

# Prevention and Care of Athletic Injuries

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**APK2010c | 3 Credits | Fall 2023**

## Course Info

### INSTRUCTOR

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

Office: FLG122

Office Phone: (352)294-1070

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

Preferred Method of Contact: **Email**

### OFFICE HOURS

Schedule an appointment with Dr. Brown [HERE](#).

If Applicable: TA Office Hours and location will be determined at the start of the semester.

### MEETING

#### TIME/LOCATION

FLG 245 T period 4, R periods 4-5

## 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.

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 & 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	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

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, don't look as your 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.

### Late Arrivals and Unexcused Absences

- If a student arrives late to the exam, they will still be permitted to take the exam (without penalty) with the remaining time left as long as no other student has submitted their exam.
- If a student is late to the exam and at least one student has already completed their exam, the late-arriving student will be subjected to the policy below with a penalty deduction on their exam. In the case that a student is late and another student has already submitted their exam OR a student misses an exam due to an unexcused reason (i.e. overslept, mixed up the exam time, etc.), the exam can be taken with a 25% penalty if the student notifies Dr. Brown of their unexcused absence within 24 hours of the original exam time.
- A 50% penalty will be imposed if the notification to Dr. Brown is between 24-48 hours from the original exam time. If a student does not notify Dr. Brown within 48 hours of the original exam time, this will result in a zero grade for that exam.
- With an excused absence, the student will still be able to take the exam with no penalty.

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. <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/>

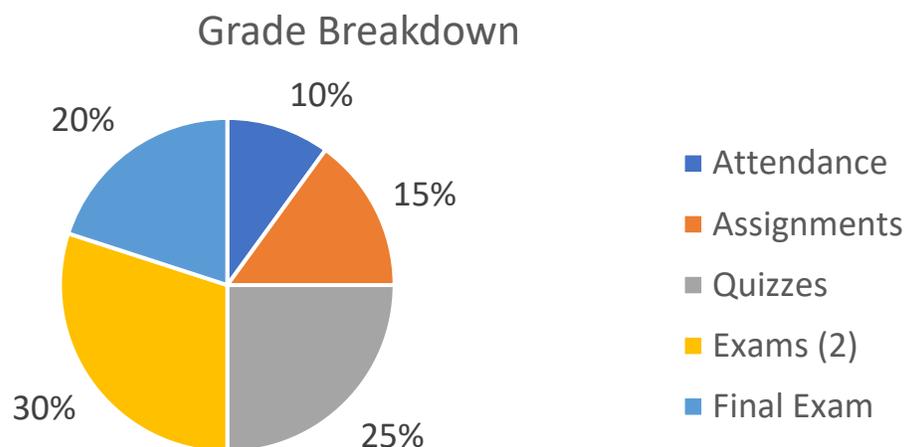
## INCLUSION, DIVERSITY, EQUITY, AND ACCESSIBILITY RESOURCES

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

- Dr. Ashley Smuder, APK IDEA Liaison, [asmuder@ufl.edu](mailto:asmuder@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

Methods	% of Grade
Attendance	10%
Assignments	15%
Quizzes (6)	25%
Exams (2)	30%
Final Exam	20%



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

### **Assignments**

**Introduction Assignment**- Under the "Discussions" tab please give a brief introduction of yourself to let us and your classmates get to know you better. Some ideas to include would be where you are from, career goals, any hobbies/interests, if you have pets, etc.

**Article Critiques (2)** – 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 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.

**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.

### **GRADING SCALE**

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>. *“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	59.4 and below	0

## Weekly Course Schedule

Assigned Module & Schedule Notes	Reading and Assessments Due
Aug 24: Syllabus	
Aug 29: Chapter 1 Aug 31: Chapter 2	
Sept 5: Chapter 3 Sept 7: Chapter 4	Sept 6-Syllabus Quiz Due Sept 7-Quiz #1: Chapters 1-3
Sept 12: Chapter 6 Sept 14: Chapter 7	
Sept 19: Chapter 8 Sept 21: Chapter 9	Sept 21- Quiz #2: Chapters 4, 6, and 7
Sept 26: Chapter 9/Exam Review Sept 28: <b>Exam #1</b>	
Oct 3: Chapter 11 Oct 5: Chapter 12	Oct 4: Article Critique #1 Due
Oct 10: Chapter 13 Oct 12: Chapter 14	Oct 12-Quiz #3: Chapters 11-13
Oct 17: Chapter 15 Oct 19: Chapter 16	Oct 19-Quiz #4: Chapters 14-15
Oct 24: Chapter 17/Exam Review Oct 26: <b>Exam #2</b>	
Oct 31: Chapter 18 Nov 2: Chapter 19	
Nov 7: Chapter 20 Nov 9: Chapter 21	Nov 9-Quiz #5: Chapters 18-20
Nov 14: Chapter 22 Nov 16: Chapter 23	
Nov 21-23: <b>Thanksgiving Break</b>	
Nov 28-30: Chapter 23 We will finish any material that is left	
Dec 5: Exam Review Day Dec 14: <b>Final Exam (3:00-5:00pm)</b>	Dec 5: Article Critique #2 Due

Disclaimer: This syllabus represents **current plans and objectives**. As we go through the semester, those plans may need to change to enhance the class learning opportunity. Such changes will be communicated clearly, are not unusual and should be expected.