

Rules for 2020 - 2021

Competitor information obtained from N.C.

Test Plan has been updated.

Test / was changed from 5 minutes to 7 minutes and Test 1 was changed from 60 to 75 total points.

Event Summary

Sports Medicine provides members with the opportunity to gain knowledge and skills required for patient care in a sports medical setting. This competition event consists of 2 rounds. Round One is a written, multiple-choice test and the top scoring competitor will advance to Round Two for the skills assessment. This event aims to inspire members to be best when faced injury prevention, treatment, intervention and immediate care.

Dress Code

Competitors must wear proper business attire or official NCMA uniforms, as appropriate to the occupational area during both rounds. Bonus points will be awarded for [proper attire](#).

General Rules

1. Competitors at this event must be active members of NCMA and in good standing.
2. Secondary and Phlebotomy only: Competitor members are eligible to compete in this event.
3. Competitors must be familiar with and adhere to the ["General Rules and Regulations of the NCMA Competitive Events Program 2020."](#)
4. All competitors shall report on the day of the event at the time designated for each round of competition. At N.C., competitor's [phone](#) will be provided prior to the competition rounds.

Official Reference

1. The official reference will used in the development of the written test and skill rating sheets.
 - [Barr, Joan M., Competing, Testing, Measuring, Training, and Practice, 1st Edition, Latest edition.](#)
 - [Foster, Bob, Introduction to Sports Medicine and Athletic Training, Cengage, 1st edition.](#)
 - [Foster, William B., The Role of the Athletic Trainer in Sports Medicine: An Introduction to the Secondary School Student, Mosby, 1st Edition, Latest edition.](#)

Round One Test

1. **Test Instructions:** The written test will consist of 60 multiple choice items in a maximum of 60 minutes.
2. **Time Remaining Announcement:** There will be a verbal announcement when there are 60 minutes, 15 minutes, 5 minutes, and 1 minute remaining to complete the test.

Hosa Competition Sports Medicine Study Guide

**Mometrix Test Preparation, Mometrix
Media LLC, Nasm Exam Secrets Test
Prep Team**

Hosa Competition Sports Medicine Study Guide:

Sports Medicine, Second Edition Jonathan T. Finnoff, Mark A. Harrast, 2016-08-09 Now in its second edition Sports Medicine Study Guide and Review for Boards is the leading comprehensive review text surveying the breadth of non-surgical sports medicine. Covering topics pertinent to and found on the Sports Medicine board examination, the book is intended as a primary study tool for candidates preparing for the exam or recertification. All of the subject areas tested on the boards are represented, including basic science and general procedures, health promotion and preventive interventions, emergency assessment and care, and diagnosis, management and treatment of the full range of sports-related injuries and conditions. The editors have used the exam content outline as a blueprint for organizing the book so the space allotted to each chapter reflects the corresponding emphasis of the topic on the exam. For the Second Edition, all chapters have been completely revised and updated to reflect the latest information and practice guidelines. A new section devoted to Hot Topics features new chapters on regenerative medicine and sports ultrasound, two rapidly expanding areas. This edition also contains a practice test with over 250 questions to help candidates identify knowledge gaps and fine-tune test-taking skills prior to the examination. This proven resource for board review, program or practical use provides the concise, high-yield facts that residents, fellows, trainees, and clinicians in any discipline need to supplement their training in non-operative sports medicine.

Key Features: Written in outline format for easy access to pertinent information. Provides a comprehensive review of all topics covered on the Sports Medicine Board examination. Editors and contributors are renowned experts and teachers in the field of sports medicine and relevant medical and surgical specialties. Includes more than 100 figures and tables to illustrate key points and enhance learning. New practice test assesses clinical knowledge and assists with final preparation for boards, MOC, or in training exams.

Sports Medicine Mark A. Harrast, Jonathan T. Finnoff, 2021-10-25 This book is a concise, high-yield review book for anyone preparing for the sports medicine board examinations. Having personally used the second edition, the third edition's updated information and the addition of rationales and explanations for answers to the practice test will be especially useful for the studying practitioner. Doody's Review Service 4 stars. Now in its third edition, Sports Medicine Study Guide and Review for Boards continues as the leading review text, offering a focused survey of non-surgical sports medicine topics. Updated throughout to reflect current sports science protocols and practice, this book covers all topics related to and found on the Sports Medicine CAQ examination. Written in outline format for targeted review, the book serves as a primary study tool for candidates preparing for initial certification or recertification, as well as those wanting to supplement their training in sports medicine. Organized according to the exam blueprint, with topics weighted to reflect their emphasis on the test, sections cover all subject areas found on the boards, including basic science and general procedures, health promotion and preventative aspects, emergency assessment and care, and diagnosis, management and treatment for the full range of sports-related injuries and conditions. A final sub-section on emerging topics in the field includes chapters on regenerative

medicine sports ultrasound and a newly added chapter on exercise as medicine The book also contains a practice test of over 260 questions new to this edition with an answer key and detailed rationales for candidates to assess clinical knowledge and assist with final preparation for boards Loaded with high yield facts throughout this proven resource is fit for any student trainee or clinician preparing for boards MOC or in training exams Key Features Offers comprehensive coverage of all topics tested on the Sports Medicine CAQ examination Encourages targeted review through easy to read outline format Illustrates key points with over 100 figures and tables for enhanced learning Contains full practice test with 260 questions answers and explanations Purchase includes digital access for use on most mobile devices or computers **Sports Medicine** Mark A. Harrast, MD,2011-11-18 Sports Medicine Study Guide and Review for Boards is a comprehensive review text surveying the breadth of nonsurgical sports medicine Covering topics pertinent to and found on the Sports Medicine board examination the book is intended as a primary study tool for candidates preparing for certification All of the subject areas tested on the boards are represented including basic science and general procedures health promotion and preventive aspects emergency assessment and care and diagnosis management and treatment of the full range of sports related injuries and conditions The editors have used the exam content outline as a blueprint for organizing the book so the space allotted to each chapter reflects the corresponding emphasis of the topic on the exam Sports Medicine also provides the concise high yield facts that residents fellows trainees and clinicians in any discipline need to supplement their training in non operative sports medicine Features of Sports Medicine Study Guide and Review for Boards Include Written in outline format for ease of use Comprehensive review of all topics covered on the Sports Medicine board examination Mirrors organization of the official exam content outline material is weighted according to space allotted on the actual test Editors and authors are noted experts and teachers in the field of sports medicine and come from multiple specialties Includes numerous figures and tables to illustrate key points and enhance learning Recommended reading for further study Can be used for board preparation or as a concise clinical text Amssm Sports Medicine Caq Study Guide Stephen Paul,2012-04-01 This comprehensive resource from the American Medical Society for Sports Medicine provides two complete tests with answers explanations and up to date references Each test features 200 questions that were initially used to evaluate recent graduates of primary care sports medicine fellowship programs The tests can be used by physicians studying for the Certificate of Added Qualifications exam or fellows studying for their In Training Examinations The book is also a great tool for pre post residency test preparation and for review sessions during sports medicine rotations *AMSSM Sports Medicine CAQ Study Guide* Stephen R. Paul, Leah Concannon, Morteza Khodaei, 2017 *Strathmore's Who's Who, 2000-2001* Strathmore Directories, Limited, 2001-05 AMSSM Sports Medicine CAQ Study Guide , Nasm Personal Trainer Exam Study Guide: Nasm Test Review for the National Academy of Sports Medicine Board of Certification Examination Mometrix Test Preparation, Mometrix Media LLC, Nasm Exam Secrets Test Prep Team, 2017-03-07 Includes Practice Test Questions Secrets

of the NASM Personal Trainer Exam helps you ace the National Academy of Sports Medicine Board of Certification Examination without weeks and months of endless studying Our comprehensive Secrets of the NASM Personal Trainer Exam study guide is written by our exam experts who painstakingly researched every topic and concept that you need to know to ace your test Our original research reveals specific weaknesses that you can exploit to increase your exam score more than you've ever imagined Secrets of the NASM Personal Trainer Exam includes The 5 Secret Keys to NASM Personal Trainer Test Success Time is Your Greatest Enemy Guessing is Not Guesswork Practice Smarter Not Harder Prepare Don't Procrastinate Test Yourself A comprehensive General Strategy review including Make Predictions Answer the Question Benchmark Valid Information Avoid Fact Traps Milk the Question The Trap of Familiarity Eliminate Answers Tough Questions Brainstorm Read Carefully Face Value Prefixes Hedge Phrases Switchback Words New Information Time Management Contextual Clues Don't Panic Pace Yourself Answer Selection Check Your Work Beware of Directly Quoted Answers Slang Extreme Statements Answer Choice Families A comprehensive review including NASM Personal Trainer Content NASM Personal Trainer Testing Cost Exercise Terminology BMI Males vs Females Respiratory Review MET Review Circulatory System Course of Circulation The Heart Cardiovascular Conditions Rating of Perceived Exertion Scale Major Hormones Nutrition Review LDH vs HDL Anorexia vs Bulimia Axial Skeleton Appendicular Skeleton Muscular System Contraction Types of Muscle Fibers Circuit Training Detraining Fluid Intake Recommendations Periodization Stretching Exercises Heart Rate Strength and Safety Guidelines Order of Exercises Injury Review Exercises and much more *NASM Study Guide* Nasm Cpt Exam Prep Team, 2017-05-03 NASM Study Guide NASM Personal Training Book Exam Prep for the National Academy of Sports Medicine CPT Test Developed for test takers trying to achieve a passing score on the NASM CPT Exam this comprehensive study guide includes Quick Overview Test Taking Strategies Introduction Basic and Applied Sciences and Nutritional Concepts Assessment Program Design Exercise Technique and Training Instruction Client Relations and Behavioral Coaching Professional Development and Responsibility Practice Questions Detailed Answer Explanations Each section of the test has a comprehensive review that goes into detail to cover all of the content likely to appear on the NASM CPT Exam The practice test questions are each followed by detailed answer explanations If you miss a question it's important that you are able to understand the nature of your mistake and how to avoid making it again in the future The answer explanations will help you to learn from your mistakes and overcome them Understanding the latest test taking strategies is essential to preparing you for what you will expect on the exam A test taker has to not only understand the material that is being covered on the test but also must be familiar with the strategies that are necessary to properly utilize the time provided and get through the test without making any avoidable errors Anyone planning to take the NASM CPT Exam should take advantage of the review material practice test questions and test taking strategies contained in this study guide **Athletic Training Exam Review** Lynn Van Ost, Karen Manfré, Karen Lew, 2003 Athletic Training Exam Review A

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NASM Personal Training Flash Cards Book Ascencia Personal Training Exam Prep Team,2020-01-17

Principles of Manual Sports Medicine Steven J. Karageanes,2005 This thoroughly illustrated handbook is the first complete how to guide to the use of manual medicine techniques for sports injuries For each region of the body the book describes anatomy physiology physical examination and common sports injuries and details the various manual medicine techniques with step by step instructions for treating specific injuries More than 400 illustrations demonstrate how to apply these techniques Separate chapters focus on injuries in fourteen specific sports and in specific athletic populations the differently abled children women the elderly and pregnant athletes

Team Physician Manual Lyle J. Micheli,2013 The FIMS Team Physician Manualis the official sports medicine handbook of the International Federation of Sports Medicine FIMS the world s oldest sports medicine organization Now in a fully revised and updated third edition the book offers a complete guide to the background knowledge practical techniques and professional skills required to become a successful medical practitioner working in sport Well illustrated with clear step by step guidance plus text boxes and checklists for quick reference the Team Physician Manualcovers every key area of activity and intervention from the preparticipation examination to rehabilitation The book surveys every classification of sports injury offering clear advice on fieldside assessment diagnosis and treatment as well as examining best practice in general aspects of sports medicine such as prevention and the psychology of injury Written by a team of world leading

physicians from North and South America Europe Africa and Asia this book is a must have reference for any doctor physical therapist or medical professional working in sport **Athletic Training Exam Review** Lynn Van Ost,Karen Lew Feirman,Karen Manfré,2024-06-01 For more than 20 years Athletic Training Exam Review has empowered and enabled students to assess and evaluate their athletic training knowledge skills and decision making abilities Now newly updated for its platinum anniversary the Seventh Edition continues a tradition of excellence while serving as a premier guide to successfully achieving certification as an athletic trainer The Seventh Edition serves as a comprehensive self evaluation tool elevating readers level of preparation for the BOC exam This market leading guide has made a positive impact on the athletic training profession by highlighting and improving students strengths and weaknesses What s inside Updated study techniques and test taking strategies An expanded overview of the exam format to assist in organization and planning More than 1 300 multiple choice questions and nearly 100 true false questions updated and organized according to the BOC s Practice Analysis Seventh Edition Educational Domains Clinical decision making questions testing the ability to make appropriate judgment calls using problem solving A skills assessment composed of 26 problems designed to test manual athletic training skills Scenario based problems to strengthen critical thinking abilities In addition to the updated content the Seventh Edition also features a fully redesigned and expanded online test taking experience including New user friendly mobile format 8 knowledge assessment tests 3 more than the previous edition 5 unique true false exams 20 total drag and drop identification photographs 8 more than the previous edition 43 critical thinking scenarios 3 clinical decision making exams containing scenario based exam questions 13 video segments with related questions for practicing evaluation and assessment Athletic Training Exam Review has assisted thousands of students and has become a hallmark text around the globe Connecting the classroom with clinical education this review tool is a timely and critical text that prepares students for their exam and career as an athletic trainer Sports Medicine for the Emergency Physician Anna Waterbrook,2016-04-25 This sports medicine handbook is the only resource of its kind created specifically for the emergency medicine provider

Medical Conditions in the Athlete Katie Walsh Flanagan,Micki Cuppett,2017-05-02 Medical Conditions in the Athlete Third Edition With Web Study Guide equips health care providers with the information they need to develop a framework for decision making when working with injured and recovering athletes and active populations The updated and streamlined third edition provides comprehensive medical information that assists health care providers and athletic trainers in recognizing and identifying underlying and potentially serious medical conditions that may affect their chosen course of treatment The highly esteemed authors Katie Walsh Flanagan and Micki Cuppett have combined their professional skills and educational expertise to revitalize the content of Medical Conditions in the Athlete Third Edition with current research driven assessment and treatment information for medical conditions that affect the physically active population The updated content aligns with Board of Certification BOC and Commission on Accreditation of Athletic Training Education CAATE standards The

book addresses medical conditions by body system their mechanism of acquisition signs symptoms differential diagnoses referral treatment and return to participation criteria The 18 comprehensive chapters are organized into three sections Introduction to Medical Conditions Pharmacology and Interventions and Medical Conditions by System Throughout the text more than 380 updated full color illustrations and photographs visually enhance readers comprehension of anatomy physiology and pathophysiology Pharmacological tables organize drugs by categories that include generic and trade names therapeutic uses adult dosage information and possible adverse effects Important terminology is highlighted throughout the chapters and a glossary appears at the end of the text At the beginning of the text a Condition Finder serves as a quick reference so health care providers can easily flip to the information they need on specific conditions Throughout the book learning aids draw attention to important facts and figures presented in three practical categories Red Flags are warning signs that health care providers should look for when working with clients Clinical Tips discuss information that is critically important to professionals Condition Highlights cover specific medical conditions common to athletes that require special attention or medical care New to this edition is an accompanying web study guide that houses case studies corresponding to specific chapters Each case study is followed by questions to help students apply the strategies covered in the text Instructors who adopt the text will have access to a comprehensive collection of ancillary materials chapter quizzes a presentation package of slides and an image bank that can be used to enhance presentation slides or student handouts Medical Conditions in the Athlete Third Edition With Web Study Guide provides readers with research driven assessment and treatment information for medical conditions that affect all types of athletes It is a comprehensive textbook and an important reference for health care providers such as athletic trainers and physical therapists who work with active populations

The NASM National Academy of Sports Medicine Certified Personal Trainer Exam Study Guide Scientia Media Group, Jason Rush, 2021-07-10 Do you have a passion for fitness and a burning desire to help others Certified personal trainers are needed more than ever but before you can become one there s the matter of the licensing Before you can share your wealth of knowledge and passion for fitness to help others you have to become certified The National Academy of Sports Medicine CPT exam is the strictest of the certifications you can achieve but it will also prepare you for just about any experience you face On this exam you will be tested on several competencies to ensure that you understand how the human body works how to assess your clients and how to help them to the best of your ability As you study from this book you will be provided with vital information that will help you prepare In this book you will be guided through how to study for this exam from the anatomical systems to nutrition and biomechanics You ll discover how to assess your clients and design the best programs for them no matter their current health or fitness status You ll be given guidance through several different exercises how to build the client relations Finally you will be guided through understanding the professional development necessary and your own responsibilities to maintain an ethical approach to treating and training clients As you read you will

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Reviewing **Hosa Competition Sports Medicine Study Guide**: Unlocking the Spellbinding Force of Linguistics

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