



## **SPORTS MEDICINE**

### **Event Specifications**

<b>FRESNO CITY COLLEGE EVENT CONTACT</b> For any specific event questions, please contact:	
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### **SCOPE OF CONTEST**

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

### **NUMBER OF COMPETITORS**

5 students per school.

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.

## **TIE BREAKER**

1. A tiebreaker will be offered and will be athletic training based in nature in the form of an exam, skill, or competency. The nature of the tiebreaker will change yearly and will not be disclosed until time of the skills challenge.

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	_____
<b>Total Points</b>	<b>30</b>	<b>Score: _____</b>

Name: \_\_\_\_\_

School: \_\_\_\_\_

# CAREER SKILLS CHALLENGE

## SCORE SHEET

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### SPORTS MEDICINE

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### 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
<b>Scoring:</b>		
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	_____
<b>Total</b>	<b>65</b>	<b>Score: _____</b>

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