



# Sports Medicine Skills

Location: COS, Visalia (virtually)

## **Chairperson:**

Tina Guzman

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Hanford Joint Union High School District

**CHECK IN: 12:30 pm**

**CONTEST BEGINS: 12:40 pm**

**Tina Guzman is inviting you to a scheduled Zoom meeting.**

**Topic:** TX EXPO Sports Medicine Competition

**Time:** Apr 16, 2021 12:30 PM Pacific Time (US and Canada)

**Join Zoom Meeting**

<https://zoom.us/j/97079978809?pwd=MHhrV3BLcmRRQkNkU3FWSFhwNExpZz09>

**Meeting ID:** 970 7997 8809

**Passcode:** Amnvf5

## **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:**

- Students will take a 30-question test in the following topics: Anatomy, Physiology, CPR/First Aid, Sports injuries, Injury rehabilitation and other areas that pertain to the Athletic Training Field.
  - Test will begin promptly at 12:40 pm
  - The link will be shared in the Zoom chat feature
- Athletic taping skills demonstration via video submission.
  - Video yourself while taping an ankle with a traditional basket weave ankle strapping.
  - Upload your “unlisted” video to YouTube.
  - Share the private link for your video to the email listed above.
  - Video submissions are due by 12:00 pm on Thursday, April 15.

**IMPORTANT INFORMATION:**

1. Please be prompt.
2. Have fun!

**EQUIPMENT AND MATERIALS:**

Due to the virtual nature of this year’s contest, all material and equipment will need to be supplied by the student or their school. You will need 1 roll of pre-wrap (optional) and 2 rolls of athletic tape.

**TIME:**

Attendance will be taken at 12:30 p.m.

**TIE BREAKER:**

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