

PREVENTION & CARE OF ATHLETIC INJURIES

ATR 2010C ~ 3 CREDITS ~ SPRING SEMESTER 2020

INSTRUCTOR: **Paul A. Borsa, PhD, ATC**
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OFFICE HOURS: MWF period 7 or by appointment

MEETING TIME/LOCATION: MWF 8th period (3:00 - 3:50pm) in FLG 285

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** (10th ed.). McGraw Hill Education, Boston, MA, 2013.
- Lecture notes can be downloaded from UF/e-Learning (Canvas System). Resources link.

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 CANVS.

COURSE AND UNIVERSITY POLICIES:

ATTENDANCE POLICY: Attendance and punctuality is 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.

PERSONAL CONDUCT POLICY: “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.

EXAM MAKE-UP POLICY: No makeup examinations or quizzes will be given without a serious and/or compelling reason. “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>.”

ACCOMMODATING STUDENTS WITH DISABILITIES: Students requesting accommodation for disabilities must first register with the Dean of Students Office (<http://www.dso.ufl.edu/drc/>). The Dean of Students Office will provide documentation to the student who must then provide this documentation to the instructor when requesting accommodation. You must submit this documentation prior to submitting assignments or taking the quizzes or exams. Accommodations are not retroactive, therefore, students should contact the office as soon as possible in the term for which they are seeking accommodations.

ELECTRONIC DEVICES: The use of electronic devices is strictly prohibited during quizzes and exams. Any electronic device used during a quiz or exam will be considered a violation of the student honor code (i.e., cheating) and will result in stiff penalties. Laptop computers are welcome in class as long as you are using it for class-related work. Surfing the web, checking your email, making Facebook posts, or anything of that nature is strictly prohibited.

COMMUNICATION: You are responsible for checking announcements and course postings on CANVAS. This is how your course instructor will communicate with you. All course grades (quizzes and examinations) will be posted on CANVAS. Any discrepancies should be brought to the instructor's attention as soon as possible.

COURSE EVALUATIONS: Students in this class are participating in GatorEvals. This evaluation system 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/>. Thank you for serving as a partner in this important effort.

GETTING HELP:

Health and Wellness

- U Matter, We Care: If you or a friend is in distress, please contact 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/>

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	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 will have the opportunity to earn “extra credit” in the form of points from bonus questions given at the end of each exam. Students may earn up to 3 extra credit points per exam (3 exams @ 3 points = 9 points total).

Here is how I will use your bonus points from the exams to calculate your extra credit:

- $1/9 = 0.35$ of a point (won't add much)
- $2/9 = 0.7$ of a point (may be rounded up to a whole point depending on your cumulative score)
- $3/9 = 1$ point added to cum score
- $4/9 = 1.35$ point
- $5/9 = 1.7$ points
- $6/9 = 2$ points
- $7/9 = 2.35$ points
- $8/9 = 2.7$ points
- $9/9 = 3$ points

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

Final grade = $[(\text{Exam 1} + \text{Exam 2} + \text{Exam 3}/300)(.70)] + [(\text{Quiz 1} + 4)(.30)] + \text{EC} = \underline{\hspace{2cm}}$.

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 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/.](https://catalog.ufl.edu/UGRD/academic-regulations/grades-grading-policies/)”

Letter Grade	Percent of Total Points Associated with Each Letter Grade	GPA Impact of Each Letter Grade
A	90.00-100%	4.0
B+	87.00-89.99%	3.33
B	80.00-86.99%	3.0
C+	77.00-79.99%	2.33
C	70.00-76.99%	2.0
D+	67.00-69.99%	1.33
D	60.00-66.99%	1.0
E	0-59.99%	0

WEEKLY COURSE SCHEDULE:

Week	Dates	Lecture Topic	Readings
1	Jan 6-10	Athletic Health Care Team Law of Sports Medicine: Medical & Legal Issues Concept of Sports Injury	Ch. 1-3
2	Jan 13-17	Concept of Sports Injury (Continued) Prevention & Care of Sports Injury	Ch. 4,8,9,11,13
3	Jan 20-24	<i>Mon, Jan 20 is a holiday (MLK Jr Day) – no class</i> Quiz 1 Prevention & Care of Sports Injury (Continued) Injury Process: Physiological Response to Injury Inflammation: Vascular & Cellular Events	Ch. 12,13
4	Jan 27-31	Injury Process: Physiological Response to Injury (Continued) Inflammation & Pain Therapeutic Intervention	Ch. 12,13
5	Feb 3-7	Injury Process: Physiological Response to Injury (Continued) Tissue Repair & Therapeutic Intervention Injury Process: Psychological Response to injury Psychosocial Intervention Placebo Effects Quiz 2 Exam 1	Ch. 12,13
6	Feb 10-14	Head & Face Injuries: Cerebral concussion Eye, ear, nose and mouth (dental)	Ch. 22

7	Feb 17-21	Spinal Injuries: Cervical & Lumbar	Ch. 20
8	Feb 24-28	Injuries to the Thorax & Abdomen Quiz 3	Ch. 21
	Mar 2-6	Spring Break	
9	Mar 9-13	Injuries to the Upper Extremity: Shoulder Injuries to the Upper Extremity: Arm, Wrist & Hand	Ch. 18 Ch. 19
10	Mar 16-20	Injuries to the Upper Extremity: Arm, Wrist & Hand (cont..) Quiz 4 Exam 2 Injuries to the Lower Extremity: Hip & Pelvis	Ch. 19 Ch. 16
11	Mar 23-27	Injuries to the Lower Extremity: Thigh, Leg & Knee	Ch. 16,17
12	Mar 30-Apr 3	Injuries to the Lower Extremity: Thigh, Leg & Knee (Continued)	Ch. 16
13	Apr 6-10	Quiz 5 Injuries to the Lower Extremity: Lower Leg, Ankle & Foot	Ch. 14,15
14	Apr 13-17	Thermal: Heat-related and Cold-related Illnesses & Injuries Dermatological Conditions: Superficial Wounds, Infections & Allergic Reactions	Ch. 7
15	Apr 20-22	Quiz 6 Other Medical Concerns Wed: Exam 3 <i>Fri, Apr 24 is a Reading Day – no class</i>	Ch. 8,23

***Dates are tentative and subject to change.**

SUCCESS AND STUDY TIPS:

- Read and comprehend all aspects of the course syllabus
- Be punctual, attentive and respectful
- Act inquisitively and participate in discussions
- Avoid distractions
- Learning over time approach will help with comprehension of course material