

Sports Medicine

2023-2024 MICHIGAN HOSA EVENT MODIFICATIONS FOR REGIONAL CONFERENCES!



New for 2023 – 2024

Scissors provided by competitors have been clarified as bandage scissors.

Skill events now require attire appropriate to the occupational area be worn for Round 2.

These guidelines are written for ILC. States may modify events or have different event processes and deadlines. Be sure to check with your Local/State Advisor (or state website) to determine how the event is implemented for the regional/area or state conference.

Editorial updates have been made. These guidelines are specifically for Michigan HOSA members in preparation for the regional leadership conferences. For more information about regionals, please visit www.michiganhosa.org/regionals.

Event Summary

Sports Medicine provides members with the opportunity to gain knowledge and skills required for patient care in a sports medical setting. This competitive event consists of 2 rounds. Round One is a written, multiple-choice test and the top scoring competitors will advance to Round Two for the skills assessment. This event aims to inspire members to learn more about injury prevention, therapeutic intervention, and immediate care. At the regional level, all teams will advance to the round two- skill round. The test scores will be combined with the skill scores for final rating.

Sponsorship

This competitive event is sponsored by the [National Athletic Trainers' Association](http://www.nata.org)



Dress Code

Competitors shall wear proper business attire or official HOSA uniform or attire appropriate to the occupational area during testing. Round 2 skill events require attire appropriate to the occupational area be worn. Bonus points will be awarded for [proper dress](#). At the regional level, teams can wear the occupational appropriate attire to test in, in addition to the skills. They do NOT need to change into business attire to take the test. Bonus points will not be added for proper dress, but judges/event managers will make note if competitors are NOT in proper dress which could result in overall point deduction.

General Rules

1. Competitors in this event must be active members of HOSA and in good standing.
2. **Eligible Divisions:** Secondary and Postsecondary/Collegiate divisions are eligible to compete in this event.
3. Competitors must be familiar with and adhere to the "[General Rules and Regulations of the HOSA Competitive Events Program \(GRR\)](#)."
 - A. Per the [GRRs](#) and [Appendix H](#), HOSA members may request accommodation in any competitive event. To learn the definition of an accommodation, please read [Appendix H](#). To request accommodation for the International Leadership Conference, [submit the request form here](#) by May 15 at midnight EST.
 - B. To request accommodation for any regional/area or state level conferences, submit the request form [here](#) by your state published deadline. Accommodations must first be done at state in order to be considered for ILC. **Regional accommodations MUST be submitted two weeks prior to your regional conference date. Email Samantha.pohl@mhc.org for questions.**
4. All competitors shall report to the site of the event at the time designated for each round of competition. At ILC, competitor's [photo ID](#) must be presented prior to ALL competition rounds. **Event managers will be checking photo IDs at the regional level as well. A digital copy of a photo is appropriate (i.e. picture on phone of photo ID on school portal).**

Official References

5. The official references are used in the development of the written test and skill rating sheets.
6. [Beam, Joel W. Orthopedic Taping, Wrapping, Bracing, and Padding. F.A. Davis, Latest edition.](#)
7. [France, Bob. Introduction to Sports Medicine and Athletic Training. Cengage, Latest edition.](#)
8. [Prentice, William E. The Role of the Athletic Trainer in Sports Medicine: An Introduction for the Secondary School Student, McGraw Hill, Latest edition.](#)

Round One Test

9. [Test Instructions](#): The written test will consist of 50 multiple choice items to be completed in a maximum of 60 minutes.

Competitors Must Provide:

- A [photo ID](#)
- Two #2 lead pencils (not mechanical) with eraser for both rounds
- Appropriate tape of any size, color or type
- Elastic wrap (used for Skill III-C)
- Bandage scissors or athletic tape cutter
- Thin foam pads (heel and lace pads) with skin lubricant (used for Skill III-A & B)
- Pad for shoulder (used for Skill III-C)
- Underwrap of any size, color or type

Note: *It is the competitor's responsibility to know what size and type(s) of tape/elastic wrap is (are) needed for each taping/wrapping skill, and to bring the appropriate materials to the event.*

10. **Time Remaining Announcements:** There will be NO verbal announcements for time remaining during ILC testing. All ILC testing will be completed in the Testing Center and competitors are responsible for monitoring their own time. **There will be NO verbal announcements for time remaining during regional testing. Students are responsible for monitoring their own time.**

11. **Written Test Plan**

- Injury / Illness Prevention and Wellness Promotion..... 30%
- Examination, Evaluation, and Assessment..... 30%
- Immediate and Emergency Care..... 16%
- Therapeutic Intervention..... 16%
- Healthcare Administration and Professional Responsibilities..... 8%

12. The test score from Round One will be used to qualify the competitor for the Round Two. **All teams will advance to the round two skills.**

13. **Sample Test Questions**

1. Which professional can best advise an athlete on the psychological aspects of the rehabilitation process and how to cope with an injury? (Prentice pp 15)
 - A. Sports physiologist
 - B. Sports neurologist
 - C. Sports psychologist**
 - D. Sports massage therapist

2. Which vitamin is essential for the metabolism of carbohydrates and some amino acids, maintenance of normal appetite, and functioning of the nervous system? (France pp 96)
 - A. Ascorbic acid
 - B. Niacin
 - C. Riboflavin
 - D. Thiamine**

3. What is a common mechanism of injury for an MCL sprain? (Beam pp 157)
 - A. Quick deceleration, cutting, twisting, and landing movement
 - B. Abduction and lower leg rotation on a planted foot
 - C. Falling on the anterior knee while in a flexed position
 - D. Adduction and internal rotation of the knee**

Round Two Skills Highlighted in yellow are the two skills that will be evaluated at the regional level.

14. Round Two is the performance of a selected skill(s). The Round Two skills approved for this event are:

- Skill I: Anatomical Landmark Identification** 7 minutes
- Skill II: Joint Action and Maximum Range of Motion Identification 15 minutes
- Skill III: Taping / Wrapping**
 - A. Ankle (Inversion)** 5 minutes
 - B. Achilles Tendon 6 minutes
 - C. Shoulder Spica 5 minutes
 - D. Wrist / Hand (Circular Wrist/Figure Eight) 4 minutes

NOTE: Skill II Options- This skill may use a live patient to demonstrate poses for competitors to identify. In this case, the competitor will have 15 minutes to identify 15 different numbered poses and it will be the competitor's responsibility to tell the patient when the competitor is ready to move to the next numbered pose. Competitors may request the live patient repeat poses as often as needed during this timeframe, and poses do not need to be done in order. As an alternative to using a live patient, numbered photographs of patients in varying poses may be used. **Spelling counts!** Competitors should come prepared for either option.

15. The selected skill(s) will be presented to competitors as a written scenario at the beginning of the round. The scenario will be the same for each competitor and will include a challenging component that will require the competitors to apply critical thinking skills. A sample scenario can be found [here](#).
16. Timing will begin when the scenario is presented to the competitors and will be stopped at the end of the time allowed.
17. The scenario is a secret topic. Competitors MAY NOT discuss or reveal the secret topic until after the event has concluded or will face penalties per [the GRRs](#).
18. Judges will provide information to competitors as directed by the rating sheets. Competitors may ask questions of the judges while performing skills if the questions relate to patient's condition and will be included in the scenario or judge script.

Final Scoring

19. The competitor must earn a score of 70% or higher on the combined skills of the event (excluding the test, Anatomical Landmark Identification and Joint Action and Range of Motion Identification) in order to be recognized as an award winner at the ILC.
20. Final rank is determined by adding the Round One test score plus Round Two skill score. In case of a tie, the highest test score will be used to determine final placement.

Michigan HOSA Regional Leadership Conference

Sports Medicine

Skill I – Anatomical Landmark Identification

Anatomical Landmarks for Regional Conferences will be chosen from this list

Anatomy of the Foot

- 1st-5th Distal phalanx
- Longitudinal arches
- Extensor Hallucis Longus tendon

Anatomy of the Ankle/Lower Leg

- Fibula shaft and head
- Deltoid ligament
- Calcaneofibular ligament
- Achilles Tendon
- Gastrocnemius insertion

Anatomy of the Knee

- Femur shaft
- Patella
- Lateral Collateral ligament
- Patellar Ligament/Tendon
- Sartorius origin, insertion

Anatomy of the Neck/Spine/Head

- Lumbar Transverse Process 1-5
- Occipital
- Zygomatic bone
- Nasal

Anatomy of the Shoulder

- Clavicle
- Sternoclavicular joint

- Coracoclavicular ligament
- Teres Major muscle belly
- Rhomboids Major, belly and Insertion

Anatomy of the Elbow & Forearm

- Olecranon Process
- Ulna
- Annular
- Triceps belly
- Pronator Teres belly

Anatomy of the Wrist, Hand, and Fingers

- 1st-5th metacarpal shafts
- Hypothenar Eminence
- Thenar Eminence
- Belly and insertion of the Flexor Digiti Minimi

SPORTS MEDICINE

Competitor #: _____ Judge's Signature: _____

Skill I Anatomical Landmark Identification (Prentice, Time: 7 minutes)	Items Evaluated	Possible Points	Awarded
<p>A. <i>This skill enables competitors to demonstrate their knowledge of musculoskeletal anatomy. Competitors will place a small adhesive label over the specified anatomical location of a live patient. Competitors will have 15 seconds to identify each landmark requested by the judge. Landmarks may include specific boney sites, muscles (origin, insertion, belly, tendon), or ligaments.</i></p> <p>The Head Athletic Trainer (judge) will inform the competitor which 21 locations are to be identified, one at a time. The competitor will then have 15 seconds to place the small adhesive label on the patient in the correct location. Competitor should verbalize when they are finished with each landmark so the judge can move on to the next one. The timekeeper will stop competitor once 15 seconds has elapsed, so judge can verbalize next landmark.</p> <p><i>Competitor earns 2 points for correctly identifying each landmark within the given time frame.</i></p>			
<p>B. Anatomy of the Foot:</p> <p>1. _____</p> <p>2. _____</p> <p>3. _____</p>		<p>2 0</p> <p>2 0</p> <p>2 0</p>	
<p>C. Anatomy of the Ankle & Lower Leg:</p> <p>4. _____</p> <p>5. _____</p> <p>6. _____</p>		<p>2 0</p> <p>2 0</p> <p>2 0</p>	
<p>D. Anatomy of the Knee:</p> <p>7. _____</p> <p>8. _____</p> <p>9. _____</p>		<p>2 0</p> <p>2 0</p> <p>2 0</p>	

Skill I Anatomical Landmark Identification (Cont'd)	Possible Points	Awarded
E. Anatomy of the Neck, Spine & Head: 10. _____ 11. _____ 12. _____	2 0 2 0 2 0	
F. Anatomy of the Shoulder: 13. _____ 14. _____ 15. _____	2 0 2 0 2 0	
G. Anatomy of the Elbow & Forearm: 16. _____ 17. _____ 18. _____	2 0 2 0 2 0	
H. Anatomy of the Wrist, Hand & Fingers: 19. _____ 20. _____ 21. _____	2 0 2 0 2 0	
TOTAL POINTS -- SKILL I	42	

SPORTS MEDICINE

Section # _____
 Competitor # _____

Division: _____ SS _____ PS/Collegiate
 Judge's Signature _____

Skill III-A Taping – Ankle (Inversion) (Beam, Time: 5 minutes)		Possible		Awarded
1.	Obtained instructions (scenario) from Head Athletic Trainer (judge).	1	0	
2.	Assembled equipment.	1	0	
3.	Washed hands or used alcohol-based hand-rub for hand hygiene.	2	0	
4.	Greeted patient and introduced self.	1	0	
5.	Identified patient and explained skill.	2	0	
6.	Positioned patient sitting on a taping table with the leg extended off the edge with the foot in dorsiflexion.	1	0	
7.	Demonstrated spraying area with tape adherent (without actually spraying adherent on patient).	1	0	
8.	Applied thin foam pads with skin lubricant over the heel and lace areas to provide additional adherence and lessen irritation.	1	0	
9.	Applied one thin, smooth layer of pre-wrap to foot and ankle (pre-wrap may be under or over thin foam pads above).	1	0	
10.	Using non-elastic tape, applied two anchor strips at a slight angle around the distal lower leg, just inferior to the gastrocnemius belly.	1	0	
11.	Placed an anchor strip around the midfoot, proximal to the fifth metatarsal head.	1	0	
12.	Started the first stirrup on the medial lower leg anchor and proceeded down over the posterior medial malleolus, across the plantar surface of the foot and continued up and over the posterior lateral malleolus, finishing on the lateral lower leg anchor.	1	0	
13.	Began the first horseshoe strip on anchor of the medial aspect of the midfoot, continued around the distal Achilles tendon, across the distal lateral malleolus, and finished on the anchor of the lateral midfoot, proximal to the fifth metatarsal head.	1	0	
14.	Started the second stirrup on the medial lower leg anchor by overlapping the first by ½ of the tape width, continued down over the medial malleolus, across the plantar foot, up and over the lateral malleolus, and finished on the anchor of the lateral lower leg.	1	0	

Skill III-A Taping – Ankle (con't) – Items Evaluated	Possible	Awarded
15. Began the second horseshoe on the medial rearfoot and overlapped the first by ½ of the tape width.	1 0	
16. Applied the third stirrup, beginning on the medial lower leg anchor, overlapping the second and covered the anterior medial and lateral malleoli.	1 0	
17. Starting on the medial rearfoot, applied the third horseshoe, overlapping the second.	1 0	
18. Beginning at the third horseshoe, applied closure strips in a proximal direction, overlapping each by ½, up to anchor strip on lower leg.	1 0	
19. Applied two to three closure strips around the midfoot in a medial-to-lateral direction.	1 0	
20. The tape strips and anchors did not put pressure on the 5 th metatarsal head.	2 0	
21. Anchored the first heel lock across the lateral lace area at an angle toward the medial longitudinal arch. Continued across the arch, then angled the tape upward and pulled across the lateral calcaneus, around the posterior heel, finishing on the lateral lace area.	1 0	
22. Repeated the same pattern on the other side of the ankle joint moving in the opposite direction.	1 0	
23. Applied two or three heel locks to ensure maximum stability (<i>use of either individual heel locks or continuous heel locks is acceptable</i>).	1 0	
24. Reported skill and observations to the Head Athletic Trainer (judge). (<i>Judges evaluate taping at this time</i>)	4 0	
25. Upon direction of the athletic trainer (judge), properly used bandage scissors/athletic tape cutter to remove taping.	2 0	
26. All tape applied with mild to moderate roll tension.	1 0	
27. Allowed tape to fit the natural contour of the skin.	1 0	
28. Skill completed on the correct side / body part using equipment/materials appropriate for the task.	4 0	
29. Properly disposed of used taping materials.	1 0	
30. Washed hands or used alcohol-based hand-rub for hand hygiene.	2 0	
31. Used appropriate verbal and nonverbal communication with patient and other personnel.	2 0	
TOTAL POINTS -- SKILL III-A 70% Mastery for Skill III-A = 30.1	43	