

# Prevention and Care of Athletic Injuries

ATR2010c | 3 Credits | Summer 2024

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## Course Info

### INSTRUCTOR

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

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Preferred Method of Contact: **Email**

### OFFICE HOURS

Office hours: will be held for 2 hours each week and the schedule will be posted on Canvas.

You can also schedule a direct appointment with me [HERE](#).

### MEETING TIME/LOCATION

CSE E121 M,T,W,R,F Period 3 (11:00am-12:15pm)

## 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. ISBN: 9780078022753

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 Tuesdays for one period and on Thursdays 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 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.

### PERSONAL CONDUCT POLICY

Students are expected to exhibit behaviors that reflect highly upon themselves and our University.

- Reserve cell phone/technology use for instructor-permitted in-class use only.
- Demonstrate *independent* knowledge on all assignments unless otherwise instructed (as in, no looking on neighbors' work)
- Honor and respect the ideas and contributions of everyone in class; be considerate and conscientious when offering a differing viewpoint.
- Punctuality is respectful is respectful and appreciated.

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 obliged to report any condition that facilitates academic misconduct to appropriate personnel. If you have any questions or concerns, please consult the instructor or TA in this class.

### 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. If you have an illness, family emergency or death, please contact the Dean of Students Office ([www.dso.ufl.edu](http://www.dso.ufl.edu)) and follow the DSO Care Team procedures for documentation and submission of a request for make-up assignment (<https://care.dso.ufl.edu/instructor-notifications/>). The DSO will contact the instructor. Do not provide any documentation to the instructor regarding illness or family emergency. This is your personal and protected information. The DSO is qualified to receive and verify the documents you provide. The instructor will follow the recommendations from the DSO. Once you have reached out to obtain documentation from the DSO, please complete the make-up assignment located in CANVAS.

Should a student miss an exam due to an unexcused reason, make-up exams will be reviewed on a case-by-case basis.

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 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/>

### CIVILITY ACCESSIBILITY AND COMMUNITY RESOURCES

For suggestions or concerns related to IDEA, please reach out to any of the following:

- Dr. Ashley Smuder, APK Culture and Engagement Committee Chair, [asmuder@ufl.edu](mailto:asmuder@ufl.edu)
- Dr. Stephen Coombes, APK Graduate Coordinator, [scoombes@ufl.edu](mailto:scoombes@ufl.edu)
- Dr. Joslyn Ahlgren, APK Undergraduate Coordinator, [jahlgren@ufl.edu](mailto:jahlgren@ufl.edu)

## Grading

Evaluation Components	Approximate % of Total Grade
Exams (3)	50%
Quizzes (Syllabus + 5)	25%
YellowDig	15%
Article Critiques (2)	10%

**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

Please allow at least 5 business days for exams to be graded and uploaded onto Canvas. If there is a question about grades, please schedule a time with the instructor or TA to discuss.

More detailed information regarding current UF grading policies can be found here:

<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	0-59	0

\*We will round up to the nearest whole number from 0.5

## Weekly Course Schedule

Week	Dates	Assigned Module & Schedule Notes	Assessments Due
1	July 1-5	Chapter 1 Chapter 2 Chapter 3 <b>Holiday July 4th</b> Chapter 4	Syllabus Quiz Due July 3 <sup>rd</sup> Introduction Due July 5 <sup>th</sup> Quiz #1 (Chapters 1-3) July 5 <sup>th</sup>
2	July 8-12	Chapter 6 Chapter 7 Chapter 8 <b>Dr. Brown @ Conference July 11-12</b>	Quiz #2 (Chapters 4, 6, 7) July 10 <sup>th</sup>
3	July 15-19	Chapter 9 Chapter 11 Chapter 12 Chapter 13	Exam 1 (July 16) Quiz #3 (Chapters 11-12) July 19 <sup>th</sup> Article Critique #1 Due Aug 6 <sup>th</sup>
4	July 22-26	Chapter 14 Chapter 15 Chapter 16 Chapter 17	Quiz #4 (Chapters 13-15) July 24 <sup>th</sup> Exam 2 (July 26)
5	July 29-Aug 2	Chapter 18 Chapter 19 Chapter 20 Chapter 21 Chapter 22	Quiz #5 (Chapters 18-19) July 31 <sup>st</sup>
6	Aug 5-9	Chapter 23	Article Critique #2 Due Aug 6 <sup>th</sup> YellowDig Closes Aug 6 <sup>th</sup> Exam 3 (August 7)