



Exercise Science

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 for careers in sports related fields.

On-Site/Off-Site	<ul style="list-style-type: none"> ● On-Site
Contest Date	<ul style="list-style-type: none"> ● 3/18/2025
Contest Location	<ul style="list-style-type: none"> ● Convention Center ● B-Hall
Early/Normal Start Time	<ul style="list-style-type: none"> ● Normal Start Time ● Registration will open at 8:00am. Please report to B-Hall Show Office for Registration. ● Competition will begin at 10:00am.
Contest Open/Closed	<ul style="list-style-type: none"> ● Open ● Exhibit Halls do not open to observers until 12:00pm.
Eligibility & Contest Type	<ul style="list-style-type: none"> ● Please refer to the Program Guidelines for eligibility- https://www.ohioskillsusa.org/resources/ ● State Only Contest (Only runs in Ohio- winner does not proceed to Nationals)
Clothing	<ul style="list-style-type: none"> ● <u>For Competition Day the Dress Code is:</u> Class F ● <u>For the Awards Ceremony the Dress Code is:</u> Class A or Class J ● 2025 SkillsUSA Ohio Clothing Guide
Safety Equipment Required	<ul style="list-style-type: none"> ● N/A
Testing	<ul style="list-style-type: none"> ● Students should be prepared to take a written knowledge test.

<p>Provided by Contestant (Tool List)</p>	<ul style="list-style-type: none"> ● ALL MODELS MUST BE REGISTERED THROUGH SKILLSUSA.ORG BEFORE COMPETITION ● Sheers ● Calculator ● Pre-Wrap ● Athletic Training Tape ● Heel Lace Pads ● Aluminum Crutches ● Yard Stick/Ruler/Measuring Device ● Pulse Oximeter ● Writing Utensils ● One page printed personal resume
<p>Contest Notes, Themes, & Deadlines</p>	<ul style="list-style-type: none"> ● The following will be provided by the competition organizers: <ul style="list-style-type: none"> - BMI Chart - Scale w/ Height - Sit and Reach Box - Treatment Table <p>Aligned ODEW Health Science Career Field Technical Contest Standard Outcomes</p> <ul style="list-style-type: none"> ● Outcome 1.2 Leadership and Communication ● Outcome 2.1 Human Anatomy, Physiology, and Pathophysiology ● Outcome 2.2 Evaluate Body Systems ● Outcome 2.3 Medical Terminology ● Outcome 3.6 Exercise and Rehabilitative Intervention ● Outcome 4.5 Ambulation and Mobility ● Outcome 6.2 Confidentiality, Privacy, and Security
<p>WIFI Provided?</p>	<ul style="list-style-type: none"> ● No
<p>Special Notes/Rules for All Contests</p>	<ul style="list-style-type: none"> ● Started in 2024, all Skilled Trade State Contests (most leadership contests already use scenarios) will begin to add a scenario-based component. ● <u>Wi-Fi will NOT BE AVAILABLE unless listed above</u> . If you need WIFI access please plan to bring a hotspot. ● All safety requirements will be heavily enforced. Competitors are to follow all safety standards and OSHA Regulations ● <i>Contestants MUST HAVE A COPY OF THEIR EMERGENCY MEDICAL FORM IN THEIR NAME BADGE AT ALL TIMES</i> ● <u>THE FOLLOWING ITEMS ARE PROHIBITED; VIOLATION OF ANY OF THE FOLLOWING MAY RESULT IN COMPETITOR DISQUALIFICATION:</u> ● Contact with Contest Coordinators is prohibited. Contact with Contest Coordinators outside of the SkillsUSA Ohio is strictly prohibited.

	<ul style="list-style-type: none"> ● Possession of smart watches and/or phones during the contest and/or in contest. ● Contact with anyone outside of the contest area once the contest begins. ● Inappropriate communication between contestants such as verbally degrading another contest. ● Cheating on any portion of the contest such as informing another contestant of the skills/test prior to competing. ● Lack of Copy Emergency Medical Form in Name Badge.
<p>National Technical Standards</p>	<ul style="list-style-type: none"> ● Please refer to the 2024-2026 National Technical Standards for all contests. All standards included may be tested in any competition. ● In conjunction with National Standards, lack of understanding of State Level competition standards (this document) may result in student loss of contest.
<p>Resume/Interview Requirement</p>	<ul style="list-style-type: none"> ● All SkillsUSA Ohio State Championship Contests will require a short interview component. Students should be prepared with basic job interview skills. ● All contestants <u>must have a hard copy</u> of a one (1) page personal resume.