

Prevention & Care of Athletic Injuries

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ATR2010C | Class #11008 (287F) | 3 Credits | Fall 2025

Course Information

INSTRUCTOR

Paul A. Borsa, PhD, ATC

Office: 149 FLG

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Email: pborsa@ufl.edu (Preferred Method of Contact)

OFFICE HOURS

MW Period 3 (9:35-10:25am or by appointment)

MEETING TIME/LOCATION

MWF Period 2 (8:30 - 9:20am, FLG 280)

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: APK2100C Human Anatomy

Course Learning Objectives: Upon completion of this course, the student will 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

Required and Recommended Materials:

- William Prentice: **Essentials of Athletic Injury Management**. McGraw Hill Education, Boston, MA, 2013. **(Recommended)**
- Lectures and lecture notes can be downloaded from UF/e-Learning (Canvas System).

Course Format: The course will primarily use a traditional classroom lecture format for scheduled class meeting times. Additional lecture material may be available to students on the CANVAS site. Some lectures may be pre-recorded and uploaded to the Modules section on CANVAS as needed. Students are expected to take notes using the lecture notes provided. Lectures notes can be found in the files section.

Course and University Policies:

"University policies are summarized [here](#). This link will direct students to a separate webpage that will provide all required academic policies, such as attendance, grading, personal conduct, DRC and evaluation verbiage, as well as campus academic, health, and wellness resources."

Attendance Policy: Attendance and punctuality are expected and highly recommended. Make every effort to attend all lectures. Attendance will not directly affect your grade. However, some concepts will be made ONLY during class lecture (**and are not in the lecture notes**) and may be part of your quizzes and examinations.

Policy on Missed Assignments Due to Illness, Family Emergency or Death: If you have an illness, family emergency or death, please contact the Dean of Students Office (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. "Requirements for class attendance and make-up exams, assignments, and other work in this course are consistent with university policies that can be found in the online catalog at: <https://catalog.ufl.edu/ugrad/current/regulations/info/attendance.aspx>."

Exam/Quiz Make-up Policy: No makeup examinations or quizzes will be given without a serious and/or compelling reason.

Step 1: Get documentation of your illness or emergency. 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 emergency you wish to remain more private, you may contact the Dean of Students Office (www.dso.ufl.edu) and follow the DSO Care Team procedures for documentation and assistance (<https://care.dso.ufl.edu/instructor-notifications/>).

Step 2: Submit a make-up request to the instructor via CANVAS email. In the request provide reason for missing exam/quiz and availability for make-up. Make-ups will not be granted for personal travel/vacations. Additionally, many students will encounter multiple exams in one day. Only if another exam is scheduled for the same time as an exam in this course will a make-up request be considered.

Should a student miss an exam due to an unexcused reason (e.g., oversleeping, mixing up the exam time, etc.), the exam can be taken with a 20% penalty if taken within 24 hours of the original exam time or with a 40% penalty if taken within 48 hours of the original time.

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>.

Tip: Always contact the instructor immediately or well ahead of the scheduled date if you need to miss a quiz or exam.

Grading:

Evaluation Components (number of each)	Points Per Component	Weighting %
Lecture Exams (3)	100 pts each = 300 pts	70%
Quizzes (6 total; drop 2 lowest scores = 4)	25 pts each = 100 pts	30%
Extra Credit	0-3 points possible	0%

Quizzes: Quizzes start at the beginning of class with no exceptions. You will have 15 minutes to complete your quiz. If you miss a quiz due to lateness or absenteeism, you will not be allowed to make-up the quiz. Quiz format will be a combination of fill in the blank, multiple choice, short answer, and /or matching.

Lecture Exams: Each exam will consist of 50 questions, 2 points per question. Questions will be in multiple choice and true/false format. 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 focus should be given to the lecture notes when studying. Exams are NOT cumulative and there is no final comprehensive examination. Students will take exams in the same room where weekly lectures are held and will be allowed 50 minutes to complete the exam.

Extra Credit: Students can accrue extra credit by participating in discussion boards on CANVAS. The quantity of engagement in this activity will be noted and graded accordingly. There will be 5 discussion boards posted during the semester each worth 1 point (5 pts total). If you complete all 5 discussion boards, you will have 2 points added to your final cumulative score. Less than 5 will be prorated based on the number completed.

Extra credit points will be added to your final cumulative score after exams and quizzes have been tabulated.

Final grade = [(Exam 1 + Exam 2 + Exam 3/300)(.70)] + [(Quiz 1 + 4)(.30)] + EC = _____.

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.

Final grades will NOT be calculated using CANVAS. The instructor will calculate your grade using separate software and will be uploaded to CANVAS once the final tabulations have been made.

Grading Scale: Quiz and exam scores will be entered or uploaded directly into CANVAS within 12-24 hrs after completion. If you feel there is an error in grade calculation, please bring it to the attention of the instructor ASAP. "More detailed information regarding current UF grading policies can be found here: <https://catalog.ufl.edu/UGRD/academic-regulations/grades-grading-policies/>."

Course Schedule: *Dates are tentative; and are subject to change at the discretion of the instructor

Week	Dates	Lecture Topic
1	Aug 22	Introduction & Course Syllabus
2	Aug 25-29	Injury Prevention Strategies – Pro-active & Retro-active
3	Sep 1-5	<i>Mon, Sep 1 is a holiday (Labor Day) – no class</i> Injury Prevention Strategies – Pro-active & Retro-active Injury Process: Concepts of Sports Injury
4	Sep 8-12	Injury Process: Response to Injury (Inflammation & Repair) Quiz 1: Wed Sep 10
5	Sep 15-19	Injury Process: Response to Injury (Repair) Musculoskeletal Injuries & Repair (Muscle, Bone, Joint, Tendon)
6	Sep 22-26	Musculoskeletal Injuries (Muscle, Bone, Joint, Tendon) Quiz 2: Fri Sep 26
7	Sep 29-Oct 3	Exam 1: Mon Sep 29 Head/Face Injuries: Concussion, Eye, Ear, Nose & Mouth (Dental) Spinal Injuries: Cervical & Lumbar (Cervical)
8	Oct 6-10	Spinal Injuries: Cervical & Lumbar (Cervical/Lumbar) Internal Injuries to the Thorax & Abdomen Quiz 3: Fri Oct 10
9	Oct 13-17	Injuries to the Upper Extremity: Shoulder & Elbow <i>Fri, Oct 17 is a holiday (Homecoming) – no class</i>
10	Oct 20-24	Injuries to the Upper Extremity: Wrist & Hand
11	Oct 27-31	Quiz 4: Mon Oct 27; Exam 2: Wed Oct 29 Injuries to the Lower Extremity: Hip/Pelvis & Thigh
12	Nov 3-7	Injuries to the Lower Extremity: Knee, Lower Leg, Ankle & Foot
13	Nov 10-14	<i>Mon, Nov 10 is a holiday (Veterans Day) – no class</i> Injuries to the Lower Extremity: Ankle & Foot Quiz 5: Wed Nov 14
14	Nov 17-21	Thermal: Heat-related and Cold-related Illnesses & Injuries Dermatological Conditions: Superficial Wounds
15	Nov 17-21	Dermatological Conditions: Infections & Allergic Reactions Other Medical Concerns <i>Mon-Fri, Nov 24-28 is a Holiday...no classes (Thanksgiving Break)</i>

16	Dec 1-3	Other Medical Concerns Quiz 6: Mon Dec 1; Exam 3: Wed Dec 3
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Success and study tips:

- Read and familiarize yourself with all aspects of the course syllabus
- During lectures whether you are viewing synchronously and asynchronously, please take impeccable notes. Recommended readings from the chapters in the textbook may also be helpful.
- All quizzes and examination questions will be taken directly from the course lectures.
- Learning over time approach will help with comprehension of course material