

# Foundations of HOSA Bowl



## New for 2023 – 2024

The event name has been changed to Foundations of HOSA Bowl. *Diversified Health Occupations* has been retired as a resource. *Introduction to Health Science* has been added as a resource. Therapeutic diets have been removed from test plan. These guidelines are written for ILC. States may modify events or have different event processes and deadlines. Be sure to check with your Local/State Advisor (or state website) to determine how the event is implemented for the regional/area or state conference. Editorial updates have been made.

## Event Summary

Foundations of HOSA Bowl provides members with the opportunity to gain knowledge and skills on various topics and situations in health, HOSA, and current health topics. This competitive event consists of 2 rounds and each team consists of exactly four (4) members. Round One is a written test. Top scoring teams advance to Round Two and compete by giving appropriate responses to items presented by a moderator in a “buzzer style” round. These items may be in the form of questions, incomplete statements, and/or definitions and may be multi-answer items. Winners will be determined by a series of elimination rounds as described in the event tournament bracket. This event aims to inspire members to be proactive future health professionals and motivate them to participate in teams, while learning about health, HOSA and current health topics.

## Dress Code

Competitors must be in official HOSA uniform or in proper business attire. Bonus points will be awarded for [proper dress](#) in Round One. All team members must be properly dressed to receive the bonus points. Teams who are not dressed appropriately for Round Two may not be allowed to compete.

### Competitors Must Provide

- ☐ [Photo ID](#)
- ☐ Two #2 lead pencils (not mechanical) with eraser for both rounds

## General Rules

1. Competitors in this event must be active members of HOSA in good standing.
2. **Eligible Divisions:** Middle School division members ONLY (in grades 6-8 during the 2023-2024 school year) are eligible to compete in this event.
3. Competitors must be familiar with and adhere to the “[General Rules and Regulations of the HOSA Competitive Events Program \(GRR\)](#).”
  - A. Per the [GRRs](#) and [Appendix H](#), HOSA members may request accommodation in any competitive event. To learn the definition of an accommodation, please read [Appendix H](#). To request accommodation for the International Leadership Conference, [submit the request form here](#) by May 15 at midnight EST.

- B. To request accommodation for any regional/area or state level conferences, submit the request form [here](#) by your state published deadline. Accommodations must first be done at state in order to be considered for ILC.
4. All competitors shall report to the site of the event at the time designated for each round of competition. At ILC, competitor's [photo ID](#) must be presented prior to ALL competition rounds.

#### **Official References**

5. All official references are used in the development of the written test and buzzer rounds.
6. [Winger and Blahnik. \*Introduction to Health Science: Pathways to Your Future\*. Goodheart-Willcox Publisher. Latest Edition.](#)
7. [Ehrlich, A., and Schroeder, C.. \*Medical Terminology for Health Professions\*. Cengage Learning. Latest Edition.](#)
8. [NIH Medline Plus Magazine \(current school year editions\).](#)
9. Content from the [HOSA website](#) including HOSA publications, HOSA Handbook, HOSA and HOSA, Inc. Bylaws, Policy and Procedures Manuals, current edition of the ILC Guide (published in February each year) and editions of the HOSA E-Magazine for the current school year.
10. [Marshall and Roe. \*Health Science Concepts and Applications\*. Goodheart-Willcox Publisher. Latest Edition.](#)

#### **ROUND ONE: Test**

11. [Round One Test Instructions](#): There will be a maximum of 60 minutes to complete the 35-item multiple choice test.
12. The team test score average from Round One will be used to qualify the team for Round Two. The teams progressing to Round Two will be seeded according to their scores in Round One. A tiebreaker is determined by ten (10) pre-selected questions. The test is only used to advance teams to Round Two and is NOT part of the final score.
13. The percentage of questions for both the written test and Round 2 – 6 questions will be as follows:
- HOSA Related..... 20%
  - Current Health Topics..... 10%
  - Health-related..... 70%
    - History and Trends
    - Health Care Systems
    - Health Careers
    - Legal and Ethical Issues
    - Medical Terminology
    - Anatomy and Physiology
    - Nutrition
    - Safety
    - Infection Control
    - Math Conversions
14. **Time Remaining Announcements:** There will be NO verbal announcements for time remaining during ILC testing. All ILC testing will be completed in the Testing Center and competitors are responsible for monitoring their own time.

15. **Sample Round One Questions**

1. A patient has been diagnosed with chronic cystitis and was referred to which specialist for further evaluation? (Ehrlich pp 241)
  - A. Cardiologist
  - B. Neurologist
  - C. Nephrologist**
  - D. Hematologist
2. What are tubes that keep arteries open? (Wingard pp 14)
  - A. Catheters
  - B. Cannula
  - C. Stents**
  - D. Sphygmomanometer
3. What year was HOSA incorporated? (Hosa.org History)
  - A. 1975
  - B. 1976**
  - C. 1985
  - D. 1986

**ROUND TWO: Buzzer Competition**

16. Beginning with Round Two, two (2) teams compete against each other.
17. The number of teams selected for Round Two is determined by the number of entries in order to avoid a "bye" in the second round. Depending on registration numbers there are usually 8, 16, or 32 middle school teams seeded for Round Two.
18. If using an 8 team bracket, the 9<sup>th</sup> and 10<sup>th</sup> ranked teams shall be the alternate teams. If using a 16 team bracket, the 17<sup>th</sup> and 18<sup>th</sup> ranked teams shall be the two alternate teams. If using a 32 team bracket, the 33<sup>rd</sup> and 34<sup>th</sup> ranked teams shall be the two alternate teams.
19. Round Two requires a paired match-up. If a team is more than 5 minutes late to their Round Two appointed time, the team forfeits their right to compete in accordance with the [GRRs](#).
20. All teams (including alternates) must report to and remain in the holding room until their numbers are called for them to compete.
21. During competition, teams are seated at a table facing the moderator. Each individual team member has a buzzer to respond to the moderator's question. Before each round begins, each team member should be asked to check their buzzer to confirm that it is working correctly.
22. Each of the four (4) team members will be identified as "Team Member A, Team Member B, Team Member C, and Team Member D". Letter identification cards will be drawn by each team member prior to the start of each round and will be placed on the table in front of each team member.
23. For four (4) minutes Team Members from each team will compete head-to-head against each other with questions alternating between the four team members - Team Member A vs Team Member A , Team Member B vs Team Member B , Team Member C vs Team Member C. and Team Member D vs Team Member D. The last two (2) minutes of the 6-minute round are open to all four team members and the entire team will be competing against the other team. During these final two (2) minutes, any of the four (4) team members may buzz and answer questions.
24. Subsequent rounds will be 6 minutes total in the above format and include up to 35 questions.
25. The moderator presents one item and then:
  - A. Five (5) seconds is allowed after the moderator has finished presenting each item for a team member to push the buzzer.
  - B. The team member who pressed the buzzer has five (5) seconds to respond.

- C. If a team member pushes the buzzer prior to the completion of the question, the moderator will stop reading immediately and the competitor must answer in five (5) seconds. If a team member buzzes in when it is not their turn, it will be treated like a wrong answer, and the other team will be given a chance to respond according to rule #25F.
  - D. Only the first answer given by the team member is to be judged. If the team member has started to respond when the 5 second timer buzzes, the judges may allow the team member to complete their response.
  - E. If answered correctly, the team earns one point.
  - F. If the answer is incorrect, or if the team member does not respond in five (5) seconds, the question will be reread in full for the other team, and the other team will have five (5) seconds to buzz in, following the same steps noted in #25A and #25B. This is the only instance in which an item may be repeated unless the judges specifically ask for an item to be re-read.
  - G. If no team member pushes the buzzer before five (5) seconds have passed, no points are given and the next question will be read.
26. Team members may talk to one another during the final two (2) minutes of the round only (not during the first 4 minutes), however, they are cautioned to speak softly enough to avoid being overheard by the other team, and to be mindful of the timing noted in rule #25. Teams are *not* permitted to use or write notes.
  27. The same list of questions are asked of each team in each section during a round starting with question 1A. The team that has the highest number of points in a six (6) minute match is declared the winner of that match. The timekeeper will announce when there is two minutes remaining in the round and all team members may answer. If the six (6) minute time is completed in the middle of an answer, the team is allowed to respond to the item. If missed, the other team is allowed to answer per rule 19F.
  28. The points shall be kept by the judges on a rating sheet. Scorekeepers may also be used so that the team and the audience can see the scores.
  29. In the event of a tie score, five (5) tiebreaker items are asked. During the tiebreaker round any of the four (4) team members may buzz and answer questions. If at end of the first tiebreaker, the round remains a tie, the test scores will be used to determine the advancing team.
  30. The moderator will not give the correct response to an item if neither team can answer correctly.
  31. All members of the winning teams of each match, must return to the holding room until recalled. Waiting winning teams are not allowed to communicate with other teams
  32. Please refer to [GRRs](#) and regarding the use of study materials in this event.

### **Final Scoring**

33. SEMI-FINAL ROUNDS: When there are 4 teams remaining in the event, the semi-final rounds begin. There will be two matches. The winning team from each match returns to the holding room to face each other in the championship round. The two losing teams return to holding to face each other to determine 3<sup>rd</sup> and 4<sup>th</sup> place in the consolation match of the final round.
34. FINAL ROUND: The two semi-final losing teams play each other. The winner is 3<sup>rd</sup> place, and the losing team is 4<sup>th</sup> place. Following the consolation match, the two undefeated teams play each other in the championship match.
35. During the semi-final and final rounds only, audience members may observe. Communication between the audience and team members or event personnel is NOT permitted.
36. Audience members are:
  - a. NOT allowed to enter or leave the room while teams are in competition (only between matches).
  - b. NOT permitted to record, document, or communicate anything, and will be removed from the room if suspected of doing so, at the discretion of event personnel.
  - c. allowed to applaud teams only at the completion of the match.

37. The questions shall not be given to a participating team prior to the competitive event. Judges will be furnished with a copy of the questions. Judges make all rulings. A lead judge will respond to the competitors' answer by saying correct or incorrect. Only judges are allowed to challenge answers (competitors may not challenge any answer or the event process). Judges will call time to make a ruling.
38. The ten (10) finalists will be the eight (8) teams remaining at the beginning of Round 4 plus the two teams that did not advance from Round 3 with the highest test average score from Round 1. The placing of the 5<sup>th</sup> through 8<sup>th</sup> and 9<sup>th</sup> and 10<sup>th</sup> place finalists will be determined by the Round One test score. The third (3rd) place team will be determined by playing a consolation round between the losing semi-finalist teams. The first (1st) and second (2nd) place will be determined in the final round.

# HOSA BOWL SCORE SHEET

Round: \_\_\_\_\_  
Red Team = ID # \_\_\_\_\_

Section: \_\_\_\_\_  
Green Team = ID # \_\_\_\_\_

Question #	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20
Red Team																				
Green Team																				

Question #	21	22	23	24	25	26	27	28	29	30	31	32	33	34	35	36	37	38	39	40
Red Team																				
Green Team																				

Question #	41	42	43	44	45	46	47	48	49	50	51	52	53	54	55	56	57	58	59	60
Red Team																				
Green Team																				

## TOTAL SCORE

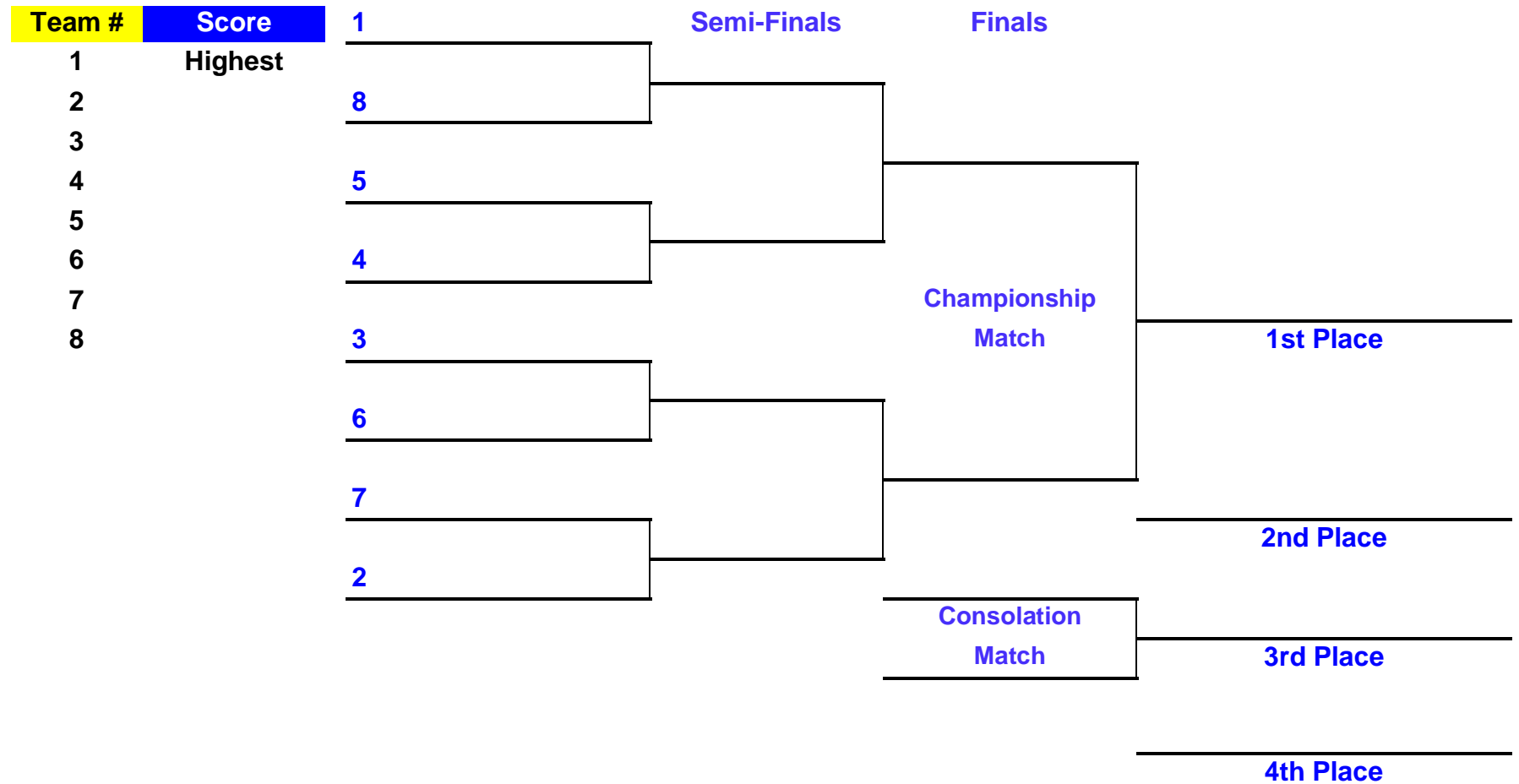
Red Team \_\_\_\_\_

Green Team \_\_\_\_\_

Winning Team = ID# \_\_\_\_\_

Judge's Signature: \_\_\_\_\_

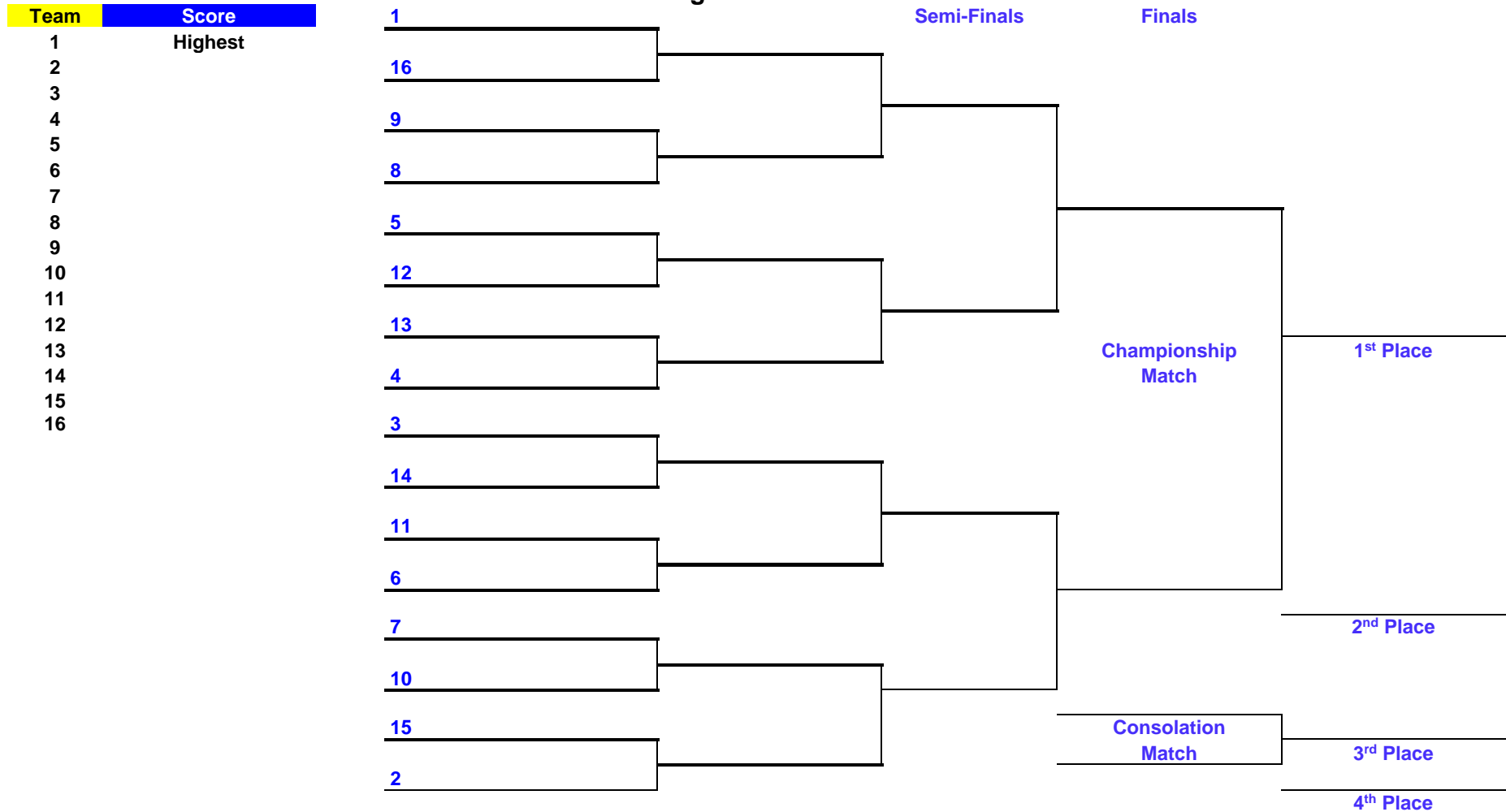
## HOSA Bowl Seeding Chart for 8 Teams



**Instructions:** Add the scores of team members to arrive at a team total, and then divide by the number of team members to get the team average. Sort team averages from highest to lowest scores. The team with the highest score after the test is seeded #1, the team with the next highest score is seeded #2, and so on until the chart is filled with the top 8 teams.

**Note:** The electronic version of the HOSA Bowl seeding process is available at the [CE Useful Tools](#) page.

## HOSA Bowl Seeding Chart for 16 Teams



**Instructions:** Add the scores of team members to arrive at a team total, and then divide by the number of team members to get the team average. Sort team totals from highest to lowest scores. The team with the highest score after the test is seeded #1, the team with the next highest score is seeded #2, and so on until the chart is filled with the top 16 teams. The winners of each bracket play for 1<sup>st</sup> and 2<sup>nd</sup> place, the winner of the consolation match is the 3<sup>rd</sup> place team.

**Note:** The electronic version of the HOSA Bowl seeding process is available at the [CE Useful Tools](#)



## HOSA Bowl Seeding Chart for 32 Teams

