



## 2024 National High School Sports Medicine Competition STUDY GUIDE

### Written Exam Testing:

The AACI National Competition consists of a 300 question online exam administered over a 2.0 hour time block. Questions are derived from the following areas of sports medicine:

1. CPR and AED
  - a. Infant CPR
  - b. Child CPR
  - c. Adult CPR
2. Emergency Procedures
  - a. Basic First Aid
  - b. Advanced First Aid
    - i. First Responder
    - ii. Shock
    - iii. Blood borne pathogens
    - iv. Deformity
3. General Medical (Gen Med)
  - a. Infections (s/s)
  - b. Illness (s/s)
  - c. Disease (s/s)
4. Medical Terminology,
  - a. Body Planes
  - b. Directions (A & P)
  - c. Medical Documentation
5. Legal Issues
  - a. Terminology
  - b. Liability
6. Physiology
  - a. Tissue(s) response to trauma (soft tissue, bones, organs, etc)
  - b. Healing of tissue(s) (soft tissue, bones, organs, etc)
7. Rehabilitation- including but not limited to:
  - a. Therapeutic exercises
  - b. Modalities
8. Anatomy/Evaluation Techniques for the following locations:
  - a. Upper Extremity
  - b. Shoulder & Shoulder Girdle (Anterior and Posterior)
  - c. Upper & Lower arm (excluding the hand)
  - d. Structures proximal to the carpals
    - i. Soap Notes & HIPS format will primarily be used during the appropriate questions.
    - ii. Anatomic Questions, Special Test Questions, MMT, A/P/R- ROM questions will consist of more major structures or structures that are more commonly seen injured in sports, including nerves, myotomes, dermatomes, etc.



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### Practical Exam Testing:

Will focus on the Upper Extremity Shoulder & Shoulder Girdle (as appropriate) for questions 2-4

- 5 total questions each worth 20 points = 100 points.

1. First Aid. (Proper technique/application, 1 minute to complete task)
2. Palpation of anatomic structure. (Proper technique/application, 1 min. to complete task)
3. A 2<sup>nd</sup> Palpation of anatomic structure. (Proper technique/application, 1 min. to complete task)
4. Special Test/ROM/MMT (Proper technique/application, 1 minute to complete task)
5. Tape: (Proper technique/application, times to complete task listed below. Timer will not start until tape is place on patient)

The students will be asked to complete 1 tape/wrap technique from the following list:

- a. Arch Tape= 2 minutes
- b. Wrist Hyper Extension= 2 minutes
- c. Ankle Tape = Basket Weave 2 minutes
- d. Turf Toe=2 minutes
- e. Elbow Hyper Extension= 2 minutes.

### Supplies that may be present for students to use:

- |  |  |
|--|--|
| 1 1/2 inch tape                        | Pens                                   |
| 1 inch tape                            | Prewrap                                |
| A bag of Ice (or designated ice pack)) | Pulse oximeter                         |
| Ace Wraps (multiple sizes)             | Reflex hammer                          |
| Bag-Valve Mask (Ambu-bag)              | Saline/Sterile water                   |
| Band-Aids (Assorted)                   | Sam-Splint/Splints                     |
| Blanket                                | Saran Wrap/Flexi Wrap                  |
| Calamine Lotion                        | Scissors                               |
| Cast padding material                  | Sharks/Tape cutter                     |
| Crutches (2 pair- 1 large, 1 small)    | Sphygmomanometer                       |
| Face shields                           | Steri-Strips                           |
| Gauze Pads (any size)                  | Stethoscope                            |
| Gauze Rolls                            | Stretch Tape (assorted size and types) |
| Goniometer                             | Tape measure                           |
| Hydrogen Peroxide                      | Thermometer                            |
| Isopropyl Alcohol                      | Tongue depressors                      |
| Latex/Non-Latex Gloves                 | Trainers Angels                        |
| Lotion                                 | Tufskin (qda/etc)                      |
| Magnifying Glass                       | Tuning Fork                            |
| Manikin with lungs inserted            | Tweezers                               |
| Mirror                                 | Vacuum Splints                         |
| Neurohammer                            | Visine                                 |
| Pen Light                              | Watch or Stop Watch                    |
| Pencils                                |  |