UF Department of Applied Physiology and Kinesiology
College of Health and Human Performance
UNIVERSITY of FLORIDA

Prevention and Care of Athletic Injuries

ATR2010c| 3 Credits | Summer-Ireland

Course Info

INSTRUCTOR	**Christopher Brown, PhD, LAT, ATC, CSCS*D, PES, OPE-C** Office: TBD Office Phone: 352-294-1070 Email: *cdbrown7@ufl.edu* 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	TBD

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 will be asynchronous online prior to arriving in Dublin, and then we meet in person multiple days a week while in Dublin. 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 complete any reading-related assignments posted in CANVAS.

COURSE LEARNING OBJECTIVES:

After completing this class, students 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 & ENGAGEMENT POLICY

Attendance is required unless the absence falls under the UF excused absence policy.
https://catalog.ufl.edu/UGRD/academic-regulations/attendance-policies/
If the absence is excused as a planned event the student is required to let Dr. Brown know of the event in at least 48 hours in advance (earlier is better). If the absence is unplanned please let Dr. Brown know as soon as possible. UF provides a Contact My Instructor service: https://care.dso.ufl.edu/instructor-notifications/. This will allow you to work with the Dean of Students Office (DSO) to notify all of your instructors in a more private manner. You can work with the DSO using this service to centrally organize the documentation needed to qualify for excused absences. Then, the DSO will contact all of your instructors directly and will only share the minimum information needed to notify the instructors of the dates of the excused absences. This service will also allow the DSO to identify specific UF services that may be helpful to you given your unique circumstances.

Grading rubric:

Unexcused Days	Points Deducted	Score
0	0	15%
1	0.25	14.75%
2	0.75	14%
3	2	12%
4	3	9%
5	4	5%
6+	15	0%

PERSONAL CONDUCT POLICY

University of Florida students are bound by the Honor Pledge. On all work submitted for credit by a student, the following pledge is required or implied: "On my honor, I have neither given nor received unauthorized aid in doing this assignment." The Student Honor Code and Conduct Code (Regulation 4.040) specifies a number of behaviors that are in violation of this code, as well as the process for reported allegations and sanctions that may be implemented. All potential violations of the code will be reported to Student Conduct and Conflict Resolution. If a student is found responsible for an Honor Code violation in this course, the instructor will enter a Grade Adjustment sanction which may be up to or including failure of the course.

APPROPRIATE USE OF AI TECHNOLOGY

The UF Honor Code strictly prohibits *cheating.* The use of any materials or resources prepared by another person or Entity (inclusive of generative AI tools) without the other person or Entity's express consent or without proper attribution to the other person or Entity is considered *cheating.* Additionally, the use of any materials or resources, through any medium, which the Faculty / Instructor has not given express permission to use and that may confer an academic benefit to a student, constitutes *cheating.*
In some instances within this course, the use of AI tools will facilitate student development of skills and knowledge acquisition within the stated learning objectives. However, in other components, the use of any AI enabled tool in this course substantially compromises the student's ability to achieve the stated learning objectives. If AI is permissible on an assignment or assessment there will be a statement clarifying acceptable AI use for that respective learning assessment. When students opt to leverage AI tools to augment their submitted products, they will be expected to appropriately cite the tool(s) utilized. Further, students will be held accountable under the scope of the UF Student Honor Code & Conduct Code for the content of all work they submit (including the portions that may have been produced in part or whole by an external Entity—inclusive of AI). Thus, students should engage in active editorial and underwriting efforts to ensure the totality of the work

submitted reflects their intentions and ethical values. If there is no statement of appropriate use please do not use AI.

IN-CLASS RECORDING

Students are allowed to record video or audio of class lectures. However, the purposes for which these recordings may be used are strictly controlled. The only allowable purposes are (1) for personal educational use, (2) in connection with a complaint to the university, or (3) as evidence in, or in preparation for, a criminal or civil proceeding. All other purposes are prohibited. Specifically, students may not publish recorded lectures without the written consent of the instructor.

A "class lecture" is an educational presentation intended to inform or teach enrolled students about a particular subject, including any instructor-led discussions that form part of the presentation, and delivered by any instructor hired or appointed by the University, or by a guest instructor, as part of a University of Florida course. A class lecture does not include lab sessions, student presentations, clinical presentations such as patient history, academic exercises involving solely student participation, assessments (quizzes, tests, exams), field trips, private conversations between students in the class or between a student and the faculty or guest lecturer during a class session. Publication without the permission of the instructor is prohibited.

To "publish" means to share, transmit, circulate, distribute, or provide access to a recording, regardless of format or medium, to another person (or persons), including but not limited to another student within the same class section. Additionally, a recording, or transcript of a recording, is considered published if it is posted on or uploaded to, in whole or in part, any media platform, including but not limited to social media, book, magazine, newspaper, leaflet, or third party note/tutoring services. A student who publishes a recording without written consent may be subject to a civil cause of action instituted by a person injured by the publication and/or discipline under UF Regulation 4.040 Student Honor Code and Student Conduct Code.

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. Please follow the UF attendance policy outlined below.
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. Students can complete evaluations in three ways: (1) The email they receive from GatorEvals, (2) Their Canvas course menu under GatorEvals, or (3) The central portal located here. Guidance on how to provide constructive feedback is available at the gator evals site. Students will be notified when the evaluation period opens. Summaries of course evaluation results are also available at the gator evals site.

Getting Help

HEALTH & WELLNESS

- *U Matter, We Care*: If you or someone you know is in distress, please contact umatter@ufl.edu, 352-392-1575, or visit U Matter, We Care website to refer or report a concern and a team member will reach out to the student in distress.
- *Counseling and Wellness Center*: Visit the Counseling and Wellness Center website or call 352-392-1575 for information on crisis services as well as non-crisis services.
- *Student Health Care Center*: Call 352-392-1161 for 24/7 information to help you find the care you need, or visit the Student Health Care Center website.
- *University Police Department*: Visit UF Police Department website or call 352-392-1111 (or 9-1-1 for emergencies).
- *UF Health Shands Emergency Room / Trauma Center*: For immediate medical care call 352-733-0111 or go to the emergency room at 1515 SW Archer Road, Gainesville, FL 32608; or visit the UF Health Emergency Room and Trauma Center website.
- *GatorWell Health Promotion Services*: For prevention services focused on optimal wellbeing, including Wellness Coaching for Academic Success, visit the GatorWell website or call 352-273-4450.

ACADEMIC RESOURCES

- *E-learning technical support*: Contact the UF Computing Help Desk at 352-392-4357 or via e-mail at helpdesk@ufl.edu.
- *Career Connections Center*: Reitz Union Suite 1300, 352-392-1601. Career assistance and counseling services.
- *Library Support*: Various ways to receive assistance with respect to using the libraries or finding resources.
- *Teaching Center*: Broward Hall, 352-392-2010 or to make an appointment 352- 392-6420. General study skills and tutoring.
- *Writing Studio*: 2215 Turlington Hall, 352-846-1138. Help brainstorming, formatting, and writing papers.
- *Student Complaints & Grievances*: Students are encouraged to communicate first with the involved person(s), but here is more information on the appropriate reporting process.

APK ADMINISTRATORS

For suggestions or concerns related to APK courses or programming, please reach out to any of the following:

- Dr. David Vaillancourt (he/him), APK Department Chair, vcourt@ufl.edu
- Dr. Demetra Christou (she/her), APK Department Vice Chair, ddchristou@hhp.ufl.edu
- Dr. Steve Coombes (he/him), APK Graduate Coordinator, rachaelseidler@ufl.edu
- Dr. Joslyn Ahlgren (she/her), APK Undergraduate Coordinator, jahlgren@ufl.edu

Grading

Evaluation Components	Approximate % of Total Grade
Exams (2)	40%
Quizzes (4)	20%
Yellowdig	15%
Article Critiques (2)	10%
Attendance and Participation	15%

Exams – There will be two (2) exams throughout the semester, with no cumulative final exam. Exams could include multiple choice and/or true/false 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/or true/false, and will be given during class or during the pre-departure portion of the class. The pre-departure materials quiz will be open notes. The remaining quizzes will be closed-note. There will be 4 quizzes.

YellowDig Discussion Board – 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.

Attendance and Participation – Attendance and participation in all class periods is required for the study abroad program. Attendance will be taken Monday - Thursday during each week while we are in Ireland. ***Failure to attend scheduled classes Monday – Thursday for either program course will result in a decrease in points.***

Grading rubric:

Unexcused Days	Points Deducted	Score
0	0	15%
1	0.25	14.75%
2	0.75	14%
3	2	12%
4	3	9%
5	4	5%
6+	15	0%

GRADING SCALE

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

*Dr. Brown will round up to the nearest whole number from 0.5

Weekly Course Schedule

Week	Dates	Assigned Module & Schedule Notes	Assessments Due
1	Pre-Departure/ Orientation: June 30- July 6	Chapter 1-Sports Medicine Team Chapter 2-O&A Chapter 3-Legal Issues **Holiday July 4th**	Yellowdig Open Quiz #1-Ch 1,2,3 (Due July 3rd)
2	Ireland Wk: 1 July 7-13	Chapter 8-Emergency Chapter 23-Gen Med Chapter 13-Recog Injuries Chapter 14-Foot and Toes	Quiz #2-Ch 8,23 (July 10th)
3	Ireland Wk: 2 July 14-20	Chapter 15-Ankle and LL Chapter 16-Knee Chapter 17-Thigh/Hip/Groin/Pelvis	Quiz #3-Ch 13,14 (July 15th) Exam 1-Ch 8,23,13,14,15,16,17 (July 17)
4	Ireland Wk: 3 July 21-27	Chapter 7-Environmental Chapter 9-BBP Chapter 18-Shoulder Chapter 19-Elbow/Wrist/Hand Chapter 20-Spine	Quiz #4-Ch 7,9,18 (July 24th) Article Critique #1 (Due July 27th)
5	Ireland Wk: 4 July 28- Aug 3	Chapter 21-Thorax and Abdomen Chapter 22-Head and Face	Exam 2-Ch 7,9,18,19,20,21,22 (July 31st) YellowDig Closes July 30th Attendance closes July 31st
6	Post-Ireland: Aug 4-8		Article Critique #2 Due Aug 6th