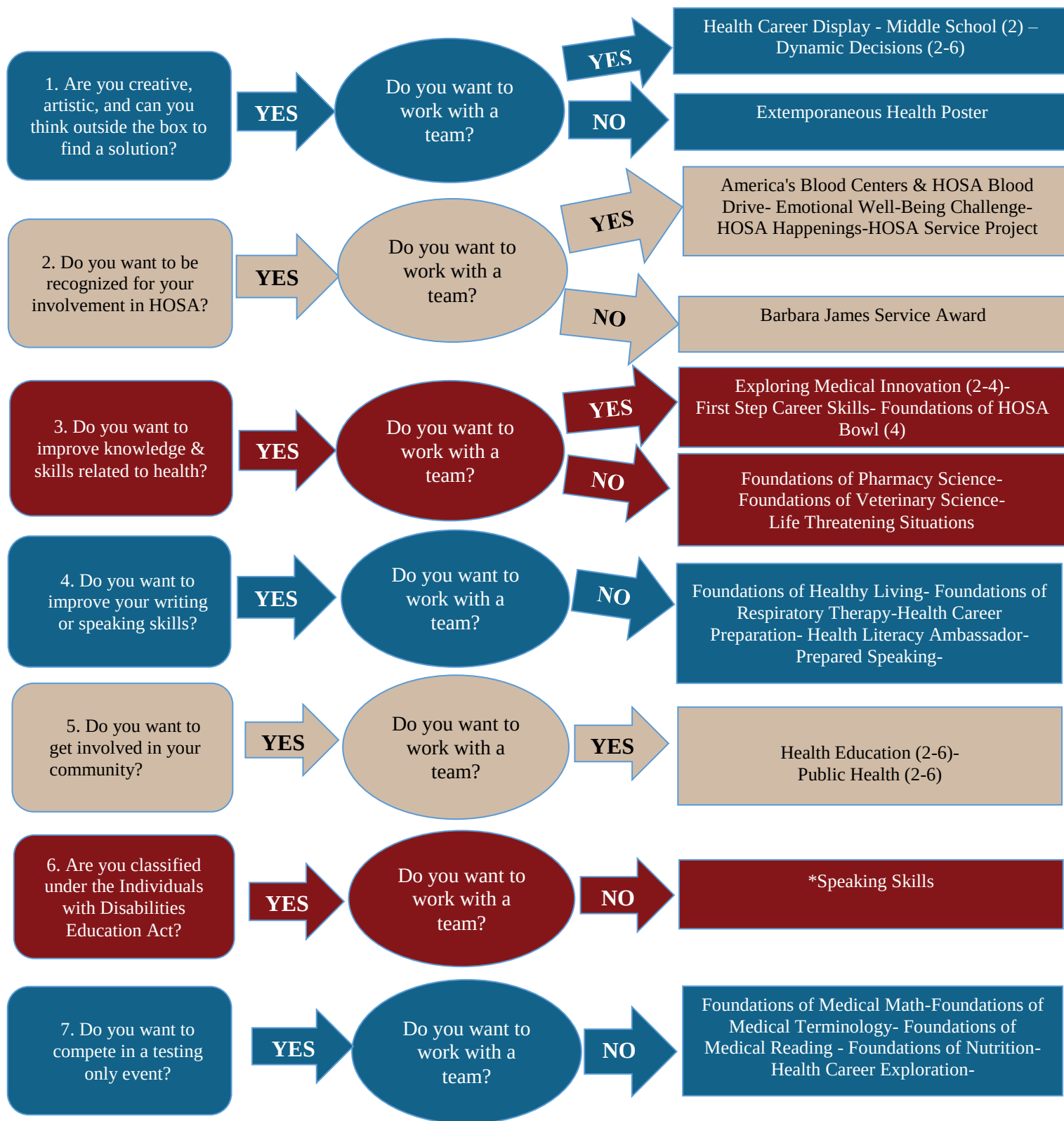




How to Choose a HOSA Competitive Event That's Right For You in Middle School!



HOSA Competitive Event Summaries

MIDDLE SCHOOL DIVISION

Health Science Events	
Foundations of Medical Reading	Competitors read three (3) selected books over the school year. A multiple choice test is taken with one essay tiebreaker. The questions will require the students to apply, analyze, synthesize, and evaluate information from reading the assigned books.
Foundations of Medical Math (formerly <i>Math for Health Careers</i>)	The event is a written test with complex tie breaking questions. It involves math essentials, measurement systems and conversions, calculations and interpreting medical information and data.
Foundations of Medical Terminology- Foundations of Nutrition - Health Career Exploration	These events are written tests. Competitors select an event, then use the resources in the guidelines to study and take the test for competition. Notes may NOT be used in any testing events.
Health Professions Events	
Foundations of Respiratory Science	Competitors will conduct an interview with a Respiratory Therapist and ask questions to help them learn more about the career. Top scoring competitors will advance to Round 2 where they will creatively present what they've learned about Respiratory Therapy with a panel of judges.
Foundations of Pharmacy Science, Foundations of Veterinary Science	Competitors will complete a written test with top competitors advancing to Round 2 where they will perform related skills. Top performers move on to round two, where competitors perform one or more of the skills in the guidelines after being given a mock scenario. Competitors practice, practice, and practice until they are proficient in ALL the skills in the event guidelines. Skill events offer an excellent opportunity to extend classroom learning and to work directly with health professionals in your chosen career field.
Emergency Preparedness Events	
Life Threatening Situations	Individual competitors will complete Round One written test with top competitors advancing to Round 2 where they will demonstrate skills identified in the guidelines for handling a life threatening situation.
Public Health	Teams of 2-6 members develop and record a presentation to educate the public on a specific topic chosen by HOSA-Future Health Professionals annually. Top scoring teams advancing to Round 2 will then present their full community presentation to judges.
Leadership Events	
Extemporaneous Health Poster	Individual competitors in this event have 3 hours to create a poster of a secret health issue/topic using art supplies they bring. The key focus is on the development of the secret topic (health issue) and the quality of information presented.
Foundations of Healthy Living	Competitors complete selected units from the HOSA Healthy Living course developed by NASM and complete a Round One written test. Competitors will then present to a panel of judges what they've learned.
Health Career Preparation	Competitors develop a written statement of interest regarding why they are interested in a healthcare career and participate in an interview with a panel of judges.
Prepared Speaking	This event involves giving a prepared speech to a panel of judges about the annual HOSA ILC chosen 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 annual HOSA ILC chosen theme, similar to Prepared Speaking.
Teamwork Events	
Dynamic Decisions	Teams of 2-6 competitors complete a Round One written test with top teams advancing to Round 2 where they will be given a secret health or HOSA related problem to solve and present their solution to judges.
Exploring Medical Innovation	Teams of 2-4 competitors research an existing medical innovation that has a major impact on the healthcare field. An outline will be digitally shared, an exhibit will be prepared, and top scoring teams advancing to Round 2 will present to judges.
First Step Career Skills	Teams of 2-6 will select a chosen skill set from the guidelines and create a video which role plays how the selected skill set could be demonstrated in a clinical setting. The video will be digitally shared and teams will present their project to judges.

HOSA Competitive Event Summaries

MIDDLE SCHOOL DIVISION

Teamwork Events Cont'd

Health Career Display	Teams of 2 competitors develop a display of a specific career in health, share their plan digitally, and top teams advance to Round 2 where they present their findings to judges.
Health Education	Teams of 2-6 competitors select a health-related concept, then prepare a lesson, provide instruction to an audience, evaluate results, and present their experience to judges.
Foundations of HOSA Bowl	Teams of 4 HOSA competitors take a Round One written test on HOSA knowledge, parliamentary procedure and medical knowledge. Top scoring teams then advance to Round 2 where they compete head to head with another team to correctly answer the most questions.

Recognition Events

America's Blood Centers & HOSA Blood Drive	HOSA Chapters earn recognition for organizing life-saving blood drives in partnership with America's Blood Centers.
Barbara James Service Award	This event provides recognition to individual HOSA members for volunteer service in their community.
Emotional Well-Being Challenge	HOSA teams of 2-6 members work together to develop a project, presentation, and evaluation tool which will be targeted and presented to a specific audience to improve their social emotional wellness.
Health Literacy Ambassador	HOSA members will complete modules to enhance their health literacy skills and the responsible use of credible health information. Upon completion of the module for Level 1, the competitor will be emailed a certificate of completion and instructions to access Level 2.
HOSA Happenings	This event is a multimedia chapter communication event. Chapters tell their story using a media platform of their choice. Chapters who meet the requirements will be awarded a Certificate of Excellence.
HOSA Service Project	Local HOSA chapters plan service projects to support the selected health organization. 2026-2027 Service Organization: <u>NMDP</u>

*These events are for HOSA members classified under the provision of the 2004 reauthorized Individuals with Disabilities Education Act (IDEA).