



Revised  
2018

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# Student Handbook

## WHAT IS HOSA?

HOSA- Future Health Professionals is a career and technology student organization recognized by the United States Department of Education. HOSA provides a unique program of leadership development, motivation and recognition to attract career-minded, qualified students to health care professions. HOSA, TA (Texas Association) is a state charter of National HOSA, consisting of local chapters and members who are currently enrolled in or associated with Health Science Technology Education Programs as conducted by or in secondary and post-secondary/collegiate schools of Texas, or interested in pursuing a career in a medical profession. HOSA students develop essential knowledge and skills that prepare them to explore and pursue a career in health care.

## PURPOSE OF HOSA, TA

The purpose of HOSA, TA is to develop and enhance the knowledge and skills of its members in the following ways:

- A. by assisting local chapters and members in community service activities;
- B. by furthering the development of respect for education in health-related careers to contribute to occupational competence;
- C. by providing opportunities for well-informed career choices among the health occupations;
- D. by developing the leadership abilities of its members through a professional student organization program of motivation, awareness, competition, and recognition;
- E. by encouraging the use of ethical standards in health occupations;
- F. by developing an understanding of current health care issues and an awareness of environmental concerns;
- G. by developing character, promoting responsible citizenship and fostering patriotism; and
- H. by offering opportunities for scholarship recognition; and
- I. by encouraging mental and physical health through participation in beneficial social activities.

# HOSA MISSION

“To enhance the delivery of compassionate, quality health care by providing opportunities for knowledge, skill and leadership development of all health occupations students; therefore, helping the students to meet the needs of the health care community.”

## THE HOSA EMBLEM



The official HOSA emblem was approved by the HOSA, Inc. Board of Director at the 2016 HOSA, Inc. Board of Directors meeting.

- The circle represents the continuity of health care;
- The triangle represents the three aspects of humankind: -- well-being, social, physical and mental; and
- The hands signify the caring of each HOSA member

## HOSA Brand:

HOSA: Future Health Professionals brand was adopted by the HOSA, Inc. Board of Directors, to serve as the marketing face of HOSA. It will be used exclusively on the HOSA website, marketing material and publications.

## HOSA COLORS: Navy Blue, Maroon, Medical White

Navy Blue:	Loyalty to the Healthcare Profession
Medical White:	Purity of Purpose
Maroon:	Compassion of HOSA Members

## HOSA MOTTO: “The Hands of HOSA Mold the Health of Tomorrow”

## THE HOSA CREED:

The HOSA creed was revised at the 2017 HOSA Inc. Board of Directors’ meeting as submitted by Committee for Distinctive Symbols and Terminology. It reads as follows:

**I recognize** the universal need for quality, compassionate healthcare.

**I understand** the importance of academic excellence, skills training, and leadership development in my career pathway.

**I believe** through service to my community and to the world, I will make the best use of my knowledge and talents.

**I accept** the responsibility of a health professional and seek to find my place on a team equally committed to the well-being of others.

**Therefore, I will** dedicate myself to promoting health and advancing healthcare as a student, a leader, an educator, and a member of HOSA-Future Health Professionals.

## **HOW DOES HOSA HELP YOU?**

HOSA activities that are an integral part of the curriculum provide students with the ability to:

1. adapt to inevitable career changes and make realistic career goals;
2. participate in community service activities;
3. manage basic survival skills;
4. build self-esteem;
5. develop enthusiasm for learning and maintain motivation;
6. communicate more effectively;
7. interact with health care and community professionals; and
8. develop workplace readiness skills.

HOSA is not a club or extracurricular activity. Instead, it is a critical component of the Health Science Education Program. It is a learning laboratory that helps students develop the knowledge and skills to successfully pursue a career in health care. Through HOSA experiences students have opportunities to become the best they can be!

## **HISTORY OF NATIONAL HOSA**

At the 1971 American Vocational Association Convention (AVA) in Oregon, a task force was appointed to study student organizations, how they might serve health occupations students and to examine whether a new organization was needed.

On November 4 - 7, 1975, through the leadership of the State Department of Education and Division of Vocational Education in New Jersey, 18 representatives of Alabama, New Jersey, New Mexico, North Carolina, Oklahoma and Texas voted to form the American Health Occupations Education Student Organization - AHOESO.

A Constitutional Convention for AHOESO was convened in Arlington, Texas on November 10-13, 1976.

The delegates and advisors:

1. adopted bylaws which changed the name of the organization to Health Occupations Students of America (HOSA);
2. elected national officers;
3. selected national colors and a motto;
4. made plans for HOSA emblem competition; and
5. set the first national leadership conference for spring 1978 in Oklahoma.

## **HISTORY OF HOSA, TA**

Along with New Jersey, North Carolina and Oklahoma, Texas established its own state association for health occupation education students, TAHOS (Texas Association of Health Occupations Students), in April 1972.

At the third annual conference of the TAHOS in San Antonio, Texas, on March 14, 1975, AVA Vice President Wilma Gillespie presented the keynote address entitled "And There Will Be Others." This message was a challenge to set in motion the activities necessary to seek a national charter.

The state officers of TAHOS met with other officers from five other state health occupations student organizations to plan a national leadership organization; thus, AHOESO was created on November 7, 1975.

At the Constitutional Convention of AHOESO in Arlington, Texas on November 10-13, 1976, the official National Health Occupations Student of America was established with Texas as one of the six founding states.

### **PAST NATIONAL HOSA PRESIDENTS FROM TEXAS**

1979 – 1980	MICHAEL HARRIS
1981 – 1982	DONALD CORK
1995 – 1996	GWYNNE JURRIES
1998 – 1999	LOWELL DORINGO
2008 - 2009	LUIS BAEZ
2014-2015	HUGO QUESADA

### **NATIONAL BOARD CHAIRMEN from TEXAS**

1981 - 1982	DR. JAMES KEETON
1985 – 1986	CHRISTYNE THIELE
1989 – 1990	DR. GERALD HOLMAN
1994 – 1995	MIKE GARCIA
1999 – 2000	KAREN BATCHELOR
2002 – 2003	BELINDA MAHONE

## LOCAL CHAPTER OFFICERS

PRESIDENT \_\_\_\_\_  
VICE PRESIDENT \_\_\_\_\_  
SECRETARY \_\_\_\_\_  
TREASURER \_\_\_\_\_  
HISTORIAN \_\_\_\_\_  
REPORTER \_\_\_\_\_  
PARLIAMENTARIAN \_\_\_\_\_

## MY AREA \_\_\_\_\_ OFFICERS

PRESIDENT \_\_\_\_\_  
VICE PRESIDENT \_\_\_\_\_  
SECRETARY \_\_\_\_\_  
HISTORIAN \_\_\_\_\_  
REPORTER \_\_\_\_\_

## NATIONAL HOSA HEADQUARTERS

548 Silicon Drive Suite 101  
Southlake, Texas 76092  
(800) 321-HOSA (4672) or (972) 874-0062  
FAX: (972) 874-0063  
Web Site: <http://www.hosa.org>  
E-Mail: [hosa@hosa.org](mailto:hosa@hosa.org)

## HOSA SUPPLY SERVICE

Awards Unlimited  
1935 "O" Street  
Lincoln, NE 68510  
(800) 950-3553 or (402) 474-0815  
FAX: (402) 474-3782  
Web site: <http://www.awardsunlimited.com>

# The Official HOSA Uniform

The HOSA uniform shall be worn for all official functions such as: Competitive Events when uniform is specified, official business and Executive Council meetings when representing HOSA in various public relations activities and other related activities.

## Dress Policy

Official HOSA uniform (see below)

OR

- Black or navy blue suit with a white shirt (the white shirt can be the member's choice).
- Closed-toe blue or black shoes (hose optional)
- Male members **MUST** wear a tie.
- Female members may choose to wear knee-length skirt or slacks.

Official HOSA Uniform:

- Tailored navy blazer with emblem affixed over the heart.
- Shirt/blouse for females (white tailored or short-sleeve white jewel neck shell)
- Shirt for males—white closed-neck, man-tailored dress shirt, suitable for use with a tie
- Accent for female members – maroon HOSA scarf or tie is optional but not required
- Accent for male officers - navy or maroon long tie
- matching navy slacks for males and matching navy slacks or skirts for females
- Closed-toe blue or black shoes (hose optional)

Note: A change of dress code requirements for all Area Spring Leadership Conference Opening Sessions has been approved. The accepted options are the following:

- \*Current year school HOSA shirt and black or khaki pants, close-toed shoes (No jeans, sandals or flip-flops) or,
- HOSA uniform or,
- Professional business attire

\*Students who do not have a current year school HOSA shirt should wear either the HOSA uniform or professional attire to the session.

HOSA members are encouraged to take full advantage of the National and Texas HOSA Competitive Events Program, a constantly expanding and improving series of healthcare-related competitive events. HOSA is sponsoring 49 REGULAR Events, 7 Recognition Opportunities. In order to participate in a competitive event, a student must be a secondary or post-secondary/collegiate active HOSA member. The top 3 competitors at the area conference will advance to state competition and the top 3 competitors at state conference will have the opportunity to compete at the national conference. **HOSA members may enter only one competitive event at the International and Texas Leadership Conferences.** In addition, competitors may participate in as many Recognition Events as they wish.

## Health Science Events

- Dental Terminology
- Medical Spelling
- Medical Terminology
- Medical Math
- Medical Reading
- KT - Behavioral Health
- KT - Health Career Exploration (middle school only)
- KT - Human Growth and Development
- KT - Medical Law and Ethics
- KT - Nutrition
- KT - Pharmacology
- KT - Pathophysiology
- KT - Transcultural Health Care

## Health Professions Events

- Biomedical Laboratory Science
- Clinical Nursing
- Clinical Specialty
- Dental Science
- Home Health Aide
- Medical Assisting
- Nursing Assisting
- Personal Care\*
- Pharmacy Science
- Physical Therapy
- Sports Medicine
- Veterinary Science

## Emergency Preparedness Events

- CERT Skills
- CPR/First Aid
- Emergency Medical Technician
- Epidemiology
- Life Support Skills\*
- MRC Partnership
- Public Health

## Leadership Events

- Extemporaneous Health Poster
- Extemporaneous Writing
- Health Career Photography
- Healthy Lifestyle
- Interviewing Skills\*
- Job Seeking Skills
- Prepared Speaking
- Researched Persuasive Writing and Speaking
- Speaking Skills\*

## Teamwork Events

- Biomedical Debate
- Community Awareness
- Creative Problem Solving
- Forensic Science
- Health Career Display
- Health Education
- HOSA Bowl
- Medical Innovation
- Parliamentary Procedure
- Public Service Announcement

## Recognition Events

- Barbara James Service Award
- HOSA Happenings
- Healthcare Issues Exam
- National Service Project
- Outstanding HOSA Chapter
  - HOSA Week Proclamation
  - HOSA Week Ideas
- Outstanding State Leader
- MRC Volunteer Recognition

## Texas Events

- Medical Art Poster
- Blood Drive



# COMPETITIVE EVENTS SYNOPSIS

## Health Science Events

### ***Medical / Dental Terminology***

These events are written tests. They include 100 questions and some tie- breaker questions. The event guidelines contain “test plans” and resources to help the HOSA member in deciding what to study.

### ***Medical Spelling***

Round one of these events is a written test. Students that advance to round two compete in a traditional spelling bee. Competitors must correctly spell a randomly selected word. One miss and you sit. The last remaining competitor wins.

### ***Medical Math***

Competitors learn the conversion table in the event guidelines and then solve math problems to complete a 50 question exam plus tie breaker problems.

### ***Medical Reading***

This event is an individual event. Individual competitors will read all five (5) books and take a written test that will consist of 50 multiple choice questions and five (5) short essay questions.

### ***Knowledge Tests (Human Growth & Development, Nutrition, Pathophysiology, Medical Law and Ethics, Pharmacology, Nutrition and Transcultural Health Care, Behavioral Health, Health Career Exploration)***

These events are 50-100 item written tests. Competitors select one of the knowledge tests to take, study the area using the resources and following the test plan in the event guidelines.

## Health Professions Events

Most events in the category involve a written test and skills performance section related to a specific health career. The written test serves as Round 1 to determine the number of students advancing to the skills procedures.

### ***Biomedical Laboratory Science***

Students will demonstrate knowledge and skills in medical and health care biotechnology careers.

### ***Clinical Nursing***

Competitors develop and apply advanced knowledge and skills in Clinical nursing.

### ***Clinical Specialty***

Each student selects an advanced clinical skill that is not currently offered through competitive events. The student presents a portfolio and then demonstrates the advanced skill.

**Dental Science**

Competitors develop and apply knowledge and skills as a dental assistant in a dental clinical setting.

**Home Health Aide**

Students will demonstrate knowledge and skills as a home health aide.

**Medical Assisting**

Competitors develop and apply use knowledge and skills in a medical clinical setting as a medical assistant.

**Nursing Assisting**

Competitors develop and demonstrate basic entry-level knowledge and skills as a nursing assistant.

**Personal Care**

Competitors apply knowledge and skills in nursing assisting (for students with special needs).

**Pharmacy Science**

Competitors apply knowledge and skills in Pharmacy Science

**Physical Therapy**

Competitors are encouraged to develop and apply knowledge and skills as a physical therapy aide.

**Sports Medicine**

Competitors develop and apply knowledge and skills as athlete trainers in sports medicine.

**Veterinary Science**

HOSA extends its competitions to the animal world as well as human. Competitors use veterinary knowledge and skills in a veterinary clinical setting.

**Emergency Preparedness Events****CPR/First Aid; Emergency Medical Technician**

A two-member team works together to demonstrate their knowledge and skills in a simulated emergency situation.

**First Aid/Rescue Breathing**

Students are given the opportunity to demonstrate knowledge and ability in providing basic first aid and rescue breathing in two emergency situations (for students with special needs)

**CERT**

A two person team working together to demonstrate knowledge and skills they will need to respond to their community's immediate needs in the aftermath of a disaster, when emergency services are not immediately available.

**Public Health**

This event involves a team of 2-4 members who select a topic of public health concern and create an effective public health presentation to educate the public on the chosen topic. Specific topic selection will be based on a category announced annually.

### ***Epidemiology***

This event shall be a written examination of concepts related to the study of epidemiology. Competitors shall be expected to recognize, identify, define, interpret and apply these concepts in a 50-item multiple choice test plus a case study

### ***MRC Partnership***

The purpose of this event is to initiate and/or grow a partnership between a local chapter of the Medical Reserve Corps and HOSA.

## **Leadership Events**

### ***Extemporaneous Health Poster***

Competitors in this event create a visual display of a health care issue/topic using poster board and art supplies. The key focus is on the development of the secret topic (health issue) and quality of information presented.

### ***Extemporaneous Writing***

Competitors are given a secret topic that is health related and have one hour to write an essay on the topic.

### ***Healthy Lifestyle***

The purpose of this event is to provide the Health Science student with an opportunity to learn healthy living concepts and apply their learning to a personal healthy lifestyle goal.

### ***Job Seeking Skills/Interviewing Skills***

In this event competitors write a resume, fill out a job application and then participate in a simulated job interview. (Interviewing skills event is for students with special needs).

### ***Prepared Speaking/Speaking Skills***

In this event competitors will write a speech using the HOSA national theme. They may write an outline of their speech on note cards and then give the speech to a panel of judges. (Speaking skills event is for students with special needs).

### ***Researched Persuasive Writing and Speaking***

This event allows the competitor to take a stand, either for or against one of two selected topics. They research a topic to gather facts to support an opinion, write a paper and then give a speech to a panel of judges. Afterwards, the judges will ask questions on the competitor's position.

### ***Health Career Photography***

In this event competitors will use digital photography to illustrate the health professions. Competitors will photograph three different health professionals, edit the photos using computer software technology and then present the three digital pictures to a panel of judges.

## **Teamwork Events**

### ***Biomedical Debate***

A team of 3-4 students will research an ethical topic. After a preliminary round the top teams debate either the affirmative or negative side, plan their strategy and debate an opposing team.

### ***Health Career Display***

A team of 2 students will research a career in a health occupation. They then create a display that is 3 feet high that will explain the chosen career.

### ***Community Awareness***

This is a community service event. Chapter members work within their community to select a health care issue and then raise community awareness of that issue. The product of the project is a notebook of activities and a presentation of the project.

### ***Creative Problem Solving***

Teams of 3 - 4 members are given a secret problem related to a health issue. They analyze the problem and then present their solution to a panel of judges, who will ask questions about their solution and the problem-solving process.

### ***Forensic Science***

To encourage HOSA members to analyze careers in forensic medicine and to work as a team of 2 members to apply their knowledge and skills in creating a solution to a forensic medicine-related problem.

### ***Health Education***

Teams of 2-4 members plan and conduct a health education project within the community and presents a video and the project before a panel of judges.

### ***HOSA Bowl***

Teams of four HOSA members take a 50 item multiple-choice written test on HOSA facts, parliamentary procedure, medical information and medical history. Top scoring teams advance to a single elimination tournament by ringing a buzzer before the other team and correctly answering the most questions in 10-minute rounds.

### ***Parliamentary Procedure***

In this event, teams of 5 - 8 members learn about parliamentary procedure. For competition, they take a 50 item multiple-choice written test. Then after analyzing a secret problem, they conduct a simulated business meeting, addressing the motions in the secret problem.

### ***Medical Innovation (Existing & Original)***

In this event, teams of 2- 4 members shall develop a visual display and /or demonstration of an aspect of a medical innovation to be presented to the judges. Competitors will be 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 the medical innovation

## **Recognition**

### ***Outstanding HOSA Chapter***

Chapters plan activities all year following the guidelines and then create a scrapbook that contains proof of those activities. A judge evaluates the scrapbook and chapters who meet qualifying points will receive a plaque.

### ***Healthcare Issues Exam***

This event is a 50 item written test. It measures a HOSA member's knowledge of current health care issues. All members who reach a mastery level are recognized.

### ***HOSA Service Project***

Chapters are recognized for supporting the National HOSA Service organization. This year's project is the National Alliance on Mental Illness.

### ***Barbara James Service Award***

This event provides recognition to individual HOSA members for outstanding volunteer service in their community. HOSA members fill out an application that describes their volunteer efforts and are recognized for their achievements.

### ***HOSA Happenings***

Chapters are encouraged to submit a newsletter for recognition at the national level, and for possible inclusion of chapter activities in the National HOSA magazine.

### ***Outstanding State Officer***

Each state will select one outstanding state officer to be recognized at the HOSA National Leadership Conference.

## ***Texas Events***

### ***Medical Art Poster***

Student prepares a poster prior to conference based on a special theme and submits the poster for evaluation.

### ***Blood Drive***

Chapters conduct school or community blood drives throughout the year and submit proper documentation by March 15th. Recognition is given at the state leadership conference for the largest number of units.

## **REASONABLE ACCOMMODATION STATEMENT**

HOSA members with disabilities will be reasonably accommodated in area, state and national competitive events through event modification as a means of providing them an equal competitive opportunity. Such members may be allowed to provide and utilize special equipment that HOSA may not be able to provide. Requests for reasonable accommodation must be indicated on the HOSA Conference Registration Form and submitted by the deadlines dates.