Sports Medicine

Arizona HOSA Event Guideline Supplement

Individual Event: 1 competitor

ONLINE QUALIFYING TEST REQUIRED — NO DIGITAL UPLOAD

This supplement is written exclusively for Arizona HOSA events.
Use this checklist with the official event guidelines.

Conference	Event Offered	Required Upload Deadline	Details at a Glance
Regional Leadership Conference (RLC)	NO	N/A	**Pathway:** Take the online qualifying test at your school to earn a place at SLC.
Online Test	YES	None required	**Round 1:** Take the online test during Arizona's published testing window. Top performers qualify for SLC.
State Leadership Conference (SLC)	YES	None required	**Round 2:** Perform the selected sports medicine skills. **Advancement:** Top 3 qualifying competitors advance to ILC.
International Leadership Conference (ILC / nationals)	YES	None required	**Round 1:** Written test. **Round 2:** Top test scores advance to skills. Follow official ILC procedures.

Required Documents and Materials

☐ Photo ID and two nonmechanical #2 pencils with erasers.

☐ Appropriate athletic tape and underwrap; choose the sizes and types needed for each taping skill.

☐ Elastic wrap and a shoulder pad for shoulder spica wrapping; thin heel and lace foam pads with skin lubricant for ankle/Achilles taping.

Dress code: Wear attire appropriate for sports medicine skills at SLC. ILC Round 1 allows business attire, official HOSA uniform or occupational attire; Round 2 requires occupational attire. See Appendix D.

HOSA supplies bandage scissors/tape-removal cutters under the current equipment list. Arizona HOSA provides other equipment for the selected skills. Perform steps when equipment is available; simulate or verbalize steps when equipment is unavailable, as directed.

Complete the online qualifying test

☐ Have your advisor register you and an approved proctor. Arrange a test time and location within Arizona's published online testing window.

☐ Take the computer-based test at your school: 50 multiple-choice questions in 60 minutes. Your registered proctor receives the access information.

☐ Your advisor receives qualification results. If you qualify, register for SLC; if not, choose another available SLC event with your advisor.

Missed the test? You cannot receive a Sports Medicine skills appointment at SLC without completing the online qualifier.

Proctor requirements: A proctor cannot be a current HOSA advisor for any chapter. The proctor must register and submit the signed confidentiality agreement before receiving testing access.

What to do at state

☐ Arrive at the event room at the START of the posted event time frame. Check in with the Event Manager and show photo ID.

☐ Receive your appointment time and stay at the event room in case the event runs early. Staff will escort you into the room.

☐ Read the secret scenario. Timing starts when you receive it. Follow the official skill rubrics and the time allowed for the selected skills.

☐ Complete skills in the order requested. A scenario may combine skills; staff provides the applicable time limit.

☐ Treat any live model as a patient who needs clear explanations. Use safe technique and complete every required step.

☐ Leave when dismissed, complete the event survey and leave the competition area.

Prepare for the skills assessment

Practice all official skills: anatomical landmark identification; joint action and maximum range of motion identification; ankle inversion taping; Achilles tendon taping (Technique Two); shoulder spica wrapping; and wrist/hand taping.

Use the current rating sheets for steps and timing. Joint-action identification may use live poses or photographs; spelling counts. SLC, ILC and AzATA may select different skills.

☐ Keep study materials outside the competition room. Bring only required supplies; do not share the secret scenario until the event has ended.

Forgot supplies? Tell event staff. The supplied Arizona procedures allow you to seek supplies from another chapter and still compete if supplies are missing. Follow staff directions for any permitted simulation or verbalization.

Scoring and advancement

Skills minimum: Earn at least 70% on the combined Round 2 skills, excluding the test, anatomical landmark identification, and joint-action/range-of-motion identification, to be eligible for awards.

Final ranking: Add the Round 1 test score to the Round 2 skill score. The higher test score breaks a tie. At SLC, use the online qualifying test as Round 1, following ILC's combined-scoring approach.

Arizona advancement: A final score of at least 70% after penalties is also required. The top 5 eligible competitors are recognized; the top 3 advance to ILC. Fourth and fifth place may serve as substitutes.

Divisions are ranked separately. Scores do not carry from SLC to ILC; competitors take a new Round 1 test at ILC.

AzATA is a separate competition with different procedures. AzATA scores and placement do not affect SLC; the HOSA online test does not affect AzATA placement.

Official guidelines and skill rubrics

HOSA event guidelines — select Sports Medicine under Health Professions Events. Study the test plan, listed references and all skill rating sheets.