | Last Date Revised: 12/16/2021**

### **COURSE INFORMATION**

ATR 2010: Prevention and Care of Athletic Injuries (3 credits)

January 6<sup>th</sup>, 2022 – April 26<sup>th</sup>, 2022

Meeting Time: Tuesday 11:45am-12:35pm; Thursday 11:45am-1:40pm

Meeting Location: Tuesday FLG 0260; Thursday FLG 0230

### **INSTRUCTOR**

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

Clinical Assistant Professor

Doctor of Athletic Training Program

Office Location: FLG 122

Office Phone: 352-294-1070 Email:

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

Office Hours: By appointment, please schedule on Calendly: <https://calendly.com/cdbrown7>

### **Doctoral Teaching Assistants**

Kayla O'Connell, MS, LAT, ATC

Resident Athletic Trainer

Doctor of Athletic Training Program

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

Office Hours: By appointment, please schedule via email

Riley Proffer, LAT, ATC

Resident Athletic Trainer

Doctor of Athletic Training Program

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

Office Hours: By appointment, please schedule via email

### **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

### **LEARNING OUTCOMES**

1. Appraise current literature regarding sport-related injury prevention and management
2. Differentiate common signs and symptoms between common sports-related injuries
3. Differentiate injury mechanisms between common sports-related injuries
4. Recognize the importance of prevention strategies used to reduce sport-related injuries
5. Describe the proper first aid and management of common sports-related injuries

### **REQUIRED TEXTS AND MATERIALS**

Essentials of Athletic Injury Management

Publisher: McGraw-Hill

Author: Prentice, William; Arnheim, Daniel

ISBN: 9781260708080 (11th ed.)

## COURSE REQUIREMENTS AND POLICIES

**Assignments:** Assignments are due at the onset of class on the date assigned to them or submitted prior to the designated deadline in e-learning. **Please type all assignments** unless otherwise stated in the directions. **LATE ASSIGNMENTS ARE NOT 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 must notify me with an explanation for missing class, in writing (email or letter), to receive an excused absence for class. Students are responsible for all materials missed because of an absence.

### YellowDig Engage

YellowDig Engage is a platform in CANVAS that will be used as a discussion board. I will post announcements and use this to encourage learning and engagement. You will be required to interact on YellowDig weekly. Please post weekly to receive your allotted points.

### Article Critique

Find a peer-reviewed article about a sports injury related to your assigned topics related to your assigned topic. Read the article and complete the worksheet posted in CANVAS. Please find more information for this assignment in CANVAS → Home Page → Welcome/Introduction page → Article Critique.

### Quizzes

There will be 6 quizzes given over the course of the class. The quizzes will be multiple-choice questions. Quizzes will take place during class time, either at the beginning or end of class. If a student is not in class for the quiz, they will not be allowed to take the quiz. Lockdown browser will be utilized during the quizzes.

### Examinations

There will be two examinations throughout the semester and one final, cumulative examination (see course schedule). The examinations will consist of multiple-choice, select all that apply, matching, and fill in the blank questions. 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/UGRD/academic-regulations/attendance-policies/>. 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. Exams will be completed through the UF Learning management system and will be completed outside of class. Lockdown browser will be utilized during the exams.

### 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

## COURSE SCHEDULE (SUBJECT TO MODIFICATION)

The course progression will **tentatively** follow the schedule below:

Date	Topic	Pre-Class
1/6/2022	Course Overview	Syllabus
1/11/2022	Defining Roles of the Sports Medicine Team	Chapter 1
1/13/2022	Org and Admin of an Athletic Health Care Program <b>Syllabus Quiz due by 11:59pm</b>	Chapter 2

1/18/2022	Preventing Injuries with Fitness Training	Chapter 4
1/20/2022	Selecting and Implementing Protective Equipment	Chapter 6
1/25/2022	Weather Risk/Environmental Conditions	Chapter 7
1/27/2022	Emergency Situations and Injury Assessment	Chapter 8
2/1/2022	BBP, Universal Precautions, and Wound Care	Chapter 9
2/3/2022	Injury Rehabilitation Basics	Chapter 11
2/8/2022	Injury Psychology	Chapter 12
<b>2/10/2022</b>	<b>No Class</b>	
2/15/2022	Exam Review	
<b>2/17/2022</b>	<b>Exam 1</b>	
2/22/2022	Differentiating Sports Injuries	Chapter 13
2/24/2022	Foot and Toes	Chapter 14
3/1/2022	Knee	Chapter 16
3/3/2022	Knee	Chapter 16
3/8/2022	<i>Spring Break</i>	
3/10/2022	<i>Spring Break</i>	
3/15/2022	Ankle and Lower Leg	Chapter 15
3/17/2022	Thigh, Hip and Groin	Chapter 17
3/22/2022	Exam Review	
<b>3/24/2022</b>	<b>Exam 2</b>	
3/29/2022	Shoulder	Chapter 18
3/31/2022	Shoulder	Chapter 18
4/5/2022	Elbow, Wrist, and Forearm	Chapter 19
4/7/2022	Spine	Chapter 20
4/12/2022	Thorax and Abdomen	Chapter 21
4/14/2022	Head, Face, Ears, Eyes, Nose, and Throat	Chapter 22
4/19/2022	Exam Review	
4/21/2022	<i>Reading Day</i>	
<b>4/26/2022</b>	<b>Final Exam (Cumulative)</b> <b>7:30AM-9:30AM</b>	

#### GRADING CRITERIA

E-Learning Exams (2)	30%
Final Exam	20%
Quizzes (6)	25%
Article Critique	10%
Yellow Dig Discussion Board	15%
<b>TOTAL GRADE</b>	<b>100%</b>

Letter Grade	Percentage
<b>A</b>	90-100
<b>B+</b>	87-89
<b>B</b>	80-86
<b>C+</b>	77-79
<b>C</b>	70-76
<b>D</b>	60-69
<b>E</b>	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.

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

## COLLEGE/UNIVERSITY-WIDE POLICIES

**Academic Honesty:** As a student at the University of Florida, you have committed yourself to uphold the Honor Code, which includes the following 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.” Students will exhibit behavior consistent with this commitment to the UF academic community. Academic misconduct appears in a variety of forms (including plagiarism) and may be punishable in a variety of ways, from failing the assignment and/or the entire course to academic probation, suspension or expulsion. On all work submitted for credit by students at the university, the following pledge is either required or implied: **"On my honor, I have neither given nor received unauthorized aid in doing this assignment."** Furthermore, as part of your obligation to uphold the Honor Code, you should report any condition that facilitates academic misconduct to appropriate personnel. It is your individual responsibility to know and comply with all university policies and procedures regarding academic integrity and the Student Honor Code. Faculty will not tolerate violations of the Honor Code at the University of Florida and will report incidents to the Dean of Students Office for consideration of disciplinary action. The Honor Code (<https://sccr.dso.ufl.edu/students/student-conduct-code/>) specifies a number of behaviors that are in violation of this code and the possible sanctions. If you have questions about what constitutes academic misconduct before handing in an assignment, see your instructor.

**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://www.ufadvising.ufl.edu/>

**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.

**Campus Resources: U Matter, We Care:** Your well-being is important to the University of Florida. The U Matter, We Care initiative is committed to creating a culture of care on our campus by encouraging members of our community to look out for one another and to reach out for help if a member of our community is in need. If you or a friend is in distress, please contact [umatter@ufl.edu](mailto:umatter@ufl.edu); a nighttime and weekend crisis counselor is available by phone at 352.392.1575. The U Matter, We Care Team can help connect students to the many other helping resources available including, but not limited to, Victim Advocates, Housing staff, and the Counseling and Wellness Center. Please remember that asking for help is a sign of strength. In case of emergency, call 9-1-1.

**University Police Department:** 392.1111 or 9-1-1 for emergencies <http://www.police.ufl.edu/>

**Counseling and Wellness Center:** <https://counseling.ufl.edu/> 352.392.1575; *Sexual Assault Recovery Services (SARS)* Student Health Care Center, 352.392.1161.

**Career Resource Center:** Reitz Union, 352.392.1601, <http://www.crc.ufl.edu/>

**Cell Phone/Text Messaging Policy:** Students will not engage in text messaging or access their cellular telephones during class time. Faculty will award special considerations at his/her discretion.

**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. <https://catalog.ufl.edu/UGRD/>

**Course Grading Policy:** Students will earn their course grade based on completion of coursework as outlined in the Grading Criteria listed above. 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 listed below. <https://catalog.ufl.edu/UGRD/>

**Course Evaluations:** Students in this class are participating in the pilot evaluation of the new course evaluation system called GatorEvals. The new evaluation system is designed to be more informative to instructors so that

teaching effectiveness is enhanced and to be more seamlessly linked to UF's CANVAS learning management system. Students can complete their evaluations through the email they receive from GatorEvals, in their Canvas course menu under GatorEvals, or via <https://ufl.bluera.com/ufl/> . Please note your other classes this semester may be evaluated in the current GatorRater online evaluation system at <https://evaluations.ufl.edu> . Thank you for serving as a partner in this important effort.

Students should provide feedback on the quality of instruction in this course by completing online evaluations. 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>.

**Email and E-Learning Policy:** Students are required to check their University of Florida email and E-Learning Course account daily. Dissemination of reminders and course material may occur via email or through announcements in E-Learning; it is the student's responsibility to read and respond (if appropriate). *E-learning Help Desk:* <http://elearning.ufl.edu/> *Technical support:* 352.392.4357 (select option 2) or e-mail to [Learning-support@ufl.edu](mailto:Learning-support@ufl.edu)

**E-Learning Identity and Preferences:** It is important to the learning environment that you feel welcome and safe in this class; and that you are comfortable participating in class discussions and communicating with me on any issues related to the class. If your preferred name is not the name listed on the official University of Florida roster, please let me know as soon as possible. I would like to acknowledge your preferred name, and pronouns that reflect your identity. Please let me know how you would like to be addressed in class, if your name and pronouns are not reflected by your University of Florida official roster name. I welcome you to the class and look forward to a rewarding learning adventure together.

You may also change your "Display Name" in Canvas. Canvas uses the "Display Name" as set in myUFL. The Display Name is what you want people to see in the University of Florida Directory, such as "Ally" instead of "Allison." To update your display name, go to [one.ufl.edu](http://one.ufl.edu), click on the dropdown at the top right, and select "Directory Profile." Click "Edit" on the right of the name panel, uncheck "Use my legal name" under "Display Name," update how you wish your name to be displayed, and click "Submit" at the bottom. This change may take up to 24 hours to appear in Canvas. This does not change your legal name for official University of Florida records.

### **Inclusion, Diversity, Equity, and Accessibility (IDEA) Information**

The Athletic Training Program supports an inclusive learning environment and promotes diversity of thoughts, perspectives, and experiences. We value critical reasoning, evidence-based arguments, and self-reflection to support the growth of each student. Please refer to the Doctor of Athletic Training Program Policies and Procedures Manual (Canvas) for the Non-Discrimination, Equity, and Diversity Policy. For suggestions or concerns related to IDEA, please reach out to any of the following:

- Dr. Linda Nguyen, APK IDEA Liaison, [linda.nguyen@hhp.ufl.edu](mailto:linda.nguyen@hhp.ufl.edu)
- Dr. Rachael Seidler, APK Graduate Coordinator, [rachaelseidler@ufl.edu](mailto:rachaelseidler@ufl.edu)

Dr. Joslyn Ahlgren, APK Undergraduate Coordinator, [jahlgren@ufl.edu](mailto:jahlgren@ufl.edu)

**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. To view the **last day for withdrawal please visit** <https://catalog.ufl.edu/UGRD/>

**Library Resources Support:** <http://cms.uflib.ufl.edu/ask>

**Privacy:** Our class sessions may be audio visually recorded for students in the class to refer back and for enrolled students who are unable to attend live. Students who participate with their camera engaged or utilize a profile image are agreeing to have their video or image recorded. If you are unwilling to consent to have your profile or video image recorded, be sure to keep your camera off and do not use a profile image. Likewise, students who un-mute during class and participate orally are agreeing to have their voices recorded. If you are

not willing to consent to have your voice recorded during class, you will need to keep your mute button activated and communicate exclusively using the "chat" feature, which allows students to type questions and comments live. The chat will not be recorded or shared. As in all courses, unauthorized recording and unauthorized sharing of recorded materials is prohibited.

**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 advisor.

**Student Complaints Process:** <http://regulations.ufl.edu/regulations/uf-4-student-affairs/>

**Teaching Center:** General study skills and tutoring <http://teachingcenter.ufl.edu/> Broward Hall, 352.392.2010 or 352.392.6420.

**Writing Studio:** Formatting and writing papers assistance <http://writing.ufl.edu/writing-studio/>