LEVEL UP 2026 - 2027

NYS SkillsUSA

HEALTH KNOWLEDGE BOWL

PURPOSE

To test the knowledge of a team of competitors preparing for employment in the health occupations field and to recognize outstanding students for excellence and professionalism.

ELIGIBILITY (TEAM OF FOUR)

Open to a team of four SkillsUSA members enrolled in a program with a health career as the occupational objective

CLOTHING REQUIREMENTS

NYS SkillsUSA Official Attire:

- Official red blazer, NYS Black Jacket, the older red national windbreaker or older red sweater and the Black or red Jacket from Nationals.
  Button up, collared, white dress shirt (accompanied by a plain, solid black tie), white blouse (collarless or small-collared) or white turtleneck, with any collar not to extend into the lapel of the outer layer coats
- Black dress slacks or black dress skirt (knee- length). Note: Wearing socks or hose is no longer required. If worn, socks must be black dress socks, and hose must be either black or skin-tone and seamless/nonpattern.
- Black shoes, that are not backless or open toe.

Note: Contestants must wear their contest clothing to the contest orientation meeting.
Also bring #2 pencil, resume, and safety assurance form.

PDT test will be given at orientation.

EQUIPMENT AND MATERIALS

1. Supplied by the team:
   a. 60 sheets of 8½"x11" white blank paper
   b. 8½"x11" blank colored paper for use as scrap paper
   c. 4 pieces of red paper for your pass tent
   d. Pens, pencils, and black marking pens (four to six of each)
   e. Calculator (cannot be on cell phone)
   f. Failure to bring the required team supplies will result in a 10-point penalty.
   g. All competitors must create a one-page resume to be brought to orientation.

Note: No notes or reference materials of any kind will be permitted in the contest room.

DEVICES

Cell phones, smart glasses or other electronic devices not approved by the NYS Chairperson will be collected by the contest chair during the competition. Chairpersons will announce their acceptance by listing it on their standard or at the orientation meeting. In case of emergencies advisors should allow the competitors to take their phones to the contest areas.

If the competitor uses their device in a manner which compromises the integrity of the competition, the competitor's score may be penalized.

SCOPE OF THE COMPETITION

OBSERVER RULE

Spectators will be allowed in the competition room. Spectators may not record or take pictures of the questions or students during the bowl. The judges will have authority to ask a spectator to leave if they feel the spectator is interfering with a team or the competition.

KNOWLEDGE PERFORMANCE

A written knowledge test will be administered during the orientation. **This test will be completed as a team**. The score from the written test will not be announced but will be added to the final total score. Content for the written exam is based upon the standards identified by the National Health Science Standards.
Competitors are required to take the NYS SkillsUSA professional development test at orientation.

SKILL PERFORMANCE

Teams will demonstrate communication skills, teamwork, problem-solving and time management skills by determining and presenting the answer to each question presented during the quiz bowl portion of the competition.

COMPETITION GUIDELINES

1. General
   a. A state may enter one high school team, and one college/postsecondary team comprised of four registered members each. The team may perform with three members if a member fails to show up or is forced to withdraw within five days of the competition.
   b. The competition will be two halves consisting of 28 questions in the first half and 27 in the second half for a total of 55 questions worth 15 points each.
   c. There will be a 15-minute break between the first and second halves.
   d. Competitors will discard all paper before leaving the competition area.
   e. Use of Mobile devices, cellphones, recording devices and smart watches or other items deemed hazardous to the integrity of the competition are grounds for disqualification.

2. Scoring
   a. Each team will begin each half with 0 points.
   b. A team may choose to answer the question or not answer the question.
   c. If a team chooses to answer and is correct, the team will be awarded 15 points. If a team chooses to answer and is incorrect, 15 points will be deducted. The total possible bowl score is 825.
   d. Teams will be allowed to not answer/pass two (2) questions per half and receive a 0 score for that question.

e. If the team does not answer a question after the 2 passes have been awarded, (signified by remaining seated), this will be recorded as a wrong answer and 15 points will be deducted.
f. The judges will make the scores visible to all teams before the start of the second half of the bowl.
g. Score discrepancies must be addressed by the team captain.
h. A written test will be worth 150 points and administered during the competitor briefing. This test will be completed as a team. The score from the written test will not be announced but will be added to the final total score.
i. The winning team is that team which has accumulated the highest total points (total score plus written test score, less penalties).
j. In the event of a tie, the tie will be broken based on the team with the highest written test score.

3. Marking Answers
   a. The answer will be written on a sheet of paper. It must be written legibly and large enough to be seen by the floor judge.
   b. Any team member may write the answer. The member must not start writing the answer until the entire question has been read. He/she must complete writing the answer and then stand before time is called. No team member may stand before the writer has completed the answer.
   c. The question will be read once and visually displayed. The team will have 30 seconds after the question has been read to determine and write the answer. A five-second warning will be given before time is up. A team member must be standing with the answer before time is called.
   d. If a team member is not standing prior to the end of the allotted time, it will be considered a pass for the 2 questions per half. If the passes have already been used, it will be scored as an incorrect answer, and 15 points will be deducted.
   e. Teams may discuss answers among themselves. Competitors are cautioned to whisper to each other, so they are not overheard by other teams.
   f. Answers must be spelled correctly. Spelling errors will be counted as an incorrect response.
   g. The team member will display the answer when directed to do so by the judge. The reader will announce the correct answer. The floor judge will check the team answer. If correct, the scorer will add 15 points to the team's score. If incorrect, the scorer will subtract 15 points from the team's score. If the team chooses not to answer the question, they will receive a '0' score. This is allowed for 2 questions per half. Any unanswered questions after the 2 'Passed" questions will be scored as an incorrect answer and 15 points will be deducted from the team score.

4. Judging
   a. The judging team will make all decisions regarding score, correct answers, and rule violations. The decision of the judging team will be final and will be announced by the competition chair. Disqualification may result from repeated rule violations.
   b. A team that wishes to challenge a score or an answer must address the issue with the floor judge before the next question begins. This is signified by the team captain standing and raising his or her hand prior to the next question being read. The judge will recognize the team, and the team captain will have one minute to record the rationale for the challenge on the other side of the paper as the answer. The team number and the question number will be recorded, and the paper will be handed to the judge. Challenges will be reviewed after the bowl is complete. Team advisors will be notified of the challenge decision and whether the decision affected the total score.

c. All team members and advisors are responsible for knowing the competition rules.
d. Resource books used to develop the competition questions will be provided for the judges' reference if needed.

STANDARDS AND COMPETENCIES

Core standards from the National Health Care Core Skill Standards comprise the categories from which the questions will be developed for the Health Knowledge Bowl competition.

BOWL 1.0 — Answer questions from the academic foundations outlined by the National Health Care Core Skill Standards (NHCCSS) Project

1.1. OBJ Apply knowledge of human structure and function, diseases and disorders, growth and development, vital signs, nutrition and therapeutic diets, medical terminology and abbreviations, mathematical computations, and English language arts to answer questions

BOWL 2.0 — Recall the knowledge of oral and written communication skills to answer questions

2.1. Identify the elements of communication skills to answer questions
2.2. Demonstrate effective written communication skills
2.3. Identify concepts of active listening
2.4. Identify concepts of verbal and nonverbal communication
2.5. Demonstrate knowledge of interviewing skills
2.6. Identify barriers to communication

BOWL 3.0 — Use knowledge gained from reading current events affecting health care to answer questions regarding systems theory and health care delivery systems

3.1. Describe systems theory and its components
3.2. Predict where and how factors such as cost, managed care, technology, an aging population, patient access to care, alternative therapies and lifestyle/behavior changes may affect various health care delivery system models

BOWL 4.0 — Employ knowledge of key employability skills as they relate to the healthcare industry

4.1. List and explain key employability skills using examples such as dynamics of change, personal qualities, problem-solving and critical-thinking skills
4.2. Identify elements of successful interpersonal communications such as communication strategies, listening behaviors, written communication, and nomenclature
4.3. Recall stages and elements of personal growth and development
4.4. Explain the career decision-making process as it applies to health care

BOWL 5.0—Know the legal responsibilities, limitations, and implications of employee actions within the health care delivery setting

5.1. Compare and contrast behaviors and practices that could result in malpractice, liability, and negligence
5.2. Identify concepts of legal practice such as Resident/Patient's Bill of Rights, informed consent, scope of practice and standards of workplace safety (Occupational Safety and Health Administration/OSHA and Centers for Disease Control/CDC)
5.3. Explain the importance of maintaining client confidentiality
5.4. Describe legal requirements for documentation

BOWL 6.0—Understand accepted ethical practices

6.1. Describe morality and ethics and the relationship of each to health care outcomes
6.2. Explain the difference between ethical and legal issues impacting health care
6.3. Demonstrate the knowledge of ethical practice such as professionalism, interdisciplinary roles, incident reporting, abuse, and Patient's Bill of Rights
6.4. Demonstrate knowledge of providing care to patients from diverse religious and ethnic backgrounds
6.5. Analyze legal and ethical aspects of confidentiality

BOWL 7.0—Describe how to implement safety practices to prevent injury or illness

7.1. Explain standard precautions as described in the rules and regulations set forth by OSHA to control the spread of infection
7.2. Discuss the principles of body mechanics and ergonomics and how they relate to personal safety in the healthcare industry
7.3. Describe methods of environmental safety as they apply to the healthcare industry
7.4. Explain common safety hazards and methods of managing them
7.5. Explain common emergency procedures and protocols

BOWL 8.0—Understand the roles and responsibilities of health care teams and how teamwork affects the ability to provide quality health care

8.1. Characterize the elements of effective teams
8.2. Contrast the elements of effective health care teams to those of ineffective teams
8.3. Explain the value of team member participation such as inclusiveness, collaboration, conflict resolution, commitment, and team identity

BOWL 9.0—Know the fundamentals of wellness and prevention of disease processes

9.1. Describe alternative and complementary health practices
9.2. Describe the practices that promote the prevention of injury and diseases

BOWL 10.0—SkillsUSA Framework

The SkillsUSA Framework is used to pinpoint the Essential Elements found in Personal Skills, Workplace Skills, and Technical Skills Grounded in Academics. Students will be expected to display or explain how they used some of these Essential Elements. Please reference the graphic above, as you may be scored on specific elements applied to your project. For more, visit: www.skillsusa.org/about/skillsusa-framework/.

