

Amy Warner

From: Amy Warner
Sent: Monday, August 25, 2025 11:36 AM
To: Amy Warner
Subject: HOSA Happenings- 8/25/25- Resources and Tips for Introducing HOSA and CE
Attachments: What Competitive Event is Right for You.pdf

Good morning HOSA!

As you begin introducing HOSA–Future Health Professionals to your students this year, I wanted to share some resources and tips to help make the process engaging and meaningful.

◆ On Demand Learning Opportunities

HOSA's *On Demand Learning Opportunities* connect competitive events, career opportunities, and HOSA activities with classroom curriculum. These short modules are perfect for building interest and showing students how HOSA ties directly into their future career paths. You can explore them here:

👉 [On Demand Learning Opportunities](#)

◆ What Competitive Event is Right for You?

I've attached the *What Competitive Event is Right for You?* document, a valuable tool to help students explore event categories and identify what might fit their strengths and interests. While this guide is based on last year's offerings, it remains a great starting point. Updated topics and guidelines for new events will be available at www.hosa.org beginning **September 1**.

◆ 2025–2026 HOSA Website Scavenger Hunt

To celebrate HOSA's **50th Anniversary**, encourage your students to complete the *HOSA Website Scavenger Hunt*! This fun activity helps members get familiar with the HOSA website, which is filled with resources, updates, and information that every student can use. Access it here:

👉 [2025–2026 HOSA Website Scavenger Hunt](#)

These resources are designed to spark curiosity, provide direction, and make the first steps in HOSA exciting for your students. Thank you for the time and energy you dedicate to connecting students with opportunities that will shape their future careers in healthcare.

Until next time,

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Oklahoma HOSA-Future Health Professionals

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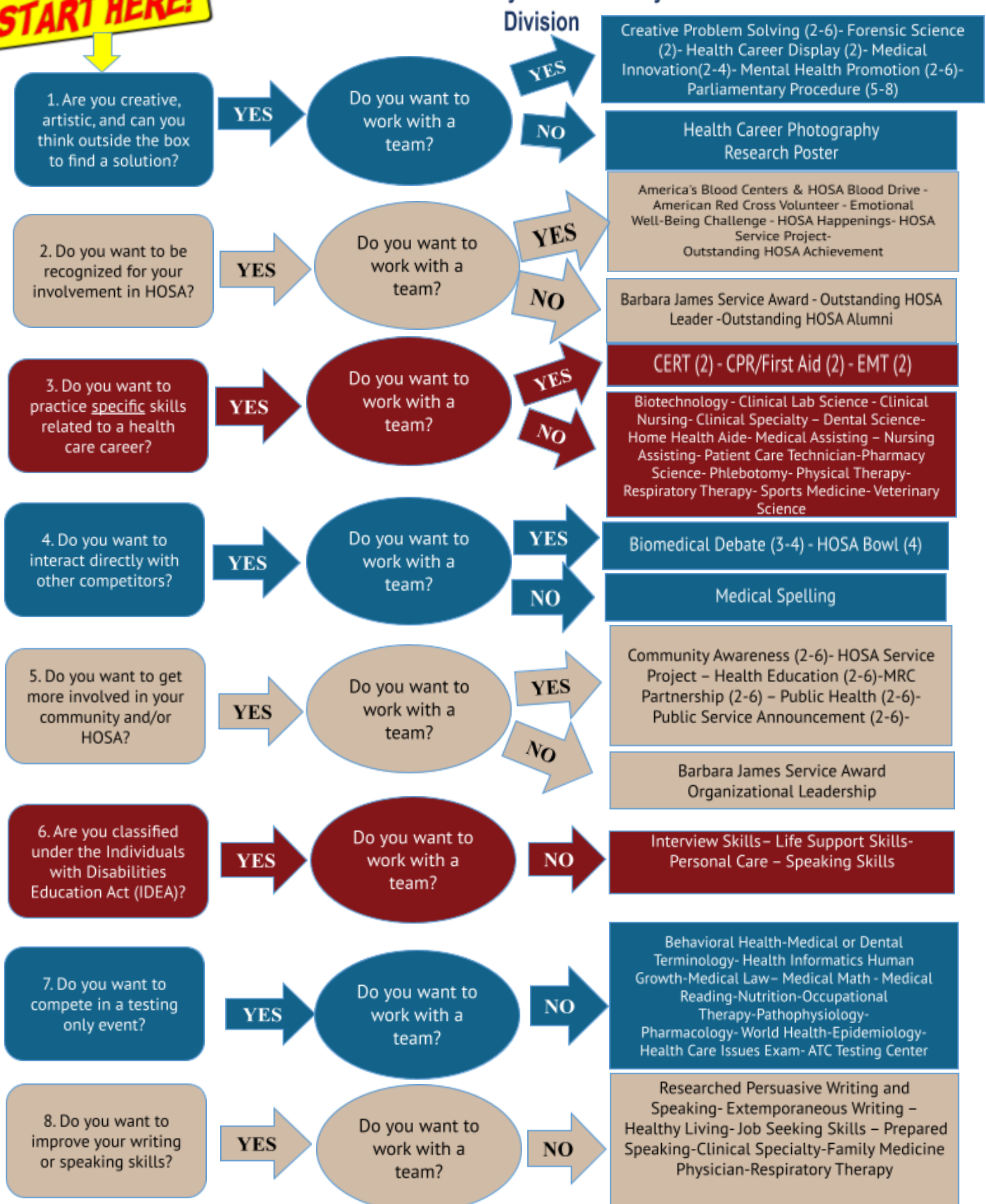
LEAD. LEARN. SERVE. INNOVATE.

The mission of HOSA is to empower HOSA-Future Health Professionals to become leaders in the global health community through education, collaboration, and experience.

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

Secondary/Postsecondary

START HERE!



HOSA Competitive Event Summaries

SECONDARY AND POSTSECONDARY / COLLEGIATE DIVISIONS

Health Science Events	
• Behavioral Health • Dental Terminology • Health Informatics • Human Growth and Development • Medical Law & Ethics • Medical Terminology • Nutrition • Occupational Therapy • Pathophysiology • Pharmacology • World Health & Disparities	These events are written tests with tie breaker questions. Competitors select an event, then use the resources in the guidelines to study and take the test for competition.
Medical Math	Competitors will apply mathematical principles to solve problems related to health care in this written test.
Medical Reading	Competitors read the five selected books for the year. A multiple choice test is taken with one short essay tiebreaker. The questions will require the students to apply, analyze, synthesize, and evaluate information from reading the assigned books.
Medical Spelling	Round One is a written test. Round Two is like a traditional spelling bee. Competitors must correctly spell a randomly selected word.
Health Professions Events	
• Biotechnology • Clinical Laboratory Science • Clinical Nursing • Dental Science • Home Health Aide • Medical Assisting • Nursing Assisting • Patient Care Technician • Pharmacy Science • Phlebotomy • Physical Therapy • Sports Medicine • Veterinary Science	Competitors will complete a written test with top competitors advancing to Round 2 where they will perform skills related to a specific health career. Competitors practice, practice, and practice until they are proficient in ALL the skills in the event guidelines. During the skill round two, competitors perform one or more of the skills in the guidelines after being given a mock scenario. Skill events offer an excellent opportunity to extend classroom learning and to work directly with health professionals in your chosen career field.
Clinical Specialty	This event consists of the development of a career portfolio and a recorded demonstration of the HOSA student performing a skill related to the chosen career. HOSA members may choose a health related skill that is not already being performed in any other HOSA event. Those advancing to Round 2 will present their journey to judges.
Family Medicine Physician	Competitors will conduct interviews to learn more about family medicine, and then will share their findings with their peers through a presentation. For competition, competitors will present their peer presentation, in addition to what they have learned, to a panel of judges.
*Personal Care	This event is for HOSA members classified under the provision of the 2004 reauthorized Individuals with Disabilities Education Act (IDEA). It is similar to Nursing Assisting, except a written test is not included. Competitors practice, practice, and practice until they are proficient in all the skills in the event guidelines.
Respiratory Therapy	Competitors will conduct interviews to learn more about respiratory therapy, and then will share their findings with judges through a Rd1 presentation. During the skill round two, competitors perform one or more of the skills in the guidelines after being given a mock scenario. This event offers an excellent opportunity to extend classroom learning and to work directly with health professionals in your chosen career field.

HOSA Competitive Event Summaries

SECONDARY AND POSTSECONDARY / COLLEGIATE DIVISIONS

Leadership Events	
Extemporaneous Writing-Health Policy	Competitors have 1 hour to write a letter of support or opposition on the secret topic that could influence relevant policy maker(s) into action.
Health Career Photography	Competitors showcase three photographs taken of different health science careers. Top competitors advance to Round 2 and present their photos to judges.
Healthy Living	Competitors complete the HOSA Healthy Living course, write and follow one SMART goal, documenting their process in a portfolio. The event includes a Round One written test with top competitors advancing to Round 2 where they will present their progress to a panel of judges.
*Interviewing Skills	This event is for HOSA members classified under the provision of the 2004 reauthorized Individuals with Disabilities Education Act (IDEA). Competitors write a resume and personal statement, and then participate in a simulated job interview with judges for a position of their choice, similar to Job Seeking Skills.
Job Seeking Skills	Competitors write a resume and personal statement, and then participate in a simulated job interview with judges for a position of their choice.
Organizational Leadership	This event is for competitors who want to become a Voting Delegate for their chartered association at ILC. Each chartered association may have different processes in place to select their Voting Delegates. All selected delegates will complete requirements and review Executive Council candidate information prior to attending ILC. Voting Delegates do NOT participate in Competitive Events, but may participate in ATC testing events, and Recognition events that do not interfere with their Voting Delegate responsibilities.
Prepared Speaking	This event involves giving a prepared speech to a panel of judges about the Annual HOSA ILC chosen theme.
Researched Persuasive Writing and Speaking	This event allows competitors to take a stand, either for or against a selected topic. Competitors research the topic to gather facts in support of an opinion, write a paper, and then give a speech to a panel of judges.
Research Poster	This event allows competitors to pose a research question/hypothesis in an area within healthcare and conduct research surrounding this topic. Competitors will create a research poster containing the findings of their research, in addition to presenting this poster and research content to a panel of judges.
*Speaking Skills	This event is for HOSA members classified under the provision of the 2004 reauthorized Individuals with Disabilities Education Act (IDEA). This event involves giving a prepared speech to a panel of judges about the Annual HOSA ILC chosen theme, similar to Prepared Speaking.
Teamwork Events	
Biomedical Debate	Teams of 3-4 members will take a Round One written test with top scoring teams advancing to Round 2 where they will participate in a debate-like format. The topic of debate will be announced annually.
Community Awareness	Teams of 2-6 chapter members work within their community to select a health-related issue and then raise community awareness of that issue. The product of the project is a community event, portfolio of activities and a presentation to a panel of judges.
Creative Problem Solving	Teams of 2-6 members will take a Round One written test with top scoring teams advancing to Round 2 where they are given a secret problem related to a health issue to solve. Solutions are then presented to a panel of judges.
Forensic Science	Teams of 2 members will take a Round One written test with top scoring teams advancing to Round 2 where they are given a forensic science case study to analyze. This event may involve the viewing of crime scenes/evidence.
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 or instructional objective, then prepare a lesson, provide instruction to an audience, evaluate results, and present their experience to judges.
HOSA Bowl	Teams of exactly 4 HOSA competitors take a Round One written test on HOSA knowledge, parliamentary procedure, medical knowledge and current events in healthcare. Top scoring teams then advance to Round 2 where they compete head to head with another team to correctly answer the most questions.
Medical Innovation	Teams of 2-4 people will create original Medical Innovations, share their plan digitally, and top scoring teams advancing to Round 2 will present their original innovation to judges.
Parliamentary Procedure	Teams of 5-8 members will take a Round One written test with top scoring teams advancing to Round 2 where they conduct a proper business meeting, addressing the motions provided in a secret problem.

HOSA Competitive Event Summaries

SECONDARY AND POSTSECONDARY / COLLEGIATE DIVISIONS

Teamwork Events Cont'd	
Public Service Announcement	Teams of 2-6 people will create a 30 second visual PSA to increase awareness of an annually announced healthcare issue or service topic to be shared with a community audience. For competition, teams will present their PSA and process to a panel of judges.
Emergency Preparedness Events	
CERT Skills	Teams of 2 competitors will complete a Round One written test with top scoring teams advancing to Round 2 and perform Community Emergency Response Team skills (needed to respond to the community's immediate needs in the aftermath of a disaster, when emergency services are not immediately available). During the skill round, competitors perform one or more of the skills in the guidelines after being given a mock scenario.
CPR/First Aid & EMT	Teams of 2 competitors will complete a Round One written test with top scoring teams advancing to Round 2 and then work together to demonstrate their skills in a simulated emergency situation. During the skill round, competitors perform one or more of the skills in the guidelines after being given a mock scenario.
Epidemiology	Competitors take a written test relating to epidemiology – the study of the effects of health and disease in populations. The event guidelines contain resources to help the HOSA member decide what to study.
*Life Support Skills	This event is for HOSA members classified under the provision of the 2004 reauthorized Individuals with Disabilities Education Act (IDEA). It is similar to CPR/First Aid, except a written test is not included. Competitors practice, practice, and practice until they are proficient in all the skills in the event guidelines.
Mental Health Promotion	Teams of 2-6 members research mental health needs in their school/community, and develop a social media campaign to address the risk and/or protective factors associated with their community needs. Teams then present their findings to a panel of judges.
MRC Partnership	Teams of 2-6 members develop a portfolio highlighting their chapter's partnership with the Medical Reserve Corps. Teams then present their involvement to judges.
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.
Academic Testing Center (ATC) Events	
• National Geographic • American Academy of Family Physicians • CareerSafe • Corporate Education Resources, Inc. (CERI)	These sponsored events are written tests with tie breaker questions. Competitors select an event, then use the resources in the guidelines to study and take the test for recognition. Topics include Allied Health Statistics, Anatomy & Physiology, Biochemistry, Biology, Career Development, Environmental Health, General Chemistry, Human Heredity, Math for Health Professionals, Microbiology, Organic Chemistry, Physics College. Additional topics include: AAFP Family Medicine Career; Occupational Health & Safety; Leadership
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.
American Red Cross Volunteer	The aim of this event is to inspire members to engage with the America Red Cross, to become lifelong advocates of the Red Cross, and to recognize both chapters and individual HOSA members for their participation in American Red Cross activities.
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 help a specific audience improve their social emotional wellness. Finalists will be interviewed at ILC only and top selections earn recognition & scholarships in partnership with SAMHSA.
Healthcare Issues Exam	HOSA members take a written test measuring their knowledge of current health issues. All members who reach a mastery level are awarded Certificates of Achievement.
Health Literacy Ambassador	This event provides two levels of recognition: individual HOSA members will complete a sponsored module for Silver recognition, then develop and deliver a presentation on their chosen health topic from Medline Plus for Gold recognition.

HOSA Competitive Event Summaries

SECONDARY AND POSTSECONDARY / COLLEGIATE DIVISIONS

Recognition Events Cont'd	
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 HOSA partner. 2024-2025 Service Organization: NMDP
Outstanding HOSA Achievement	This event allows each HOSA chartered association/state to showcase efforts by the chartered association/state for activities that are not part of the official HOSA Competitive Events (CE) program. Recognition is given to the state as a whole, as well as to all the individual members who participate in the special project.
Outstanding HOSA Leader	This event allows each HOSA chartered association/state to honor one leader in recognition of the member's commitment to HOSA and outstanding leadership. Each chartered association/state will determine the criteria and selection process.
Outstanding HOSA Alumni	Outstanding HOSA alumni self-nominate for this recognition of continued service at least 3 years after high school.

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