

# Guide to HOSA Competitions

## Health Science Events

**Dental Terminology:** This competition is designed to help competitors identify, define, and apply terminology used in dental careers. It is composed of one round, a written test with 100 multiple choice questions followed by 20 tie-breaker questions.

**Medical Spelling:** This competition is designed to help competitors define and spell terms associated with healthcare careers. It is composed of two rounds: Round 1 is a 50-question multiple choice test, and the top scoring competitors will advance to Round 2, the “spelledown” where competitors orally spell words.

**Medical Terminology:** This competition is designed to identify, spell, define, and apply the prefixes, roots, and suffixes of various healthcare fields. It is composed of one round, a 100-question multiple choice test followed by 20 tie-breaker questions.

**Medical Math:** If you love math or have a knack for conversions, this one is for you! This is a test that encompasses any conversions used in the medical field. Competitors will convert between Fahrenheit and Celsius, and the metric and customary systems of measurement. This is a 50-item test plus 10 tie breaker problems that test recall, application, and analysis.

**Medical Reading:** You get to read interesting material that is related to the medical field. If you love reading about the latest developments in medicine, then listen closely. This is a written test on information from the selected books. Competitors will apply, analyze, and synthesize the reading material in a multiple-choice test plus one tie-breaker essay question.

**Behavioral Health:** This competition deals with psychology and the science of behavioral health in general. Competitors will identify, define, interpret, and apply behavioral health terms and concepts in a 100-question multiple choice test plus one essay tie breaker question.

**Human Growth and Development:** The purpose of this competition is to encourage HOSA members to explore and learn about the stages of human growth and development, including the biophysical, mental/cognitive, social, and emotional development in the health community. This event consists of a 100-item multiple choice test plus a one-tie breaker essay question.

**Medical Law and Ethics:** The purpose of this competition is to encourage HOSA members to explore and learn about medical law and ethics and to assess knowledge common in the health community. This competition consists of a 100-item multiple choice test plus a one tie-breaker essay question.

**Nutrition:** The purpose of this competition is to encourage HOSA members to explore and learn about the relationship of nutrition and wellness and to access knowledge common in the health community. This competition consists of a 100-item multiple choice test plus a one tie-breaker essay question at the Secondary and Postsecondary/Collegiate division.

**Pharmacology:** This competition was designed to encourage improvement in HOSA members' ability to identify, spell, define and apply the principles of pharmacology in the health community. It is comprised of a 100-item multiple choice test plus one tie-breaker essay question.

**Pathophysiology:** The purpose of this competition is to encourage HOSA members to improve their ability to identify, spell, define and apply the prefixes, suffixes, roots, anatomy and physiology of human diseases. It is comprised of a 100-item multiple choice test plus one tie-breaker essay question.

**Transcultural Health Care:** This competition is designed to encourage HOSA members to explore and learn about the importance of cultural competence for the promotion of health, the prevention and treatment of diseases and disorders, and the support of those in a diverse health community. Competitors will recognize, identify, define, interpret and apply cultural terms and concepts in a 100-item multiple-choice test plus a one tie-breaker essay question.

## Health Professions Events

**Biomedical Laboratory Science:** This event is designed to help competitors develop skills in medical laboratory and biotechnology careers. It consists of two rounds of competition. Round One is a written, multiple choice test in which competitors will be tested on their knowledge and understanding of biomedical lab science. If competitors score well, they will advance to Round Two, where they will be asked to perform specific skills based upon written scenarios.

**Clinical Nursing:** This event is designed to help competitors develop skills in the field of clinical nursing. It consists of two rounds of competition. Round One is a written, multiple choice test in which competitors will be tested on their knowledge and understanding of clinical nursing. If competitors score well, they will advance to Round Two, where they will be asked to perform specific skills based upon written scenarios.

**Clinical Specialty:** This event is designed to help competitors develop skills in a selected health profession. It is composed of three parts: the development of a career portfolio, the demonstration of a skill relevant to the chosen career, and the presentation to the judges.

**Dental Science:** This event is designed to help competitors develop skills in the field of dental science. It consists of two rounds of competition. Round One is a written, multiple choice test in which competitors will be tested on their knowledge and understanding of dental science. If competitors score well, they will advance to Round Two, where they will be asked to perform specific skills based upon written scenarios.

**Home Health Aide:** This event is designed to help competitors develop skills as a home health aide. It consists of two rounds of competition. Round One is a written, multiple choice test in which competitors will be tested on their knowledge and understanding of the career of a home health aide. If competitors score well, they will advance to Round Two, where they will be asked to perform specific skills based upon written scenarios.

**Medical Assisting:** This event is designed to help competitors develop skills as a medical assistant. It consists of two rounds of competition. Round One is a written, multiple choice test in which competitors will be tested on their knowledge and understanding of the medical assisting skills. If competitors score well, they will advance to Round Two, where they will be asked to perform specific skills based upon written scenarios.

**Nursing Assisting:** The purpose of this competition is to provide HOSA members with an opportunity to develop and demonstrate knowledge and skills in nursing assisting. This event consists of two rounds. Round One is a written, multiple choice test that measures knowledge and understanding of the content. Top scoring competitors will advance to Round Two for the performance of selected skill(s) identified in a written scenario, which will be timed and evaluated according to the event guidelines.

**Personal Care:** The purpose of this competition is to provide the HOSA member with an opportunity to develop and demonstrate knowledge and skills in nursing assisting. This event consists of an evaluation of student performance of selected skill(s) identified in a written scenario, which will be timed and evaluated according to the event guidelines.

**Pharmacy Science:** The purpose of this competition is to provide HOSA members with an opportunity to develop and demonstrate knowledge and skills in pharmacy careers. This event consists of two rounds. Round One is a written, multiple choice test that measures knowledge and understanding of the content. Top scoring competitors will advance to Round Two for the performance of selected skill(s) identified in a written scenario, which will be timed and evaluated according to the event guidelines.

**Physical Therapy:** The purpose of this competition is to provide HOSA members with an opportunity to develop and demonstrate knowledge and skills in the field of physical therapy. This event consists of two rounds. Round One is a written, multiple choice test that measures knowledge and understanding of the

content. Top scoring competitors will advance to Round Two for the performance of selected skill(s) identified in a written scenario, which will be timed and evaluated according to the event guidelines.

**Sports Medicine:** The purpose of this competition is to provide HOSA members with an opportunity to develop and demonstrate knowledge and skills in sports medicine. This event consists of two rounds. Round One is a written, multiple choice test that measures knowledge and understanding of the content. Top scoring competitors will advance to Round Two for the performance of selected skill(s) identified in a written scenario, which will be timed and evaluated according to the event guidelines.

**Veterinary Science:** The purpose of this competition is to provide HOSA members with an opportunity to develop and demonstrate knowledge and skills in veterinary science. This event consists of two rounds. Round One is a written, multiple choice test that measures knowledge and understanding of the content. Top scoring competitors will advance to Round Two for the performance of selected skill(s) identified in a written scenario, which will be timed and evaluated according to the event guidelines.

### Emergency Preparedness Events

**CERT Skills:** Teaches you the skills needed to respond to community needs in the aftermath of a disaster, when emergency services aren't readily available. First phase of the competition is a written, multiple choice test; results from this test are used to determine whether participant can participate in the second phase, which involves physically demonstrating your skills based on a written scenario.

**CPR/First Aid:** Teaches you the skills needed to assist in team first aid and basic life support for those who are injured or sick. First phase of the competition is a written, multiple choice test; results from this test are used to determine whether participant can participate in the second phase, which involves physically demonstrating your skills based on a written scenario.

**Emergency Medical Technician:** Teaches you the skills required in administering basic emergency services to victims of trauma or acute illnesses. First phase of the competition is a written, multiple choice test; results from this test are used to determine whether participant can participate in the second phase, which involves physically demonstrating your skills based on a written scenario.

**Epidemiology:** The goal is to encourage members to study the effects of health and disease in populations, to improve scientific literacy, and to provide insight into public health careers (think AIDS, Ebola, Zika). The exam will consist of a 75-question multiple choice test to be done within 2 hours.

**Life Support Skills:** The goal is to "provide HOSA members with an opportunity to develop and demonstrate knowledge and skills in basic life support..." (It's like first aid!). The exam will consist of you receiving a scenario and being scored on you performing the skills needed (ex: treating a broken bone, CPR, etc.)

**MRC Partnership:** The goal of the MRC Partnership is "to initiate and/or grow a partnership between HOSA and a local Medical Reserve Corps unit" (MRC is a national volunteer network that helps improve health and safety in communities). This competition is group based (!) with 2-6 people per group working with the facility and creating a portfolio of their activities, as well as to go in for an interview.

**Public Health:** The goal of this competition is for competitors to work as a team to plan and teach others in their community about public health initiatives, involving a team of 2-6 competitors. Competitors must create an effective, dynamic and creative public health presentation. The presentation will educate the public on the annually announced topic.

## Leadership Events

**Extemporaneous Health Poster:** This competition is designed to help competitors improve their ability to analyze and interpret current health and HOSA-related issues and express and communicate this interpretation through the

development of a poster. Competitors will have three hours to create the poster.

**Extemporaneous Writing:** This competition is designed to help competitors improve their ability to express themselves in writing. The competition involves writing an essay in one hour about the topic given at the beginning of the hour.

**Health Career Photography:** In this competition, competitors will analyze different health careers through the use of digital photography, and to use technology in editing and presenting digital pictures. Competitors will photograph three healthcare professionals in action, edit them, and develop explanations to present to the judges.

**Healthy Lifestyle:** This competition is designed to give competitors an opportunity to learn healthy living concepts and apply their learning to a personal healthy lifestyle goal. Round One will be composed of a multiple-choice test about basic principles of health and wellness. Round Two will be composed of an interview with a judge.

**Interviewing Skills:** This competition helps competitors develop and/or refine the skills necessary to apply for and obtain employment. Competitors will prepare a resume and a job application, as well as participate in a job interview.

**Job Seeking Skills:** A competition designed to improve and refine upon the skills required to apply for and obtain a carrier within the medical field. Competitors apply to any position within the medical profession that is clinical, administrative, or educational, which they have trained in or are being trained in. Applicants shall create a cover letter and resume, fill out a job application and engage within a simulated job interview with judges. Competitors must attend a mandatory orientation and shall complete a job application within an allotted time period of 20 minutes and must turn in three copies of the cover page and resume. Similarly, competitors must create an account in the STEM PREMIER program and submit one cover letter and one-page resume by the deadline. Following this, competitors will be announced by appointment and shall be

interviewed by judges for 5 minutes. Judges will then fill out the rating sheet and their scores shall be standardized to ensure credibility.

**Prepared Speaking:** The purpose of this competition is to improve HOSA member's skills in speaking and their capability to organize and present facts, data, and information in regards to a specific theme announced at the previous ILC; therefore, competitors shall prepare a speech relating to this topic. Competitors will attend the required orientation and shall then report to their testing location in order to deliver their speech, which is a maximum of five minutes in length.

**Researched Persuasive Writing and Speaking:** A competition aiming to improve HOSA members researching skills by presenting a health issue that competitors must provide a written documentation supporting a thesis and a speech that will be presented orally. In regards to the speech, competitors shall construct a document and prepare a speech that will either support or refute a health-related issue. The two topics of interest have been decided in HOSA publications. Competitors will then develop their writing and present a speech reflecting the position taken by the competitor on the topic. Following the required orientation and submission of research paper to STEM Premier, competitors will turn in three copies of their research document and present their speech, which can last a maximum of four minutes. Judges shall have five minutes to review and grade the research paper, which shall be verified and standardized to ensure credibility.

**Speaking Skills:** The purpose of this competition is to encourage HOSA members to improve their speaking skills and their ability to organize and present information about a topic related to a specific theme through the creation of a profile on STEM Premier followed by the delivery of a 5 min max speech.

## Teamwork Events

**Biomedical Debate:** This competition is designed to give competitors the opportunity to research the pros and cons of a biomedical issue and showcase



those skills in a debate-like format. Teams will consist of 3-4 members and the competition will be composed of two rounds. Round One is a written test demonstrating knowledge of the subject matter and Round Two is the debate.

**Community Awareness:** Through this project, HOSA members are given the opportunity to raise awareness to a particular health or safety issue of interest by assisting communities in understanding an issue, promoting relations for local HOSA chapters and evaluating effectiveness and impact of project on the community. Groups will be composed of 2-4 individuals that will work together to document projects and activities in a portfolio that will be presented to a panel of judges.

**Creative Problem Solving:** Encourages team work by analyzing problems to come up with a solution to a hypothetical health related issue. On Round One, the 3-4 member group will take a written test to evaluate problem solving abilities and if passed they will be given a potential problem related to HOSA on Round Two to work out as a team.

**Forensic Science:** This competition is designed to encourage competitors to explore the field of forensic science and work in teams to solve problems related to forensic science. The competition is divided into two rounds: the first is a written test that evaluates the team's knowledge of forensic science. The second is a case study, where competitors analyze a given scenario and write a conclusion about the cause of death, time of death, etc.

**Health Career Display:** A competition meant to encourage HOSA members to improve their ability to present themselves and communicate career information to others. Teams of two shall construct a visual display of a specialized health career or a cluster of several health careers. Expression of ideas through artistic mediums about the benefits of a particular health career is vital. Competitors shall be scored on their ability to present themselves and communicate information about careers to others. Competitors must attend the orientation and display set up. In Round 1, judges shall evaluate the displays and

assign points according to the Round One Rating Sheets, while competitors do not attend. Results shall be published, informing which teams have passed and competitors must attend Project Display Time before or after judging in order to collect their displays. In Round 2, competitors deliver their prepared presentations and shall be scored by the judges, which shall be assessed in order to assure reliability.

**Health Education:** A competition based on a variety of different health fields HOSA provides. Participants will learn to work as a team to plan and teach health-related concepts. For the competition, 2-4 members select a health-related topic, prepare a lesson based on that topic, provide instruction (in the form of a video, computer demonstration, or any media), and evaluate results.

**HOSA Bowl:** This competition gives competitors the opportunity to participate in teams and to test their knowledge on various topics and situations in health, HOSA, and parliamentary procedure. Teams will consist of 3-4 members and the competition will consist of two rounds. Round One is composed of a written test to measure knowledge and understanding at the recall, application or analysis levels. Round Two is composed of a series of elimination rounds in which teams must answer questions given by a moderator.

**Existing Medical Innovation:** The purpose of this competition is to encourage HOSA members to improve upon, modify, or update an existing medical innovation that is certain to have a dramatic impact on the future of health and or the delivery of healthcare, and to share their innovation understanding and outcomes with others. For this event, teams consisting of two to four (2-4) competitors shall develop a visual display and/or demonstration of an aspect of a medical innovation to be presented to the judges, as well as a 60 second video demonstration of their innovation to be uploaded to STEM Premier by May 15th.

**Original Medical Innovation:** This competition entails creating an original medical innovation that is certain to have a dramatic impact on the future of

health and or the delivery of healthcare, and sharing your innovation, understanding, and outcomes with others. This event includes new medical technology, innovative products, devices, medical apps and other inventions and findings that may influence global health care. For this event, teams consisting of two to four (2-4) competitors shall develop a visual display and/or demonstration of an aspect of a medical innovation to be presented to the judges, as well as a 60 second video demonstration of their innovation to be uploaded to STEM Premier by May 15th.

**Parliamentary Procedure:** The purpose of this competition is to develop leadership skills in HOSA members by using parliamentary procedure to conduct a stimulated business meeting. This competition is composed of two rounds: Round 1 will consist of a written test to evaluate the team's understanding of parliamentary procedure. The top scoring teams will advance to Round 2 and will be given a secret problem with motions to demonstrate during a meeting/presentation.

**Public Service Announcement:** This competition helps competitors to analyze the general public's understanding of a health issue, and to use technology to produce a visual public service announcement that informs the community about an important health issue. Teams of 3-6 members must create a 30-second video, which will promote a health service organization, bring awareness to a health situation, or educate the public at large in regard to health and well-being. In Round One, the PSA videos will be viewed by a panel of judges. In Round Two, selected teams will give a presentation to the judges.

**GOOD LUCK TERRA HOSA!!!**