**Area 1**

**Regional Competition Contest Scope/Regulations**

**Contest: Exercise Science Date: March 5, 2024**

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| Items evaluated | Possible points | Explanation of special rule for regionals |
| SkillsUSA- Knowledge Test | Tie Breaker |  |
| Exercise Science Knowledge Test | 10 |  |
| Body Composition assessment | 20 | Using skinfold calipers (mm) , measure 4 sites, at proper angles(suprailium, subscapular, biceps and triceps). Calculate the body composition percentage using materials provided. |
| 3 minute Step test | 20 | Set up the Mcardle step test, with 7 risers and one bench. They are to step on a 96-metronome tick for 3 minutes. Heart rate is taken immediately after the 3 minutes for one minute. It needs to be graded as well. |
| Flexibility Assessment | 20 | Thomas Test: client is supine. Client grabs both legs to chest, then drops one down at a time. If 90 degrees at hip but not at knee (quadricep is tight) If 90 degrees at knee but not at hip, hip flexor is tight. Use goniometer to measure angle. |
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| Strength endurance test | 20 | Pushups for as long as they can with proper form. Elbows at 90 degrees or chest touches foam pad. They can rest in the elevated plank. |
| Skills Testing (Agility) | 20 | Pro Agility Test is 5 yards to the right, touch with hand or foot.10 yards to the left and touch with left hand or foot, and then lastly 5 yards to the middle cone and touch with right hand. |
| Skills Testing (Balance) | 20 | Romberg Balance Test. Client will close eyes while in a tandem stance, arms crossing chest. It will be timed until arms unfold, feet come out of tandem, or eyes open. |
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