

California HOSA

Quick Guide for Competitive Events

This is an overview of the events offered by Cal-HOSA and by no means replaces the event details as presented in the National HOSA Handbook, Section B (www.hosa.org)

Health Science Events

Dental & Medical Spelling- Competitors orally spell words as related to the occupation. It is similar to a spelling bee.

Dental & Medical Terminology- Competitors take a written test identifying terms as related to the occupation.

Knowledge tests- Competitors take written tests based on one of the following: Human Growth & Development, Pathophysiology, Concepts of Health Care, Pharmacology, or Nutrition.

Medical Math- Competitors take a written math test based on medical situations. The metric system is part of the test.

Health Professions Events

Administrative Medical Assisting—Competitors demonstrate two or three skills related to AMA. Scenarios can include telephone techniques, completing insurance forms, filing, patient information data entry, and coding.

Clinical Nursing—Competitors demonstrate two or three skills related to Vocational Nursing. Scenarios can include administration of IM/SC injection, tracheotomy care, changing a sterile dressing, urethral catheterization, or NG irrigating.

Dental Assisting—Competitors demonstrate two or three skills related to Dental Assisting. Scenarios can include preparing the patient, mounting dental radiographs, preparing alginate impressions, or identifying instruments.

Medical Assisting - Clinical—Competitors demonstrate two or three skills related to Medical Assisting. Scenarios can include wrapping items for autoclaving, obtaining a medical history, vital signs, positioning a patient, or application of gloves.

Nurse Assisting—Competitors demonstrate two or three skills related to NA. Scenarios can include hand washing, making an occupied/ unoccupied bed, positioning the patient, transferring the patient, vital signs or intake and output.

Sports Medicine--- Competitors demonstrate two skills related to Sports Medicine. Scenarios can include flexibility and stretching demonstration as well as taping procedures.

Emergency Preparedness Events

CPR/ First Aid—A 2 member team demonstrates 2 – 3 skills as related to CPR and First Aid. Scenarios can include one and two man adult, child or infant CPR or obstructed airway, and the first aid scenario being a bleeding victim, fractures, or burns,

Leadership Events

Extemporaneous Health Poster—Competitors create a poster related to HOSA or Health Science Education curriculum competencies such as “Hand Hygiene – Preventing the Spread of Infection”.

Extemporaneous Speaking- Competitors have 10 minutes to prepare a 2-4 minute speech related to any current health issue of HOSA such as “Teens and Smoking”..

Extemporaneous Writing—Competitors write an essay at the competition based on any topic related to Health Science Education or HOSA such as “HOSA: A Contributing Member of the Healthcare Community”.

Job Seeking Skills—Competitors submit a resume to Cal-HOSA Headquarters before the conference. At the conference they complete an application form and take part in an interview.

Medical Photography – Competitors analyze health careers through the use of digital photography and use technology in editing and presenting digital pictures.

Prepared Speech—Competitors develop and present a five-minute speech related to the current national theme. Please check HOSA .org for this year’s current theme.

Research Persuasive Speaking—Competitors write an essay & develop a speech in which they must take a stand, either in favor of or opposed to a health related issue. Examples could be “The Sale of Junk Food & Soft Drinks in Public Schools”.

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Teamwork Events

Biomedical Debate— A team of 3-4 competitors debate another team in either the affirmative or negative, based on random selection. An example topic would be “Disaster Preparedness: Is U.S. health care system prepared to effectively respond to widespread biological disasters?”

Career Health Display— A team of 2 competitors develop a visual display of a specific career or cluster of careers in health care. They are judged on the visual display, their presentation, and their ability to communicate the career information to others.

Community Awareness— A team of 2-4 competitors select a service project designed to raise community awareness of health-related issues of local, state, or national interest. A notebook documenting the project/activities is presented.

Creative Problem Solving— A team of 3-4 competitors are given a potential problem related to a health care issue or HOSA. The teams have 30 minutes to analyze the problem and 10 minutes to present their solution.

Health Education— Teams of 2-4 competitors select a health-related concept or instructional objective, and then prepare a lesson, provide instruction, and evaluate results.

HOSA Bowl— A team of 3-4 competitors compete against another team giving appropriate responses to items presented by a moderator. The questions are related to medical terminology, HOSA facts, Parliamentary Procedure, & medical history.

Medical Reading— A team of 3 competitors must each answer five questions and then as a team answer five additional questions pertaining to the five selected books for the current year.

Recognition Events

Kaiser Permanent Health Care Issues Exam – Competitors take a 100 question written test based on the current years’ health care issues. Periodical readings are recommended.

National Recognition Program – competitors complete a personal portfolio based on specific criteria.

National Service Project – Chapters document their service projects that they worked on during the year. The project is based on the national HOSA service project.

Outstanding HOSA Chapter— Is a scrapbook prepared by a chapter describing the yearly chapter activities consistent with the purpose of HOSA.

Honor Roll Member – A member must submit a transcript, resume of HOSA activities, and a personal statement to headquarters with registration materials.

National HOSA Week – The chapter must complete the HOSA week application form and send it to headquarters with registration.