

# Exercise Science and Sports Medicine



**Purpose:** The purpose of this competition is to test students on their ability to showcase their knowledge and practical skills in injury prevention, treatment, athletic performance, and to prepare them careers in sports-related fields.

<b>On-Site/Off-Site</b>	<ul style="list-style-type: none"> <li>On-Site</li> </ul>
<b>Contest Date</b>	<ul style="list-style-type: none"> <li>March 18<sup>th</sup>, 2025</li> </ul>
<b>Contest Location</b>	<ul style="list-style-type: none"> <li>Greater Convention Center – 400 N High St, Columbus, Ohio 43215</li> </ul>
<b>Contest Open/Closed</b>	<ul style="list-style-type: none"> <li>Open</li> <li>Exhibit Halls do not open to observers until 12:00pm.</li> </ul>
<b>Eligibility</b>	<ul style="list-style-type: none"> <li>Schools may send one competitor or team for every 50 paid SkillsUSA members based on local competition enrolled in a program where the scope of the contest described in the SkillsUSA Technical Content Standards reflects a major component of the program.</li> </ul>
<b>Clothing</b>	<ul style="list-style-type: none"> <li>Class B: Scrubs/Health Science Attire (closed toed shoes and no logos)</li> <li>Class F: Business Casual: Polo or other collared shirt and khakis or dress pants; NO JEANS. If a school logo, contestant name, or other identifier is listed on the shirt this must be covered.</li> </ul>
<b><u>Safety Equipment Required or SkillsUSA Ohio Provided</u></b>	<ul style="list-style-type: none"> <li>Volunteers</li> <li>Stairs</li> <li>BMI Chart</li> <li>Scale w/Height</li> <li>Pulse Oximeter</li> <li>Sit and Reach Box</li> <li>Table and Chairs</li> <li>Treatment Table</li> <li>Aluminum Crutches</li> <li>Yard Stick/Ruler/Measuring Device</li> </ul>
<b>Testing</b>	<ul style="list-style-type: none"> <li>Students must be prepared to take a written knowledge test.</li> </ul>

<p><b>Provided by Contestant (Tool List)</b></p>	<ul style="list-style-type: none"> <li>▪ Sheers</li> <li>▪ Calculator</li> <li>▪ Pre-Wrap</li> <li>▪ Athletic Training Tape</li> <li>▪ Heel Lace Pads</li> <li>▪ Writing Utensils</li> </ul>	
<p><b>Special Notes</b></p>	<ul style="list-style-type: none"> <li>▪ Starting in 2024, all State Contests will begin to add a scenario-based component.</li> <li>▪ All competitions will begin at 10:00am</li> <li>▪ Contact with Contest Coordinators is prohibited. Contact with Contest Coordinators outside of the SkillsUSA Ohio office may result in contestant disqualification.</li> <li>▪ All safety requirements will be heavily enforced. Violation may result in contestant disqualification.</li> <li>▪ No smart watches and/or phones are permitted during the contest and/or in contest.</li> <li>▪ No contact with anyone outside of the contest area once the contest begins.</li> <li>▪ No inappropriate communication between contestants such as verbally degrading another contest.</li> <li>▪ No cheating on any portion of the contest such as informing another contestant of the skills/test prior to competing.</li> <li>▪ Starting in 2024, Wi-Fi is provided for contests where it is required for contest success.</li> </ul>	
<p><b>Contest Standards</b></p>	<p>Contest Skilled Performance Standards</p> <p><a href="#">Blood Oxygen Level: What It Is &amp; How to Increase It</a> – This is used to help determine oxygen level ranges.</p> <p><a href="#">How fit are you? See how you measure up - Mayo Clinic</a> – This is used to determine how to calculate Body Mass Index (BMI).</p> <p><a href="#">The Role of the Athletic Trainer in Sports Medicine: An Introduction</a></p>	<p>Aligned ODEW Health Science Career Field Technical Contest Standard Outcomes</p> <p><b>Outcome 1.2</b> Leadership and Communication</p> <p><b>Outcome 2.1</b> Human Anatomy, Physiology, and Pathophysiology</p> <p><b>Outcome 2.2</b> Evaluate Body Systems</p> <p><b>Outcome 2.3</b> Medical Terminology</p> <p><b>Outcome 3.6</b> Exercise and Rehabilitative Intervention</p>

	<p><a href="#">for the Secondary School Student (Prentice)</a> – This is used for Prentice-style Ankle Taping techniques.</p> <p><a href="#">How To Use Crutches Correctly</a> – This is used for how to use and fit crutches correctly.</p> <p><a href="#">Sit and Reach Test to Measure Lower Back Flexibility</a> – This will be used for sit and stretch techniques.</p>	<p><b>Outcome 4.5</b> Ambulation and Mobility</p> <p><b>Outcome 6.2</b> Confidentiality, Privacy, and Security</p>
<p><b>Resume/Interview Requirement</b></p>	<ul style="list-style-type: none"> <li>▪ All SkillsUSA Ohio State Championship Contest will require a short interview component. Students should be prepared with basic job interview skills.</li> <li>▪ Contest must have a scenario-based component***</li> <li>▪ All contestants must have a printed hard copy of a one (1) page personal resume.</li> </ul>	