



SPORTS MEDICINE

Event Specifications

SCOPE OF CONTEST

Evaluates contestant's ability to perform specific procedures based on scenarios related to Sports Medicine.

NUMBER OF COMPETITORS

Group event (5 members per group). One group per school site.

Fresno ROP & FCC reserves the right to modify enrollment due to limited spaces available.

RULES AND PROCEDURES

The Sports Medicine Career Skills Challenge will consist of one group from each school competing as a team. Each school will select 5 students from their course to participate in the challenge. Each member will participate in 1 event to be drawn at random on the day of the event by the coordinator. The team with the most points at the end of the competition will be declared the winner.

The events are as follows:

1. Ankle Evaluation
2. Ankle Taping
3. CPR & AED
4. Anatomy Test

Below are the rubrics for the ankle evaluation, taping, CPR, and anatomy test.

JUDGING CRITERIA

Contestants will be evaluated on their written and/or skills procedure performance. If at any time the patients' safety or the contestant's safety is compromised or if the contestant fails to perform a critical step and does not take the appropriate action to correct the error, the total points for the procedure will be deducted. Contestants must complete all steps listed on the score sheet. All steps listed must be verbalized or simulated. All events are timed. Participants will be told when to begin the procedure and when to stop. The Event Manager will manage the time.

EQUIPMENT AND MATERIALS

1. Supplied by the contestant:
 - a. Dress code as outlined below

2. Supplied by the Career Skills Challenge:
 - a. All taping supplies and facilities
 - b. All CPR & AED supplies

DRESS CODE

1. Wear appropriate clothing. Clothes must fit the body, no saggy and or baggy clothes will be allowed
2. Students must wear closed toe shoes.
3. Students with long hair must keep hair in a pony tail or under a cap.
4. Long sleeves shirts must be kept buttoned at the sleeve, or rolled/pushed up.

Name: _____

School: _____

CAREER SKILLS CHALLENGE

SCORE SHEET

SPORTS MEDICINE

Taping Grading Rubric (Ankle)

Closed Basket Weave Ankle Tape

Max Time 3 minutes:

*Any steps completed after the 3-minute timeframe will not be counted towards the overall score.

*Any taping technique taught by instructor that includes the following:

- Anchors, stir-ups, heel locks, and closing strips
- Applied in any order desired
- Athletic 1.5" tape only
- No continuous strips
- High emphasis on functionality
- Once ankle tape is applied, the patient will perform 10 calf raises through a full ROM. After that a goniometer will be used to assess how much inversion the tape allows. The patient will be in full plantarflexion and the proctor will measure inversion.

	Possible Points	Points Earned
1. Windows:		
a. No windows	10	_____
b. 1-3 windows	5	_____
c. >3 windows	0	_____
2. Functionality (inversion measured by proctor):		
a. 10°-20°	20	_____
b. 21°-30°	15	_____
c. 31°-40°	10	_____
d. > 40°	0	_____
3. Deducted points:		
a. Tape is too restrictive	-10	_____
b. Uncomfortable	-5	_____
c. Greater than 5 wrinkles	-5	_____
d. Continuous taping	-10	_____

Total Points 30 Score: _____

Name: _____

School: _____

CAREER SKILLS CHALLENGE

SCORE SHEET

SPORTS MEDICINE

CPR & AED

CPR will be performed in teams of 2 individuals. We will be performing adult CPR on a suspected individual during cardiac arrest. Steps performed in correct order according to the AHA skill sheet. The steps will be the same ones outlined by the AHA in the skills checklist.

Students are to not stop until the proctor instructs that the simulation is finished.

Possible Points

Points Earned

Scoring:

1. Assessment & Activation (AHA adult skills checklist):

- | | | |
|------------------------------------|---|-------|
| a. Checks response | 5 | _____ |
| b. Checks breathing | 5 | _____ |
| c. Shouts for help / activates EMS | 5 | _____ |
| d. Checks pulse | 5 | _____ |
| e. Checks breathing | 5 | _____ |

2. CPR:

- | | | |
|---|----|-------|
| a. Quickly begins CPR | 10 | _____ |
| b. 30:2 cycle completed (100-120 bpm) | 5 | _____ |
| c. All breathing attempts were successful | 5 | _____ |
| d. <10 seconds between compression cycles | 5 | _____ |

3. AED / CPR:

- | | | |
|--|---|-------|
| a. AED was powered on abruptly and pad application did not interrupt CPR cycle | 5 | _____ |
| b. 2 verbal clears were heard prior to shock | 5 | _____ |
| c. CPR resumed immediately after shock | 5 | _____ |

Total

65

Score: _____

Name: _____

School: _____

CAREER SKILLS CHALLENGE

SCORE SHEET

SPORTS MEDICINE

Practical Assessment Grading Rubric (Ankle)

Steps 1-7 must be done in order. If not done in the correct order you will lose remaining points through step 7.

Step	Procedure	Possible Points	Points Earned
1.	Obtains permission to assess the athlete	2	_____
2.	Exposes both ankles	2	_____
3.	History:		
	a. Primary Complaint	2	_____
	b. Present Injury (ask at least 3 questions)	3	_____
	c. Past Injury	2	_____
4.	Observation:		
	a. Checks for swelling	1	_____
	b. Checks for deformity	1	_____
	c. Checks for discoloration	1	_____
	d. Bi-lateral comparison	2	_____
5.	Palpation:		
	a. Palpates above and below the injury (to rule out Fx / verbalize it)	4	_____
	b. Palpate 3 soft tissue structures related to an ankle sprain 6 (Verbally stated only 3 points)	6	_____
	c. Bi-lateral comparison	1	_____
6.	Assess Range of motion: (in order)		
	a. Active, Passive, Resistive	3	_____
7.	Perform special tests (Anterior drawer, Kleiger's, Talar Tilt, Thompsons)	4	_____
	**Tests are randomly drawn by student		
8.	Uses R.I.C.E. (explains R.I.C.E. to athlete)	4	_____
9.	Explains how to fit crutches	1	_____
10.	Reports procedures and Observations	1	_____

Total Points: 40

Score: _____

Anatomy Multiple Choice Test Study Guide:

Students should be able to identify the following terms from anatomy-based pictures and/or questions. This is just a general sample of terms that could be used. Not all of these terms or additional terms may or may not be used.

Ankle/ Foot

1. Medial Malleolus
2. Calcaneus
3. Calcaneal (Achilles)Tendon
4. Metatarsal I
5. Deltoid Ligament
6. Anterior Talofibular Ligament
7. Posterior Talofibular
8. Calcaneofibular Ligament
9. Lateral malleolus
10. Talus
11. Navicular
12. Cuboid

Lower Leg/Knee

13. Peroneus Brevis
14. Tibia
15. Fibula
16. Anterior Compartment
17. Lateral Compartment
18. Tibial Tuberosity
19. Head of the Fibula
20. Patella
21. Lateral Collateral Ligament
22. Medial Collateral ligament
23. Anterior Cruciate Ligament
24. Posterior Cruciate Ligament
25. Medial Meniscus
26. Lateral Meniscus
27. Medial Epicondyle
28. Lateral Epicondyle

Hip/ Pelvis

29. Greater Trochanter
30. Acetabulum
31. Iliac Crest
32. Coccyx
33. Ilium
34. Ischium
35. Pubis

Spine

36. Cervical Curve
37. Thoracic Curve
38. Lumbar Curve
39. Transverse Process
40. Spinous Process

Shoulder/Chest

41. Sternum
42. Sternoclavicular Joint
43. Clavicle
44. Acromion
45. Acromioclavicular Joint
46. Glenoid Cavity
47. Coracoid Process
48. Humeral Head
49. Superior Angle of the

Scapula

50. Humerus
 51. Bicep Brachii
 52. Triceps Brachii
- ## Elbow/Forearm
53. Radius
 54. Ulna
 55. Radial Collateral ligament
 56. Ulnar Collateral Ligament

Hand/ Wrist

57. Scaphoid
58. Hamate
59. Proximal phalanx
60. Distal phalanx

Skull

61. Mandible
62. Maxilla
63. Parietal Bone
64. Frontal Bone

Anatomical terminology

65. Anterior
 66. Posterior
 67. Medial
 68. Lateral
 69. Inferior
 70. Superior
 71. Distal
 72. Proximal
- ## Joint Motions
73. Flexion
 74. Extension
 75. Adduction
 76. Abduction
 77. Horizontal Adduction
 78. Horizontal Abduction
 79. Pronation
 80. Supination
 81. Ulnar Deviation
 82. Radial Deviation
 83. Inversion
 84. Eversion
 85. Circumduction