

# Prevention and Care of Athletic Injuries

APK2010 | 3 Credits | Summer 2022

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## Course Info

### INSTRUCTOR

**Christopher Brown PhD, LAT, ATC, CSCS\*D, PES, OPE-C**  
Office: FLG124  
Office Phone: 352-294-1070  
Email: [cdbrown7@ufl.edu](mailto:cdbrown7@ufl.edu)

### OFFICE HOURS

By appointment. [Schedule a meeting that works for you HERE](#)

### MEETING TIME/LOCATION

TUR L011 M-F 11:00am-12:15pm

## COURSE DESCRIPTION

Addresses prevention and recognition strategies for injuries related to sport and provides the student knowledge of basic first aid and injury management.

## PREREQUISITE KNOWLEDGE AND SKILLS

Pre-Requisite: APK2100C

## REQUIRED AND RECOMMENDED MATERIALS

Essentials of Injury Management  
Publisher: McGraw-Hill

Author: Prentice, William; Arnheim, Daniel  
ISBN: 9781260708080 (11th ed.)

## COURSE FORMAT

This course is primarily lecture based. Please bring any questions you may have, and we can always discuss.

## COURSE LEARNING OBJECTIVES:

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

## Course & University Policies

### ATTENDANCE POLICY

Attendance is required for the course and is worth 10% of the final grade.

Excused Absences:

- Illnesses
  - Need a Note/Verification of Visit from a Provider
- UF Policy on Attendance:
  - <https://catalog.ufl.edu/UGRD/academic-regulations/attendance-policies/#absencestext>

Grading rubric:

Unexcused Days	Points Deducted	Score
0	0	10%
1	0.25	9.75%
2	0.5	9.25%
3	1	8.25%
4	1.5	6.75%
5	2.5	4.25%
6+	10	0%

### PERSONAL CONDUCT POLICY

**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.

- 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

### EXAM/ASSIGNMENT MAKE-UP POLICY

**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.

<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. Exams will be completed through the UF Learning management system. Lockdown browser will be utilized during the exams.

**Assignments:** Assignments are due at the onset of class on the date assigned, 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 are 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 (letter or email), to receive an excused absence for class. Students are responsible for all materials missed because of an absence.

## ACCOMMODATING STUDENTS WITH DISABILITIES

**ADA Policy:** The University of Florida provides accommodations for students with documented disabilities. For more information, regarding services and procedures for requesting accommodations visit <https://drc.dso.ufl.edu/> or call 352.392.8565. Students requesting classroom accommodation must first register with the Disability Resource Center. The Disability Resource Center will provide documentation to the student who must then provide this documentation to the Instructor when requesting accommodation. Students with disabilities should follow this procedure as early as possible in the semester.

## COURSE EVALUATIONS

**Course Evaluations:** GatorEvals 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>.

## Getting Help

### HEALTH & WELLNESS

- U Matter, We Care: If you or a friend is in distress, please contact [umatter@ufl.edu](mailto:umatter@ufl.edu) or 352 392-1575
- Counseling and Wellness Center: <https://counseling.ufl.edu/>, 352-392-1575
- Sexual Assault Recovery Services (SARS) - Student Health Care Center, 392-1161
- University Police Department, 392-1111 (or 9-1-1 for emergencies) <http://www.police.ufl.edu/>

### ACADEMIC RESOURCES

- E-learning technical support, 352-392-4357 (select option 2) or e-mail to [Learning-support@ufl.edu](mailto:Learning-support@ufl.edu). <https://lss.at.ufl.edu/help.shtml>
- Career Connections Center, Reitz Union, 392-1601. Career assistance and counseling. <https://career.ufl.edu/>
- Library Support, <http://cms.uflib.ufl.edu/ask>. Various ways to receive assistance with respect to using the libraries or finding resources.
- Teaching Center, Broward Hall, 392-2010 or 392-6420. General study skills and tutoring. <http://teachingcenter.ufl.edu/>
- Writing Studio, 302 Tigert Hall, 846-1138. Help brainstorming, formatting, and writing papers. <http://writing.ufl.edu/writing-studio/>

- Student Complaints On-Campus: <https://sccr.dso.ufl.edu/policies/student-honor-code-student-conduct-code/> On-Line Students Complaints: <http://distance.ufl.edu/student-complaint-process/>

## INCLUSION, DIVERSITY, EQUITY, AND ACCESSIBILITY RESOURCES

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)

## Grading

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/>

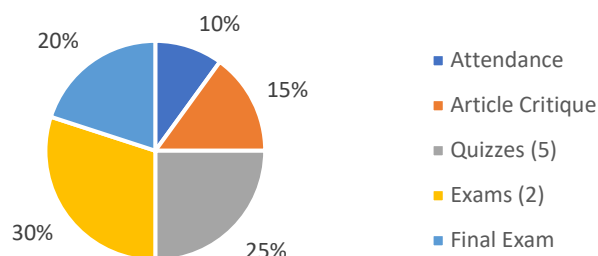
### Grading Criteria

Letter Grade	Percentage
A	90-100
B+	87-89
B	80-86
C+	77-79
C	70-76
D	60-69
E	Below 60

### Methods of Evaluation

Methods	% of Grade
Attendance	10%
Article Critique	15%
Quizzes (1+5)	25%
Exams (2)	30%
Final Exam	20%

### Grade Breakdown



**Attendance** – Described previously. (Try not to miss class.)

**Article Critique** – You will find a peer-reviewed article about a sports injury related to your assigned topic. Read the article and answer questions details in e-learning about the topic. Submit your answers to the questions in the assignment page on Canvas. Post the article link, a summary of the article, and three thoughtful questions. Your summary should include several components which are discussed in more detail on e-learning.

**Quizzes** – There is 1 Syllabus quiz worth 10 points which is untimed and taken outside of class. You may use the syllabus during this quiz. There will be 5 additional quizzes each worth 20-23 points given during the course of the class. The quizzes will be mostly multiple-choice questions. Quizzes will take place at the first or last 15 minutes of the day. If a student is not in class for the quiz they will not be allowed to take the quiz.

**Lecture Exams** – Each exam will consist of multiple choice, fill in the blank, matching, and/or true/false questions. Students are not permitted access to any kind of materials or notes during these exams. Exam questions are generated by the course instructor and the majority of focus should be given to the lecture notes when studying. Students will take exams in the same room where weekly meetings are held and will be allowed 75 minutes to complete the exam.

**Comprehensive Final** – The final exam will consist of multiple-choice, fill in the blank, matching, and/or true-false questions. The exam will consist of a mix of questions from materials covered throughout the semester. Students will take exams in the same room where weekly meetings are held and will be allowed 75 minutes to complete the exam.

## Weekly Course Schedule

Date	Topic
27-Jun	Syllabus and Course Intro
28-Jun	Chapter 1-Defining Roles of the Sports Medicine Team
29-Jun	Chapter 2-Org and Admin of an Athletic Health Care Program
30-Jun	Chapter 4-Preventing Injuries with Fitness Training
1-Jul	Chapter 6-Selecting and Implementing Protective Equipment
4-Jul	<b>4th of July Holiday</b>
5-Jul	Chapter 7-Weather Risk/Environmental Conditions
6-Jul	Chapter 8-Emergency Situations and Injury Assessment
7-Jul	<b>Dr. Brown at Conference (No Class)</b>
8-Jul	<b>Dr. Brown at Conference (No Class)</b>
11-Jul	Chapter 9-BBP, Universal Precautions, and Wound Care
12-Jul	<b>Exam I</b>
13-Jul	Chapter 11-Injury Rehabilitation Basics
14-Jul	Chapter 12-Injury Psychology
15-Jul	<i>Catch Up Day</i>
18-Jul	Chapter 13-Differentiating Sports Injuries
19-Jul	Chapter 14-Foot and Toes
20-Jul	Chapter 15-Ankle and Lower Leg
21-Jul	Chapter 16-Knee
22-Jul	<i>Catch Up Day</i>
25-Jul	Chapter 17-Thigh, Hip and Groin
26-Jul	<b>Exam II</b>
27-Jul	Chapter 18-Shoulder
28-Jul	Chapter 19-Elbow, Wrist, and Forearm
29-Jul	Chapter 20-Spine
1-Aug	Chapter 21-Thorax and Abdomen
2-Aug	Chapter 22-Head, Face, Ears, Eyes, Nose, and Throat
3-Aug	<b>Exam III</b>
4-Aug	<i>Catch Up Day</i>
5-Aug	<i>Catch Up Day</i>