

## PREVENTION & CARE OF ATHLETIC INJURIES

ATR 2010C ~ 3 CREDITS ~ SPRING 2021 (HYFLEX)

**INSTRUCTOR:** **Paul A. Borsa, PhD, ATC**  
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**OFFICE HOURS:** By appointment

**MEETING TIME/LOCATION:** MWF 8<sup>th</sup> period (3:00 - 3:50pm; Hyflex delivery)

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

**COURSE FORMAT:** The course will be taught using Hyflex (Hybrid-Flexible). The Hyflex platform will be a combined approach to learning and instruction through LIVE in person face-to-face classroom lectures (small group) combined with a larger group of students viewing lectures remotely through Zoom. Remote instruction will be delivered synchronously. Students are expected to take detailed notes using the lecture notes provided in .pdf. Lecture material will be available to students on e-Learning CANVAS. Lecture notes can be found in the files section. Most, if not all, lectures will be recorded and available for asynchronous learning. Recorded lectures

will be uploaded to the Modules section on CANVAS. Lectures can be viewed on most personal electronic devices (desktop & laptop computer, tablets, etc.) using Mediasite or other related audio/video platforms.

## COURSE AND UNIVERSITY POLICIES:

**ATTENDANCE POLICY:** Attendance and punctuality is expected and highly recommended, but not mandatory and will not directly affect your grade.

**PERSONAL CONDUCT POLICY:** Students are expected to exhibit behaviors that reflect highly upon themselves and our University. 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:** 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 a disability 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 retro-active, therefore, students should contact the office as soon as possible in the term for which they are seeking accommodations.

**ELECTRONIC DEVICES:** Please keep usage of electronic devices other than laptop computers (e.g., cell phones) to a minimum as to not distract students around you.

**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 pointed out to the instructor on or before the last day of finals week.

**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.

**COVID-RELATED:** For face to face courses a statement informing students of COVID related practices such as:

- We will have face-to-face instructional sessions to accomplish the student learning objectives of this course. In response to COVID-19, the following policies and requirements are in place to maintain your learning environment and to enhance the safety of our in-classroom interactions.
- You are required to wear approved face coverings at all times during class and within buildings. Following and enforcing these policies and requirements are all of our responsibility. Failure to do so will lead to a report to the Office of Student Conduct and Conflict Resolution.
- This course has been assigned a physical classroom with enough capacity to maintain physical distancing (6 feet between individuals) requirements. Please utilize designated seats and maintain appropriate spacing between students. Please do not move desks or stations.
- Sanitizing supplies are available in the classroom if you wish to wipe down your desks prior to sitting down and at the end of the class.
- Follow your instructor's guidance on how to enter and exit the classroom. Practice physical distancing to the extent possible when entering and exiting the classroom.
- If you are experiencing COVID-19 symptoms ([Click here for guidance from the CDC on symptoms of coronavirus](#)), please use the UF Health screening system and follow the instructions on whether you are able to attend class. [Click here for UF Health guidance on what to do if you have been exposed to or are experiencing Covid-19 symptoms](#).
- Course materials will be provided to you with an excused absence, and you will be given a reasonable amount of time to make up work. [Find more information in the university attendance policies](#).

**PRIVACY:** For online course with recorded materials a statement informing students of privacy related issues such as: Our class sessions may be audio visually recorded for students in the class to refer back and for enrolled students who are unable to attend live. Students who participate with their camera engaged or utilize a profile image are agreeing to have their video or image recorded. If you are unwilling to consent to have your profile or video image recorded, be sure to keep your camera off and do not use a profile image. Likewise, students who un-mute during class and participate orally are agreeing to have their voices recorded. If you are not willing to consent to have your voice recorded during class, you will need to keep your mute button activated and communicate exclusively using the "chat" feature, which allows students to type questions and comments live. The chat will not be recorded or shared. As in all courses, unauthorized recording and unauthorized sharing of recorded materials is prohibited.

#### GETTING HELP:

##### Health and 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. Leo Ferreira, APK IDEA Liaison, [ferreira@hhp.ufl.edu](mailto:ferreira@hhp.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:

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/>.”

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:

\*Dates are tentative and are subject to change at the discretion of the instructor.

Week	Dates	Lecture Topic	Readings
1	Jan 11-15	Introduction & Syllabus Concept of Sports Injury Injury Prevention Strategies – Athletic Health Care Team	Ch. 1-3
2	Jan 18-22	<i>Mon, Jan 18 is a holiday (MLK, Jr Day) – no class</i> Injury Prevention Strategies – The law of Sports Medicine: Medical & Legal Issues & Pro-active & Retro-active Injury Prevention Strategies	Ch. 4,8,9,11,13
3	Jan 25-29	<b>Quiz 1: Mon Jan 25<sup>th</sup></b> Injury Process: Physiological Response to Injury Inflammation: Vascular & Cellular Events	Ch. 12,13
4	Feb 1-5	Injury Process: Physiological Response to Injury (Continued) Inflammation & Pain Therapeutic Intervention	Ch. 12,13
5	Feb 8-12	Tissue Repair & Therapeutic Intervention Injury Process: Psychological Response to Injury Clinical Use of Placebo Effects <b>Quiz 2: Fri Feb 12<sup>th</sup></b>	Ch. 12,13
6	Feb 15-19	<b>Exam 1: Mon Feb 15<sup>th</sup></b> Head & Face Injuries: Cerebral Concussion & Eye, Ear, Nose and Mouth (Dental)	Ch. 22
7	Feb 22-26	Spinal Injuries: Cervical & Lumbar	Ch. 20
8	Mar 1-5	Spinal Injuries: Cervical & Lumbar (Continued) Internal Injuries to the Thorax & Abdomen <b>Quiz 3: Fri Mar 5<sup>th</sup></b>	Ch. 21
9	Mar 8-12	Injuries to the Upper Extremity: Shoulder Injuries to the Upper Extremity: Arm, Wrist & Hand	Ch. 18 Ch. 19
10	Mar 15-19	Injuries to the Upper Extremity: Arm, Wrist & Hand (Cont..) <b>Quiz 4: Wed Mar 17<sup>th</sup></b> <b>Exam 2: Fri Mar 19<sup>th</sup></b>	Ch. 19
11	Mar 22-26	Injuries to the Lower Extremity: Hip & Pelvis Injuries to the Lower Extremity: Thigh, Leg & Knee	Ch. 16 Ch. 17
12	Mar 29-Apr 2	Injuries to the Lower Extremity: Thigh, Leg & Knee (Continued)	Ch. 17
13	Apr 5-9	<b>Quiz 5: Mon Apr 5<sup>th</sup></b> Injuries to the Lower Extremity: Lower Leg, Ankle & Foot Thermal: Heat-related and Cold-related Illnesses & Injuries	Ch. 14,15
14	Apr 12-16	Dermatological Conditions: Superficial Wounds, Infections & Allergic Reactions Other Medical Concerns	Ch. 7

15	Apr 19-23	<b>Quiz 6: Mon Apr 19<sup>th</sup></b> Other Medical Concerns (Continued) <b>Exam 3: Wed Apr 21<sup>st</sup></b> <i>Fri, Apr 23 is a Reading Day – no class</i>	Ch. 8,23
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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