



HOSA Virtual Regional Competitive Events (RCE) and State Leadership Conference (SLC) at a Glance
Middle School 2024-25 Version
Refer to 2024-2025 Important Dates Calendar at [Cal-HOSA](#)

THE REGIONAL COMPETITIVE EVENTS PROGRAM

- You must compete at the RCE to qualify for SLC competitive events
- This is the first time to take the Regional online test
- The first time to upload required materials to the Digital Upload System

THE STATE LEADERSHIP CONFERENCE

- You must qualify for SLC competitive events (from RCE)
- The second time to take the online test. You must take the test again to qualify for in-person skills testing
- The second time to upload improved required materials to the Digital Upload System
- All items uploaded on the Digital Upload System are pre-judged virtually before SLC
- Time to complete in recognition events
- Opportunities to network and attend leadership workshops/activities

NOTE: For RCE and SLC, please refer to special instructions at [Cal-HOSA.org](#). New HOSA Guidelines can be accessed on the backside of special instructions.

[Middle School Guidelines](#)

TESTING: Refer to Cal-HOSA Special instructions on the Cal-HOSA website for dates/times and/or the important dates calendar for online testing.

Both RCE and SLC tests will be taken online at local chapter school sites with proctors.

DIGITAL UPLOAD SYSTEM: Many events require materials to be uploaded to the [Digital Upload System](#). [Competitive Events Requiring Uploads](#). Refer to Cal-HOSA Special instructions on the Cal-HOSA website for dates/times and/or the important dates calendar for digital upload dates. **Remember they are different from ILC dates!** If the required materials are not uploaded for RCE, judges will not be able to judge anything, and competitors will not qualify for SLC. Check to make sure the upload will open. Only ONE team member must upload to the Digital Upload System.

The following are events offered for CAL-HOSA for RCE and SLC for Middle School Students. For descriptions and rubrics see HOSA guidelines. Please check the guidelines for the 2024-2025 official references that have been added, updated, and or retired. Any special updates and or changes are noted in **RED**. Also see HOSA's [Competitive Events Update](#). [Check out Competitive Event-Samples](#).

HEALTH SCIENCE

The following online testing events are offered for RCE and SLC. Students take online tests related to health education subjects.

Foundations of Medical Reading
Foundations of Nutrition
Math for Health Careers

Foundations of Medical Terminology
Health Career Exploration

HEALTH PROFESSIONS

For the following event, students take an **online test** for RCE to qualify to take the **online test** for SLC. Advisors will be notified on a secure website which students have qualified to take the SLC test. From the State **online testing**, the top students will be eligible for round 2 skills. These qualifiers will be given appointment times or bus departure times for in-person skills evaluation in Sacramento.

Foundations of Veterinary Science—Skills performance assessment such as identification of companion animal breeds/species, wound care for abrasions, pad wound care, or tick removal (on either DOG OR CAT).

EMERGENCY PREPAREDNESS

For the following event, students take an **online test** for RCE to qualify to take the **online test** for SLC. Advisors will be notified on a secure website which students have qualified to take the SLC test. From the State **online testing**, the top students will be eligible for round 2 skills. These qualifiers will be given appointment times or bus departure times for in-person skills evaluation in Sacramento. The competitors will be given appointment times or bus departure times for in-person skills evaluation in Sacramento. There is no online test for Public Health, however, there are digital upload requirements.

NEW Life-Threatening Situations—Skills required for competitors to handle emergencies until trained assistance arrives. Skills performance assessment such as call 911, stop the bleed, position the unconscious injured, or response to a violent situation.

Public Health—2024-2025 TOPIC: *Our Epidemic of Loneliness and Isolation: Social Disconnection - A Public Health Concern*. Teams (2-6 competitors) competitors will research and deliver a presentation to their community on the above topic. Teams will upload the required materials for RCE- **NEW- a short 3-minute presentation to convince the judges of the power and effectiveness of the team's community presentation**. Those who qualify for SLC will upload the required materials again to be pre-judged. The top team will present to the judges in Sacramento.

LEADERSHIP EVENTS

Extemporaneous Health Poster—Competitors are given a secret topic based on HOSA or Health Science Education. A secret topic will be given in a ZOOM for RCE. Those who qualify for SLC will create a poster in-person in Sacramento.

Healthy Living—Each competitor will focus on one personal healthy lifestyle goal and document his or her efforts in a personalized portfolio. For RCE, competitors will take an online test and those who qualify for SLC will take another test. Competitors should be working on their portfolio during the year and if qualified from the SLC test, competitors will present to the judges in Sacramento.

Prepared Speaking–2024-2025 Topic: *Powered by the People*. This competitive event requires competitors to develop a speech related to the selected topic. Competitors will upload a video of their speech for RCE. Those who qualify for SLC will be given an appointment time for their prepared speech presentation that will be in person in Sacramento.

Speaking Skills– ([IDEA/IEP verification required](#)) 2024-2025 Topic: *Powered by the People*. This competitive event requires competitors to develop a speech related to the selected topic. Competitors will upload a video of their speech for RCE. Those who qualify for SLC will be given an appointment time for their prepared speech presentation that will be in person in Sacramento.

TEAMWORK EVENTS

Dynamic Decisions–Teams (2-6 competitors) Competitors will take the online test for RCE to qualify for SLC. SLC has two rounds-Round One will consist of the online test, and the score will be used to qualify the team for the in-person Round Two. Teams who qualify are given a potential problem (secret topic) related to HOSA, the health community, or a specific health issue. They will analyze the problem and at the end of the preparation time, teams will present their solution to judges.

Exploring Medical Innovation–Teams (2-4 competitors) Teams learn about a medical innovation and describe how this innovation has impacted health or healthcare delivery. For RCE teams will upload the required materials **NEW In PowerPoint format the digital upload should show and explain how the exhibit will be organized and serve as a guiding plan for the exhibit. Think of it as the “outline” for what the physical exhibit will look like. It is the planning you do to create your exhibit. Please refer to the guidelines for description of required slides.** Those who qualify for SLC will upload the required materials again to be prejudged. The teams who qualify will present their innovation to the judges in Sacramento. There will be a showcase, and teams must be present, or points can be deducted.

Foundations of HOSA Bowl–Teams (4 competitors) Competitors will take the online test for RCE to qualify for SLC. Those teams who qualified will take the online test for SLC and this online test will determine the top scoring teams who will compete in round two. Teams compete by giving appropriate responses to items presented by a moderator in a “buzzer style” round. Questions can be health-related, parliamentary procedures, or HOSA trivia and may be in the form of questions, incomplete statements, definitions, and/or multi-answer items.

Health Career Display– Teams (2 competitors) will research a healthcare career of their choice and display their information on a tri-fold board. Teams will upload the required materials for RCE- **NEW-In PowerPoint type format. The digital upload should show and explain how the display board will be organized and serve as a guiding plan for the display. Think of it as the “outline” for what the physical display board will look like judged. Please refer to the guidelines for description of required slides.** The top teams who qualify must upload again for SLC for pre-judging. The top teams will present their physical board to the judges in Sacramento. There will be a showcase, and teams must be present, or points can be deducted.

Health Education–Teams (2-6 competitors) select a health-related concept or instructional objective, then in a portfolio include how they prepared a lesson, provided instruction, and evaluated results. Competitors will upload the required materials for RCE and those who qualify for SLC will upload the required materials again to be pre-judged. Competitors who qualify will present to the judges in Sacramento.

RECOGNITION EVENTS

America's Blood Centers and HOSA Blood Drive

America's Red Cross Volunteer Service

HOSA Happenings, Barbara James Award

HOSA Service Project-BE THE MATCH

Emotional Well-Being Challenge- (For this event, the top three students will be recognized at SLC with medals. However, per the HOSA guidelines, it is an ILC recognition event only and therefore all students attending ILC can compete in this event regardless of whether they competed or placed in this event at SLC). For SLC one member of the team must upload the required digital upload to be pre-judged. The top 10 teams will have an interview with judges in Sacramento.