



Sports Medicine Skills

Location: COS, Visalia

Chairperson:

Lisa Lorenzi, MA, ATC

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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.