

# How to Choose a HOSA Competitive Event That's Right For You!

**START HERE!**

## Secondary/Postsecondary Division

1. Are you creative, artistic, and can you think outside the box to find a solution?

YES

Do you want to work with a team?

YES  
NO

Health Career Display (2)  
Medical Innovation (2-4)  
Creative Problem Solving (3-4)  
Parliamentary Procedure (5-8)  
Forensic Science (2)

2. Do you want to be recognized for your involvement in HOSA?

YES

Do you want to work with a team?

YES  
NO

Health Career Photography  
Research Poster

HOSA Happenings  
HOSA Service Project  
Outstanding HOSA Achievement

Barbara James Service Award

CERT (2) - CPR/First Aid (2) - EMT (2)

3. Do you want to practice specific skills related to a health care career?

YES

Do you want to work with a team?

YES  
NO

Clinical Specialty – Sports Medicine- Biomedical  
Laboratory Science – Clinical Nursing  
Medical Assisting – Nursing Assisting Veterinary  
Science – Physical Therapy- Dental Science – Home  
Health Aide-  
Pharmacy Science-

4. Do you want to interact directly with your competitors?

YES

Do you want to work with a team?

YES  
NO

Biomedical Debate (3-4) - HOSA Bowl (4)

Medical Spelling

5. Do you want to get more involved in your community and/or HOSA?

YES

Do you want to work with a team?

YES  
NO

HOSA Service Project –  
Health Education (2-4)- MRC Partnership (2-  
6) – Public Health (2-6)-  
Public Service Announcement (3-6)-  
Community Awareness (2-4)

Barbara James Service Award  
Organizational Leadership

6. Are you classified under the Individuals with Disabilities Education Act (IDEA)?

YES

Do you want to work with a team?

NO

Personal Care – Interview Skills  
Speaking Skills – Life Support Skills

7. Do you want to compete in a testing only event?

YES

Do you want to work with a team?

NO

Behavioral Health-Cultural Diversities-Medical  
or Dental Terminology- Human Growth-  
Medical Law-Nutrition-Pathophysiology-  
Pharmacology-Epidemiology – Medical Math  
Health Care Issues Exam-  
Medical Reading - Health Informatics

8. Do you want to improve your writing or speaking skills?

YES

Do you want to work with a team?

NO

Researched Persuasive Writing and Speaking-  
Extemporaneous Writing – Healthy Lifestyle-  
Job Seeking Skills – Prepared Speaking-  
Family Medicine Physician

# HOSA Competitive Event Summaries

## SECONDARY AND POSTSECONDARY / COLLEGIATE DIVISIONS

<i><b>Health Science Events</b></i>	
Medical Spelling	Round One is a written test. Round Two is like a traditional spelling bee. Competitors must correctly spell a randomly selected word.
Medical Math	Competitors will apply mathematical principles to solve problems related to health care in this written test.
Medical Reading	Competitors read the five selected books for the year. A multiple choice test is taken with one short essay tiebreaker. The questions will require the students to apply, analyze, synthesize, and evaluate information from reading the assigned books.
<ul style="list-style-type: none"> <li>• Behavioral Health</li> <li>• Cultural Diversity &amp; Disparities in Healthcare</li> <li>• Dental Terminology</li> <li>• Health Informatics</li> <li>• Human Growth and Development</li> <li>• Medical Law &amp; Ethics</li> <li>• Medical Terminology</li> <li>• Nutrition</li> <li>• Pathophysiology</li> <li>• Pharmacology</li> </ul>	These events are written tests with tie breaker questions. Competitors select an event, then use the resources in the guidelines to study and take the test for competition.
<i><b>Health Professions Events</b></i>	
Biomedical Laboratory Science Clinical Nursing Dental Science Home Health Aide Medical Assisting Nursing Assisting Pharmacy Science Physical Therapy Sports Medicine Veterinary Science	Competitors will complete a written test with top competitors advancing to Round 2 where they will perform skills related to a specific health career. Competitors practice, practice, and practice until they are proficient in ALL the skills in the event guidelines. During the skill round two, competitors perform one or more of the skills in the guidelines after being given a mock scenario. Skill events offer an excellent opportunity to extend classroom learning and to work directly with health professionals in your chosen career field.
Family Medicine Physician	Competitors will conduct interviews to learn more about family medicine, and then will share their finding with their peers through a presentation. For competition, competitors will present their peer presentation, in addition to what they have learned, to a panel of judges.
*Personal Care	This event is for HOSA members classified under the provision of the 2004 reauthorized Individuals with Disabilities Education Act (IDEA). It is similar to Nursing Assisting, except a written test is not included. Competitors practice, practice, and practice until they are proficient in all the skills in the event guidelines.
Clinical Specialty	This event consists of the development of a career portfolio and a recorded demonstration of the HOSA student performing a skill related to the chosen career. HOSA members may choose a health related skill that is not already being performed in any other HOSA event.

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## SECONDARY AND POSTSECONDARY / COLLEGIATE DIVISIONS

<b>Leadership Events</b>	
Extemporaneous Writing	Competitors have 1 hour to complete an essay on the secret topic that is health related.
Health Career Photography	Competitors showcase three photographs taken of different health science careers. Top competitors advance to Round 2 and present their photos to judges.
Healthy Lifestyle	Competitors write and follow a SMART goal, documenting their process in a portfolio. The event includes a Round One written test with top competitors advancing to Round 2 where they will present their progress to a panel of judges.
*Interviewing Skills	This event is for HOSA members classified under the provision of the 2004 reauthorized Individuals with Disabilities Education Act (IDEA). Competitors create a digital profile, write a resume and personal statement, and then participate in a simulated job interview with judges for a position of their choice, similar to Job Seeking Skills.
Job Seeking Skills	Competitors create a digital profile, write a resume and personal statement, and then participate in a simulated job interview with judges for a position of their choice.
Organizational Leadership	This event is for competitors who want to become a Voting Delegate for their chartered association at ILC. Each chartered association may have different processes in place to select their Voting Delegates. All selected delegates will complete required paperwork and review Executive Council candidate information prior to attending ILC.
Prepared Speaking	This event involves giving a prepared speech to a panel of judges about the Annual HOSA chosen theme.
Research Poster	This event allows competitors to pose a research question / hypothesis in an area within healthcare and conduct research surrounding this topic. Competitors will create a research poster containing the findings of their research, in addition to presenting this poster and research content to a panel of judges.
Researched Persuasive Writing and Speaking	This event allows competitors to take a stand, either for or against a selected topic. Competitors research the topic to gather facts in support of an opinion, write a paper, and then give a speech to a panel of judges.
*Speaking Skills	This event is for HOSA members classified under the provision of the 2004 reauthorized Individuals with Disabilities Education Act (IDEA). This event involves giving a prepared speech to a panel of judges about the Annual HOSA chosen theme, similar to Prepared Speaking.
<b>Teamwork Events</b>	
Biomedical Debate	Teams of 3-4 members will take a Round One written test with top scoring teams advancing to Round 2 where they will participate in a debate-like format. The topic of debate will be announced annually.
Community Awareness	Teams of 2-4 chapter members work within their community to select a health-related issue and then raise community awareness of that issue. The product of the project is a community event, portfolio of activities and a presentation to a panel of judges.
Creative Problem Solving	Teams of 3-4 members will take a Round One written test with top scoring teams advancing to Round 2 where they are given a secret problem related to a health issue to solve. Solutions are then presented to a panel of judges.
Forensic Science	Teams of 2 members will take a Round One written test with top scoring teams advancing to Round 2 where they are given a forensic science case study to analyze. This event may involve the viewing of crime scenes/evidence.
Health Career Display	Teams of 2 competitors develop a display of a specific career in health with top teams advancing to Round 2 where they present their findings to judges.
Health Education	Teams of 2-4 competitors select a health-related concept or instructional objective, then prepare a lesson, provide instruction to an audience, evaluate results, and present their experience to judges.
HOSA Bowl	Teams of 4 HOSA competitors take a Round One written test on HOSA knowledge, parliamentary procedure and medical knowledge. Top scoring teams then advance to Round 2 where they compete head to head with another team to correctly answer the most questions.
Medical Innovation	Teams of 2-4 people will create original Medical Innovations with top scoring teams advancing to Round 2 where they will present their original innovation to judges.

## **HOSA Competitive Event Summaries**

### **SECONDARY AND POSTSECONDARY / COLLEGIATE DIVISIONS**

#### ***Teamwork Events Cont'd***

Parliamentary Procedure	Teams of 5-8 members will take a Round One written test with top scoring teams advancing to Round 2 where they conduct a proper business meeting, addressing the motions provided in a secret problem.
Public Service Announcement	Teams of 3-6 people will create a 30 second visual PSA to increase awareness of an annually announced healthcare issue or service topic to be shared with a community audience. For competition, teams will present their PSA and process to a panel of judges.

#### ***Emergency Preparedness Events***

CERT Skills	Teams of 2 competitors will complete a Round One written test with top scoring teams advancing to Round 2 and perform Community Emergency Response Team skills (needed to respond to the community's immediate needs in the aftermath of a disaster, when emergency services are not immediately available). During the skill round, competitors perform one or more of the skills in the guidelines after being given a mock scenario.
CPR/First Aid & EMT	Teams of 2 competitors will complete a Round One written test with top scoring teams advancing to Round 2 and then work together to demonstrate their skills in a simulated emergency situation. During the skill round, competitors perform one or more of the skills in the guidelines after being given a mock scenario.
Epidemiology	Competitors take a written test relating to epidemiology – the study of the effects of health and disease in populations. The event guidelines contain resources to help the HOSA member decide what to study.
*Life Support Skills	This event is for HOSA members classified under the provision of the 2004 reauthorized Individuals with Disabilities Education Act (IDEA). It is similar to CPR/First Aid, except a written test is not included. Competitors practice, practice, and practice until they are proficient in all the skills in the event guidelines.
MRC Partnership	Teams of 2-6 members develop a portfolio highlighting their chapter's partnership with the Medical Reserve Corps. Teams then present their involvement to judges.
Public Health	Teams of 2-6 members develop a presentation to educate the public on a specific topic chosen by HOSA-Future Health Professionals annually. Teams will perform a short presentation for judges. Top scoring teams advancing to Round 2 will then present their full community presentation to judges.

#### ***Recognition Events***

Healthcare Issues Exam	HOSA members take a written test measuring their knowledge of current health issues. All members who reach a mastery level are awarded Certificates of Achievement.
HOSA Service Project	Local HOSA chapters plan service projects to support the selected health organization. 2020-2022 Service Organization: <b>Be The Match</b>
Barbara James Service Award	This event provides recognition to individual HOSA members for volunteer service in their community.
HOSA Happenings	This event is a multimedia chapter communication event. Chapters tell their story using a media platform of their choice. Chapters who meet the requirements will be awarded a Certificate of Excellence.
Outstanding HOSA Leader	This event allows each HOSA chartered association/state to honor one leader in recognition of the member's commitment to HOSA and outstanding leadership. Each chartered association/state will determine the criteria and selection process.
Outstanding HOSA Achievement	This event allows each HOSA chartered association/state to showcase efforts by the chartered association/state for activities that are not part of the official HOSA Competitive Events (CE) program. Recognition is given to the state as a whole, as well as to all the individual members who participate in the special project.

\*These events are for HOSA members classified under the provision of the 2004 reauthorized Individuals with Disabilities Education Act (IDEA).