



HOSA Competitive Events at a Glance 2016-17 Version

*****Please be advised that Cal-HOSA does not do all competitions that are done at the National level

Health Science Events

Dental Terminology- Competitors take a written test identifying terms as related to the occupation. [Online](#)

Knowledge Tests- Competitors take a written tests based on the following: Behavioral Health, Human Growth & Development, Medical Law and Ethics, Pathophysiology, Pharmacology, Transcultural Health Care or Nutrition. [Online](#)

Medical Math- Competitors take a written math test based on medical situations. The metric system is part of the test. [Online](#)

Medical Reading- Competitors will read five designated medical books and take a written 50 question exam with 1 tie breaker essay question. [Online](#)

Medical Spelling- Competitors orally spell word related to the occupation, similar to a spelling bee, must take a written test to qualify. [Test online, second round at the SLC.](#)

Medical Terminology- Competitors take a written test identifying terms as related to the occupation. [Online](#)

Health Professions Events

Biomedical Laboratory Science- Students take a 50 question multiple choice test and demonstrate two or three skills related to Biotechnology. Scenarios include: Identifying lab instruments, Infection Control, Inoculate and streak an agar plate, using a microscope, ABO grouping, Gram Stain, and Fecal Occult Blood. [Test online, second round at the SLC.](#)

Clinical Nursing- Students take a test and demonstrate two or three skills related to VN. Scenarios include administration of IM/SC injection, sterile dressing, urethral catheterization, irrigation of an NG tube. [Test online, second round at the SLC.](#)

Dental Science- Students take a test and demonstrate two or three skills related to Dental Science. Scenarios include preparing the dental treatment room, seating the dental patient, dismissing the dental patient, patient education, preparing for an alginate impression, or pouring an alginate impression and identification of instruments. [Test online, second round at the SLC.](#)

Medical Assisting- Students take a test and demonstrate two or three skills related to Medical Assisting. Scenarios include telephone techniques, complete insurance form, alphabetical filing, wrap items for autoclave, obtain medical history, position/drape in horizontal recumbent/Sims/Fowlers/Prone position, or put on sterile gloves. [Test online, second round at the SLC.](#)

Nurse Assistant- Students take a test and demonstrate two or three skills, related to NA. Scenarios include hand washing, making an occupied/unoccupied bed, positioning the patient, transferring the patient, vital signs or intake and output. [Test online, second round at the SLC.](#)

Sports Medicine- Students take a test and demonstrate two or three skills related to SM. Scenarios include Flexibility exercises, Assessment, Assess ROM and Strength Testing of Shoulder, Assess ROM and Strength Testing of Ankle and Foot, Taping of ankles, arch, elbow and thumb. [Test online, second round at the SLC.](#)

California HOSA-Future Healthcare Professionals

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Emergency Preparedness

CERT SKILLS - This event will consist of two rounds of competition for a 2-person team. Round One is a written, multiple-choice test of knowledge and understanding. The top scoring teams will advance to Round Two for the performance of selected skill procedure(s) identified in a written scenario. The scenario will require the use of critical thinking skills. The performance will be timed and evaluated according to the event guidelines. conditions, triage, head-to-toe assessment, or lifts and carries. **Test online, second round at the SLC.**

CPR/First Aid - The 2-member team takes a test and demonstrates 2 to 3 skills related to CPR/First Aid. Scenarios include severe bleeding and shock, choking, compound fracture and splinting, severe burns, heat-related emergency, adult BLS/CPR, or adult BLS with AED. **Test online, second round at the SLC.**

EMT- Students take a 50 question multiple choice test and demonstrate two or three skills related to EMT. Scenarios include: Patient Assessment, Trauma or Medical, BVM Ventilation, Immobilization/Splinting, Bleeding Control/Shock Management, Cardiac Arrest Management/AED. **Test online, second round at the SLC.**

MRC Partnership- A team of 2-6 competitors will initiate and maintain a partnership with their local MRC. The students will participate in activities that strengthen public health, improving local preparedness, response and recovery capabilities and build community resilience. The students will document activities in a portfolio. **(NEW)**

STEMPremier requirement.

Public Health- A team of 2-6 members select a topic of public health concern and create an **effective, dynamic and creative** public health presentation. **2016-2017 TOPIC: *Combating Zika and Future Threats - What is the best way to detect and respond to this emerging disease?***

Leadership Events:

Extemporaneous Health Poster - Competitors create a poster related to HOSA or Health Science Education curriculum competencies. A secret topic will be revealed at the event.

Extemporaneous Writing – Students write an essay based on any topic related to Health Science Education or HOSA. A secret topic will be revealed at the event.

Healthy Lifestyles – Students will take a multiple choice test that will assess content knowledge of health literacy topics. Each competitor will set a personal goal and maintain a Healthy Lifestyle Notebook. Student should then be prepared for a six-minute interview with judges to review their personal goal and progress towards reaching this goal. **Test online, second round at the SLC.**

Job Seeking Skills – Competitors submit a resume and complete an appropriate application form. A receptionist screens the applicants and judges interview the competitor. **STEMPremier requirement.**

******Interviewing Skills**- *Submit a* completed form from the appropriate school official stating that the competitor is classified under the provisions of IDEA 2004. This competition will be conducted following JSS with judges interviewing the competitor.

Health Career Photography – Students analyze health careers with digital photography and use technology in editing and presenting digital pictures. **STEMPremier requirement.**

Prepared Speech – Competitors develop and present a five-minute speech related to the **2016-2017 Topic: *Leadership – Service – Engagement***

******Speaking Skills**- *Submit a* completed form from the appropriate school official stating that the competitor is classified under the provisions of IDEA 2004. Competitor will follow the guidelines and prepare a 5-minute speech. This competition will be judged along with competitors in PS.

Research Persuasive Writing and Speaking – Students write a paper and develop a speech in which they either must take a stand, in favor or opposed to a health related issue. **2016-17 TOPIC: *Prescription Painkiller Abuse: Who's at Fault? Smartphone Addiction: A Problem or a Sign of the Times*** **STEMPremier requirement.**

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Teamwork Events

Biomedical Debate – Each member of a 3 – 4-member team will take a written test in Round One. During Round Two the team will debate another team in either the affirmative or negative, based on random selection. **2016-17 TOPIC: *America has the best health care system in the world.*** *Test online, second round at the SLC.*

Health Career Display – A team of 2 competitors develop a visual display of a specific career or cluster of careers in health. They will be judged on their ability to present themselves and communicate the career information to others.

Community Awareness – A team of 3 – 4 students select a service project designed to raise community awareness of health-related issues of local, state and or national interest. A notebook that documents & explains the project/activities is presented.

Creative Problem Solving – A team of 3 – 4 members are given a potential problem related to health care or HOSA issue. The team has 30 minutes to analyze the problem and 10 minutes to present their solution. *Test online, second round at the SLC.*

Forensic Medicine – This event will involve two rounds of competition. Round One will consist of a written test to evaluate the team's understanding of forensic medicine. The top scoring teams will advance to Round Two and will be given a case study related to forensic medicine. Encourages Health Science students to analyze careers in forensic medicine and to work as a team to apply their knowledge and skills in creating a solution to a forensic medicine-related problem. *Test online, second round at the SLC.*

Health Education – A team of 2-4 members select a health-related concept or instructional objective, then prepare a lesson, provide instruction, and evaluate results.

HOSA Bowl – Each member of a team of 3 - 4 students will take a 50 question multiple-choice written test as Round One, in subsequent rounds the team competes against another team giving appropriate responses to item presented by a moderator. The questions are related to medical terminology, HOSA facts, Parliamentary Procedure, & medical history. *Test online, second round at the SLC.*

Medical Innovations- A team of 2-4 members develop a visual display or demonstration of a medical innovations to be presented to the judges. Competitors are judged on their understanding and insight into the use and value of the medical innovation, as well as their ability to present themselves and communicate the use of a medical innovation.

Public Service Announcement -Encourages health science students to analyze the public's understanding of a healthcare issue, and to use technology to produce a public service announcement that informs the community about an important healthcare issue, **2016-2017 Topic: *My Preparedness Story: Staying Healthy and Resilient!*** **STEMPremier requirement.**

Recognition Events

Barbara James Award – This award seeks to recognize individual HOSA members with a commitment to community service.

HOSA Chapter Reflection – A scrapbook is prepared by a chapter describing the yearly chapter activities consistent with the purpose of HOSA. A representative is present and available for consultation. HOSA week has been included in the guidelines for HCR. Formally called Outstanding HOSA Chapter.

HOSA Happenings: Multimedia Chapter Communication Event – Encourages HOSA chapters to share their activities and professional learning through chapter print or electronic media.

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Health Care Issues Exam – The HOSA member take a 50-question exam on the health care issues during the last year. Resources provided. **Online**

National Service Project – The chapter provides evidence of participation in the national service project for that year. This year the service project is: (NAMI) National Alliance on Mental Illness. The chapter must use the HOSA activity tracking system.

Outstanding State Leader - Each state will be permitted to nominate one state leader. Typically, this is a recent or current state officer. A summary report must be completed and submitted for eligibility.

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