

# **Sports Medicine Skills**

Location: COS, Visalia

## Chairperson:

Lisa Lorenzi, MA, ATC <u>lisal@cos.edu</u> College of the Sequoias

CHECK IN: 9:00 am CONTEST BEGINS: 9:15 am

**ELIGIBILITY:** 

Eligibility is limited to individuals. No team entries are allowed.

#### **EXPECTATIONS:**

Students will engage in a fun but mentally challenging competition that will enhance their knowledge of Athletic Training/Sports Medicine.

#### **SCOPE OF CONTEST:**

- 1. Students will take a multiple-choice test in the following topics: Anatomy, Physiology, CPR/First Aid, Sports injuries, Injury rehabilitation and other areas that pertain to the Athletic Training Field.
- 2. Stations that require identification of anatomical areas.
- 3. Taping Station
- 4. Station that requires knowledge of immediate care of athletic injuries

## **IMPORTANT INFORMATION:**

- 1. Please be prompt.
- 2. Have fun!

#### **EQUIPMENT AND MATERIALS:**

All material and equipment will be supplied by the chairperson.

### TIME:

Attendance will be taken at 9:00 a.m.

#### TIE BREAKER:

In case of a tie, contestants will have a tape off. A taping rubric will be used.