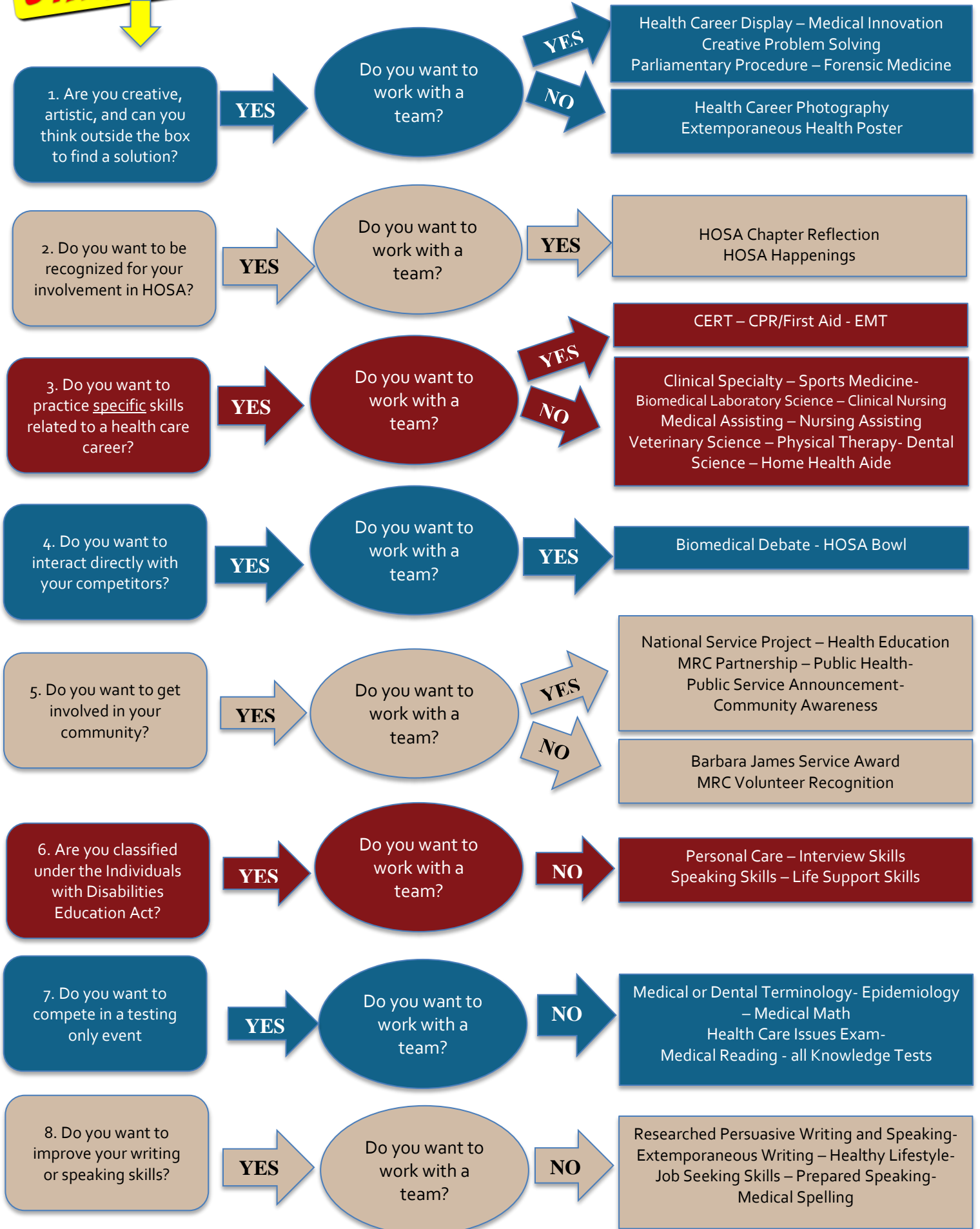


**START HERE!**

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



# HOSA Competitive Event Summaries

## MIDDLE SCHOOL EVENTS

<b>Health Science Events</b>	
Medical Terminology	This event is a written test. It includes 50 questions. The event guidelines contain resources to help the HOSA member decide what to study.
Medical Reading	Competitors read the three selected books for the year. A 45 question multiple choice and one short essay tiebreaker test is taken. The questions will require the students to apply, analyze, synthesize, and evaluate information from reading the assigned books.
<b>Knowledge Tests</b> <ul style="list-style-type: none"> <li>• Nutrition</li> <li>• Health Career Exploration</li> </ul>	These events are 50-item tests. Competitors select a knowledge tests to take, study the area using the resources in the guidelines and then take the test for competition.
<b>Emergency Preparedness</b>	
Public Health	Teams of 2-6 members develop a presentation to educate the public on the specific topic. National HOSA selects this topic every year.
<b>Leadership</b>	
Extemporaneous Health Poster	Competitors in this event have 3 hours to create a visual display of a secret health issue/topic using poster board and art supplies. The key focus is on the development of the secret topic (health issue) and the quality of information presented.
Healthy Lifestyle	This event involves choosing a lifestyle change and documenting that process. The event includes a 50 item Round One test and a notebook or portfolio with documentation.
Prepared Speaking	This event involves giving a prepared speech to a panel of judges about the National HOSA theme.
Speaking Skills	This event is for students classified under the provision of the 2004 reauthorized Individuals with Disabilities Education Act (IDEA). It involves giving a prepared speech to a panel of judges about the National HOSA theme.
<b>Teamwork</b>	
Health Career Display	Teams of 2 competitors shall develop a visual display of a specific career in health and may present their findings to judges.
Health Education	This event involves a team of 2-4 members who select a health-related concept or instructional objective, then prepare a lesson, provide instruction, and evaluate results.
<b>Recognition</b>	
HOSA Chapter Reflection	Chapters plan activities all year following the areas in the guidelines, and then create a scrapbook that contains proof of those activities.
National Service Project	Does your chapter want to learn more and do more for another Healthcare organization? Look for this year's service organization on the national website. All chapters who participate are recognized.
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 print or electronic newsletter or website.

# HOSA Competitive Event Summaries SECONDARY AND POST-SECONDARY

<b>Health Science Events</b>	
Medical Terminology Dental Terminology	These events are tests. They include 100 questions. The event guidelines contain resources to help the HOSA member decide what to study.
Medical Spelling	Round One is a test with 50 questions. 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 a 50-question test.
Medical Reading	Competitors read the five selected books for the year. A 50 question multiple choice and one short essay tiebreaker test is taken. The questions will require the students to apply, analyze, synthesize, and evaluate information from reading the assigned books.
<b>Knowledge Tests</b> <ul style="list-style-type: none"> <li>• Behavioral Health</li> <li>• Human Growth and Development</li> <li>• Medical Law &amp; Ethics</li> <li>• Nutrition</li> <li>• Pathophysiology</li> <li>• Pharmacology</li> <li>• Transcultural Health Care</li> </ul>	These events are 100-item tests. Competitors select one of the knowledge tests to take, study the area using the resources in the guidelines and then take the test for competition.

<b>Health Professions Events</b>	
Biomedical Laboratory Science Clinical Nursing Dental Science Home Health Aide Medical Assisting Nursing Assisting Physical Therapy Sports Medicine Veterinary Science	These events involve both a test with 50 items, and skill performance related to a specific health career. Competitors practice, practice, and practice until they are proficient in ALL the skills in the event guidelines. Round One is a test. Round Two is the skill round. During the skill round, 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.
*Personal Care	This event is similar to other skill events, and is designed for students classified under the provision of the 2004 reauthorized Individuals with Disabilities Education Act (IDEA). No written test is 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 videotaped demonstration of the HOSA student performing a skill related to the chosen career.

# **HOSA Competitive Event Summaries**

## **SECONDARY AND POST-SECONDARY**

<b>Leadership Events</b>	
Researched Persuasive Writing and Speaking	This event allows you to take a stand, either for or against one of two selected topics. You'll research the topic to gather facts to support your opinion, write a paper, and then give a speech to a panel of judges.
Extemporaneous Writing	Competitors are given a secret topic that is health related, & have 1 hour to complete an essay on the topic.
Health Career Photography	Competitors showcase three photographs taken of different health science careers to the judges.
Job Seeking Skills	Competitors write a resume, fill out a job application, and then participate in a simulated job interview for a position of their choice.
*Interviewing Skills	This event includes filling out a job application and being interviewed by judges. It is for HOSA members with special needs.
Extemporaneous Health Poster	Competitors in this event have 3 hours to create a visual display of a secret health issue/topic using poster board and art supplies. The key focus is on the development of the secret topic (health issue) and the quality of information presented.
Prepared Speaking	This event involves giving a prepared speech to a panel of judges about the National HOSA theme.
*Speaking Skills	This event involves giving a prepared speech to a panel of judges about the National HOSA theme. It is for HOSA members with special needs.
Healthy Lifestyle	This event involves choosing a lifestyle change and documenting that process. The event includes a 50 item Round One test and a notebook or portfolio with documentation.
<b>Teamwork Events</b>	
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 portfolio of activities and a presentation to a panel of judges.
HOSA Bowl	Teams of 3-4 HOSA members take a 50-item multiple-choice test on HOSA knowledge, parliamentary procedure and medical knowledge. Teams then advance to the 2 <sup>nd</sup> round where they play in a tournament by ringing a buzzer before the other team and correctly answering the most questions.
Health Education	This event involves a team of 2-4 members who select a health-related concept or instructional objective, then prepare a lesson, provide instruction, and evaluate results.
Parliamentary Procedure	Teams of 5-8 members learn about parliamentary procedure. In Round 1, they take a 50-item test & in Round 2 they conduct a business meeting, addressing the motions in a secret problem.
Creative Problem Solving	Teams of 3-4 members will take a test of 50 items. Top-scoring teams will continue to the problem-solving round where they are given a secret problem related to a health issue. Solutions are then presented to a panel of judges.
Biomedical Debate	Teams of 3-4 members will participate in a debate-like format. The new topic of debate will be announced annually. Round One is a 50-item test.
Health Career Display	Teams of 2 competitors shall develop a visual display of a specific career in health and may present their findings to judges.
Forensic Medicine	Tests and forensic medicine case studies—oh my! Try your hand at both in this event. Round One is a 50 item test. This is a team event for 2 people.
Public Service Announcement	Teams of 3-6 people will come up with ways to increase awareness or educate the general public on a healthcare issue or service topic that is announced annually.
Medical Innovation	Teams of 2-4 people will create original or look at current Medical Innovations.

## **HOSA Competitive Event Summaries**

### **SECONDARY AND POST-SECONDARY**

<b>Emergency Preparedness Events</b>	
CERT Skills	Community Emergency Response Team includes skills needed to respond to their community's immediate needs in the aftermath of a disaster, when emergency services are not immediately available. Round One is a 50 item test. Competitors are judged on specific CERT skills in Round Two in a simulated scenario.
CPR/First Aid EMT	These skill events are for two-member teams who take a 50 item online test, then work together to demonstrate their skills in a simulated emergency situation.
*Life Support Skills	This event is similar to other skill events such as CPR/First Aid. It is designed for students classified under the provision of the 2004 reauthorized Individuals with Disabilities Education Act (IDEA). No written test is included. Competitors practice, practice, and practice until they are proficient in all the skills in the event guidelines.
Epidemiology	This event is a 50-item test and a case study relating to epidemiology – the study of the effects of health and disease in populations.
MRC Partnership	This event encourages HOSA members and chapters to develop a partnership with the Medical Reserve Corps. Competitors present their involvement in a portfolio and presentation.
Public Health	Teams of 2-6 members develop a presentation to educate the public on the specific topic. National HOSA selects this topic every year.

<b>Recognition Events</b>	
HOSA Chapter Reflection	Chapters plan activities all year following the areas in the guidelines, and then create a scrapbook that contains proof of those activities.
Healthcare Issues Exam	This event is a 50-item test. It measures a HOSA member's knowledge of current health issues. All members who reach a mastery level are awarded certificates of achievement.
National Service Project	Does your chapter want to learn more and do more for another Healthcare organization? Look for this year's service organization on the national website. All chapters who participate are recognized.
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 print or electronic newsletter or website. Chapters who meet the requirements will be awarded a Certificate of Excellence.
Outstanding State Leader	This event is designed to honor one leader from each HOSA state association in recognition of the member's commitment to HOSA and outstanding leadership. Each state will determine the criteria and selection process.
MRC Volunteer Recognition	This event is IN ADDITION to the MRC Partnership event. While MRC Partnership is a team competition, this event is an individual recognition opportunity for all chapter members who engage in activities, meetings and service with their local MRC.