



Health & Human Services Contests

Early Childhood Education

Contestants will demonstrate their knowledge of developmentally appropriate practice and their ability to prepare and implement learning activities for children 3 to 5 years old. Contestants will prepare a written lesson plan and take a written test assessing their knowledge of child development and effective teaching strategies. They will demonstrate their understanding of the unique age-related learning characteristics of young children and the relevant social interactions as they implement the lesson. (5 students per school)
Contest Advisor: dawn.braa@dctc.edu | 651-423-8315

First Aid/CPR

Evaluates a contestant's ability to perform procedures or take appropriate action based on scenarios presented related to CPR (Adult/AED, 2 man system, child and infant CPR) first aid medical emergencies. There is also a written exam. All skills are judged on nationally accepted standards identified by The American Red Cross, The American Heart Association, The American Safety and Health Institute and The National Safety Council. (3 students per school) Contest Advisor: kathleen.tettam@dctc.edu

Health Occupations Professional Portfolio

The Health Occupations Professional Portfolio contest recognizes students for their successful development of a professional portfolio. The competition evaluates the ability of the students to present themselves to a prospective employer. The contestants will show the use of the portfolio use effective communication skills in presenting. The contest consists of two parts: a portfolio notebook and a live presentation by the contestant. (3 students per school)

Job Interview

Divided into three phases: completion of employment applications; preliminary interviews with receptionist; and, in-depth interviews, contestants are evaluated on their understanding of employment procedures faced in applying for positions in the occupational field they are training. (unlimited students per school)

Job Skill Demonstration A

Contestants demonstrate and explain an entry-level skill used in the field they are training. Competitors must demonstrate a skills in one of the contest SkillsUSA contest areas. (4 students per school)

Job Skill Demonstration Open

Contestants demonstrate and explain an entry-level skill used in an occupational area outside of their training program. Any technical skill may be demonstrated. (4 students per school)

Medical Math

Contestants demonstrate their knowledge of general math concepts used in the healthcare fields. They complete a written test that may include the use of ratio/proportion, dosage calculation, metric and household equivalents, Roman numerals, abbreviations, and general math including percentages, among other medical math-related problems. (3 students per school) Contest Advisor: kathleen.tettam@dctc.edu

Medical Terminology

To evaluate the knowledge of medical terminology and abbreviations of an individual preparing for employment in the health occupations fields. (3 students per school) Contest Advisor: kathleen.tettam@dctc.edu

Nurse Assisting

Students will demonstrate knowledge and skill in performing personal care, encouraging patient independence, assisting with ambulation, and performing other routine tasks, including standard infection control procedures used in basic nurse assisting. Students will demonstrate knowledge and abilities in CPR, and the measurement of vital signs. Contestants will be familiar with basic anatomy, communications skills, legal/ethical issues and employment skills. (3 students per school)

Health Knowledge Bowl

Tests teams of four students on their collective knowledge of health occupations. Teams are judged on speed and accuracy answering questions in nine categories: (1) Academic Foundations; (2) Communication; (3) Systems; (4) Employability Skills; (5) Legal Responsibility; (6) Ethics; (7) Safety Practices; (8) Teamwork; and, (9) Health Maintenance.