



**HOSA Virtual Regional Competitive Events (RCE) and State Leadership Conference (SLC) at a Glance**  
Secondary/Postsecondary/Collegiate  
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 and ATC testing
- 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.

**[SECONDARY/POST-SECONDARY/COLLEGIATE 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](#). [Events requiring uploaded materials](#). 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 Secondary, Postsecondary, and Collegiate 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. Students take online tests related to health education subjects. Any special updates and or changes are noted in **RED**. Also see HOSA's [Competitive Events Update](#). [Check out Competitive Event-Samples](#).

# HEALTH SCIENCE EVENTS

The following online testing events are offered for RCE and SLC.

**Behavioral Health**

**Medical Math**

**Nutrition**

**Medical Law and Ethics**

**Medical Reading (based on the current book list)**

**World Health and Disparities- (New name for Cultural Diversity and Disparities in Healthcare)**

**Dental Terminology**

**Medical Spelling**

**Pathophysiology**

**Human Growth and Development**

**Health Informatics**

**Medical Terminology**

**Pharmacology**

## HEALTH PROFESSIONS

For the following events, 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 **online test** for SLC. From the State online testing, the top students will be eligible for round 2 skills. These top students will be given appointment times or bus departure times for in-person skills evaluation in Sacramento.

**Biotechnology**—Skills performance assessment such as using micro-pipets, transfer pipets, and a balance, set up restriction digestion reaction, DNA gel electrophoresis, DNA gel interpretation, Bradford protein quantitation assay, bacterial transformation, calculation of transformation efficiency, or qualitative ELISA.

**Clinical Laboratory Science**—Skills performance assessment such as instrument identification, infection control and transmission-based precautions, inoculating and streaking an agar plate, using a microscope, ABO grouping, preparing or staining a blood film or smear, or physical examination of urine.

**Clinical Nursing**— Skills performance assessment such as medication administration (intramuscular, subcutaneous, or intradermal), inserting an NG tube, urethral straight catheterization, performing sterile wound irrigation, performing post-mortem care of the body, assisting the patient with post-operative exercises, prophylaxis for the eyes of the neonate, or donning and doffing PPE.

**Dental Science**—Skills performance assessment such as dental instrument identification, assembly and disassembly of a local anesthetic syringe, seating, preparing, and dismissing a patient for a basic dental exam, cleaning and disinfecting a treatment room, patient education (brushing and flossing), preparation, manipulation, delivery, and handling of Alginate impressions, treatment of a contaminated tray in the sterilization center, or donning and doffing PPE.

**Medical Assisting**—Skills performance assessment such as performing a telephone screening, receiving a new patient and creating an electronic chart, obtaining and recording a patient health history, measuring height and weight, preparing/assisting with a routine physical exam, screening for visual acuity, test urine with reagent strip, or sterile gloving.

**Nursing Assisting**—Skills performance assessment such as handwashing, donning and doffing a full set of PPE, making a closed bed, making an occupied bed, admitting a patient, transferring a patient with a specified disability from a bed to a chair/wheelchair, measure and record vital signs, or caring for an ostomy.

**Pharmacy Science**—Skills performance assessment such as patient screening for pharmacist consultation and services, verifying controlled substance prescription content and DEA number, withdrawing liquid from a vial, compounding an oral suspension, filling a prescription, aseptic garbing, hand washing and gloving, or identifying equipment.

**Phlebotomy**—Skill performance assessment such as handwashing, tourniquet application, routine ETS venipuncture-including order of draw, steps to follow if a patient starts to faint during venipuncture, heel puncture, accidental arterial stick, 24-hour urine collection or **new-venipuncture using a butterfly and evacuated tube adaptor**.

**Physical Therapy**—Skill performance assessment such as ambulating with a transfer (gait) belt, ambulating with a walker, ambulating with a cane, ambulating with crutches, passive range of motion, cold application with an ice bag, transfer from supine to sitting position, or donning and removing transmission-based isolation garments.

**Sports Medicine**—Skill performance assessment such as anatomical landmark identification, joint action, maximum range of motion identification, or taping/wrapping (ankle/inversion, Achilles tendon, shoulder spica, or wrist/hand-circular wrist/figure eight).

**Veterinary Science**—Skills performance assessment such as preparation of the operative site, lifting and restraining a dog, identifying instruments/equipment, simple fecal flotation, identification of companion animal breeds/species, wrapping a surgical pack, or preparing a feline to obtain a temperature.

## EMERGENCY PREPAREDNESS

For the following events, 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 **online test** for SLC. From the State online testing, the top students will be eligible for round 2 skills. These top students will be given appointment times or bus departure times for in-person skills evaluation in Sacramento.

There are no online tests for Mental Health Promotion or Public Health, however, there are digital upload requirements.

**CERT SKILLS**—Teams (2 competitors) skills performance assessment such as treating life-threatening conditions, head-to-toe assessment, lifts and carries, splinting a closed fracture, **or new-SALT triage**.

**CPR/First Aid**—**New rating sheets for administration of auto-injected EpiPen and naloxone**. Teams (2 competitors) skills performance assessment such as controlling severe bleeding and treating shock, open fracture care and splinting, treating severe burns or heat-related emergencies, administer **auto-injected EpiPen**, administer naloxone (Nasal Spray NARCAN), one- and two-person Adult BLS/CPR with AED, or infant BLS/CPR or choking.

**EMT**—Teams (2 competitors) skills performance assessment such as patient assessment (trauma or medical), BVM ventilation: apneic adult patient, joint immobilization/long bone immobilization, bleeding control/shock management, cardiac arrest management/AED, oxygen administration by non-rebreather mask. administer **auto-injected EpiPen**, administer naloxone (Nasal Spray NARCAN).

**Epidemiology**—Online test only.

**Mental Health Promotion**— Teams (2-6 competitors) will create and publish a social media campaign for their peers centered on building and promoting protective factors around a selected mental health topic. Teams will upload the required materials for RCE and those who qualify for SLC will upload the required materials again to be pre-judged. The Top teams will present to the judges in Sacramento.

**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 teams who qualify will present it to the judges in Sacramento.

# LEADERSHIP EVENTS

**Extemporaneous Writing-Health Policy**–Competitors will write a letter to an assigned health policymaker in support of or opposition to a given secret topic. A secret topic will be given on a ZOOM for RCE and competitors will upload their letter to the Digital Upload System. Those who qualify for SLC will write their letter in-person in Sacramento. (Competitor responsible for bringing a battery powered laptop)

**Health Career Photography**–Competitors analyze three different health careers with digital photography using technology in editing and presenting their digital pictures. Competitors will upload the required materials for RCE and those who qualify for SLC will upload the required materials again to be pre-judged. The competitors who qualify will present to the judges 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 online 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.

**Interviewing Skills**– ([IDEA/IEP verification required](#)) Competitors prepare a personal statement and resume. Competitors must upload these items for RCE and those who qualify for SLC will upload the required materials again to be pre-judged. The competitors who qualify will participate in a mock job interview in Sacramento.

**Job Seeking Skills**– Competitors prepare a personal statement and resume. Competitors must upload these items for RCE and those who qualify for SLC will upload the required materials again to be pre-judged. The competitors who qualify will participate in a mock job interview 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. RCE-upload a video of the speech for prejudging. 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. RCE-upload a video of the speech for prejudging. Those who qualify for SLC will be given an appointment time for their prepared speech presentation that will be in person in Sacramento.

**Organizational Leadership**–**SLC Only**- If a student is interested in being a voting delegate for ILC they must take this test during online testing for SLC. If a competitor is running for State Officer, they must take this test during online testing for SLC.

**Research Persuasive Writing and Speaking**–**Topic for 2024-2025: *Should GLP-1 agonists have open access for anyone who wishes to use it?*** Competitors develop a speech and written paper, either for or against, the annual health topic. Competitors must upload the written paper for RCE. Those who qualify for SLC must upload the paper again for pre-judging. Those who qualify will be given an appointment time for the speech presentation that will be in person in Sacramento.

**Research Poster**–Competitors pose a research question surrounding a chosen topic, research the topic, and develop a research poster displaying their findings. Competitors must upload the poster template and design for RCE. Those who qualify for SLC must upload the poster template and design again for pre-judging and also print the poster to be brought to SLC. Those who qualify will be given an appointment time for their presentation that will be in person in Sacramento.

# TEAMWORK EVENTS

**Biomedical Debate**–The 2024-2025 Topic: *The government should regulate social media use for people age 17 and under.* Teams (3-4 competitors) will debate the pros or cons of the above topic. 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-the in-person debate in Sacramento.

**Community Awareness**–Teams (2-6 competitors) select a service project designed to raise community awareness of health-related issues of local, state, and or national interest and develop a portfolio. The team presents the community campaign to a panel of judges, using the portfolio as documentation of their accomplishments. Teams must upload the portfolio for RCE. Those who qualify for SLC must upload the portfolio again for pre-judging. Teams who qualify will be given an appointment time for their presentation that will be in person in Sacramento.

**Creative Problem Solving**–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 in Sacramento.

**Forensic Science**–Teams (2 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 case study to analyze that may include physical evidence and written information such as police reports and an autopsy. Teams will have six (6) minutes to view the “crime scene” and thirty (30) minutes to write their conclusions with supporting evidence. They will document their findings/conclusions to be judged.

**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 portfolio for RCE and those who qualify for SLC will upload the required materials again to be pre-judged. The top teams who qualify will present to the judges in Sacramento.

**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 in Sacramento. 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.

**Medical Innovation**–Teams (2-4 competitors) develop a new medical innovation. An innovation that is their idea and design and one that could lead to an advancement in medicine or the delivery of healthcare. Teams will upload the required materials for RCE *NEW- In PowerPoint type 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 and innovation. 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.

**Public Service Announcement–The 202-2025 Topic: *Brain Health - Now is the Time to Start.***

Teams (2-6 competitors) encourage health science students to analyze the public's understanding of a healthcare issue, based on the topic, and to use technology to produce a public service announcement that informs the community about this important healthcare issue. Teams will upload the required materials for RCE and those who qualify for SLC will upload the required materials again to be prejudged. The participants who qualified will present to the judges in Sacramento.

## **RECOGNITION EVENTS**

The following are offered for **SLC ONLY!** Please check the guidelines for any changes/additions.

**America's Blood Centers and HOSA Blood Drive**

**HOSA Happenings**

**Health Care Issues Exam**

**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.

**America's Red Cross Volunteer Service**

**Barbara James Award**

**HOSA Service Project-BE THE MATCH**

## **ATC TESTING**

These tests are open to any SS/PS students. They are in-person tests. Remember to register for these tests for SLC. The first test is free. The cost of each additional test is \$5.00.