



2024 California Regional High School Sports Medicine Competition STUDY GUIDE

Written Exam Testing:

The AACI Sports Medicine Competition consists of a 150-question exam administered over a 90 minute block of time. 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:
 - **Upper Extremity**
 - **Shoulder & Shoulder Girdle (Anterior and Posterior)**
 - **Upper & Lower arm (excluding the hand)**
 - **Structures proximal to the carpals**
 - Soap Notes & HIPS format will primarily be used during the appropriate questions.
 - Anatomic Questions, Special Test Questions, 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 Complex, & lower arm structures proximal to carpals (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 2nd Palpation of anatomic structure. (Proper technique/application, 1 min. to complete task)
 4. Special Test/AROM/PROM/RROM/MMT/ Myotomes/ Dermatomes/etc. (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	ns
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	