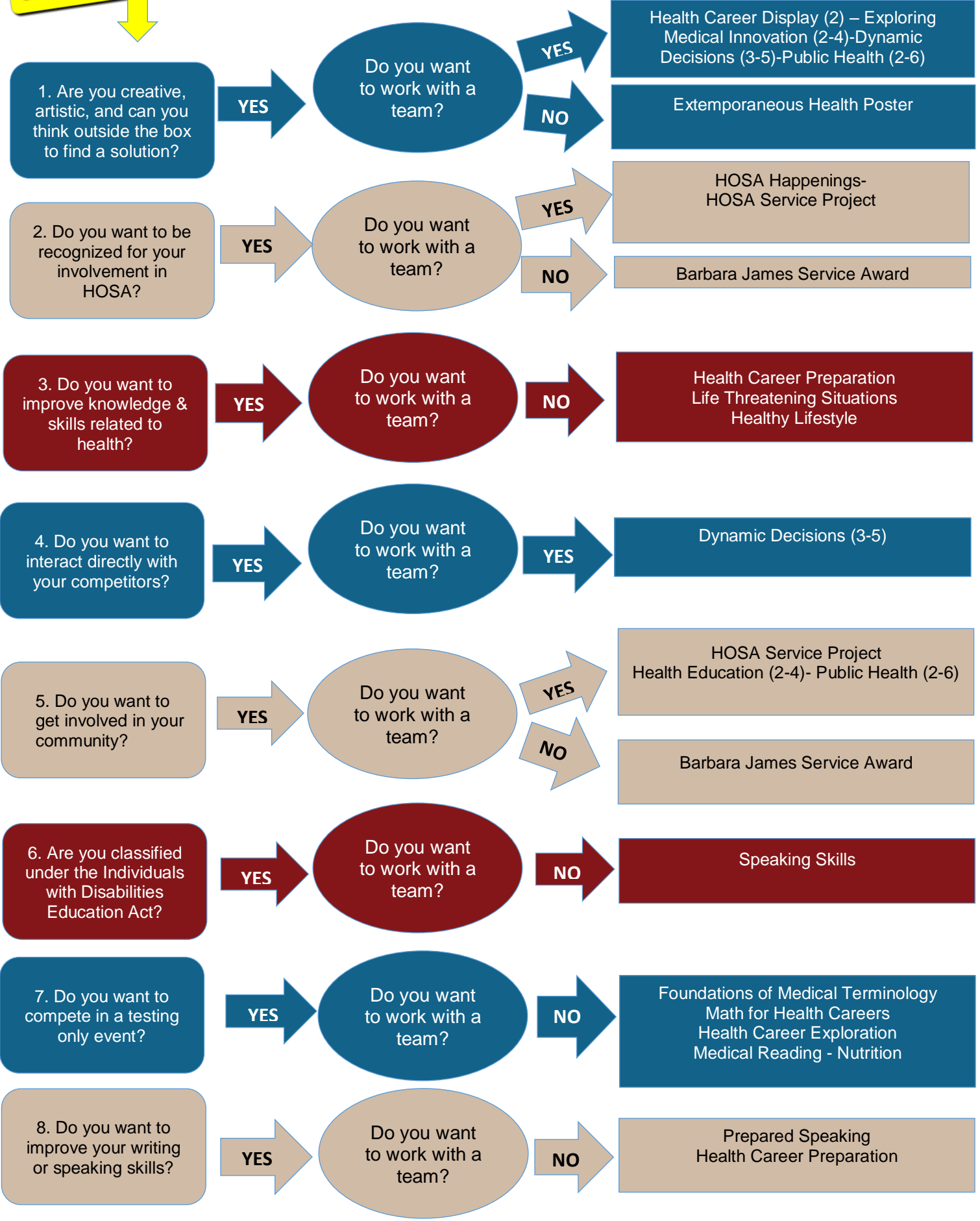


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How to Choose a HOSA Competitive Event That's Right For You in Middle School!



HOSA Competitive Event Summaries

MIDDLE SCHOOL EVENTS

Health Science Events	
Medical Reading	Competitor reads the three selected books for the year. A 45 question 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.
Math for Health Careers	The event is a 35 item written test with 5 complex tie breaking questions. It involves math essentials, measurement systems and conversions, calculations and interpreting medical information and data.
- Nutrition - Health Career Exploration - Foundations of Medical Terminology	These events are 50-item written tests. Competitors select a test to take, then use the resources in the guidelines to study and take the test for competition.
Emergency Preparedness Events	
Public Health	Teams of 2-6 members develop and deliver a presentation educating the public on the specific topic. National HOSA selects this topic every year.
Life Threatening Situations	Competitor will complete a 35 item written test with top competitors advancing to Round 2 where they will demonstrate skills identified in the guidelines for handling a life threatening situation.
Leadership Events	
Extemporaneous Health Poster	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.
Healthy Lifestyle	Competitors in this event write and follow a SMART goal, documenting their process. The event includes a 50 item Round One test with top competitors advancing to Round 2 and presenting a portfolio with documentation to judges.
Prepared Speaking	This event involves giving a prepared speech to a panel of judges about the annual HOSA 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 chosen theme.
Health Career Preparation	Competitors develop a written statement of interest regarding why they are interested in a health care career and participate in an interview with a panel of judges.
Teamwork Events	
Health Career Display	Teams of 2 competitors develop a display of a specific career in health with top teams advancing to Round 2 where they present their findings to judges.
Health Education	Teams of 2-4 competitors select a health-related concept, then prepare a lesson, provide instruction to an audience, evaluate results, and present their experience to judges.
Exploring Medical Innovation	Teams of 2-4 competitors research a medical innovation that has a major impact on the healthcare field. An exhibit will be prepared and presented to judges.
Dynamic Decisions	Teams of 3-5 competitors complete a 35 item multiple choice test with top teams advancing to Round 2 where they will be given a secret problem to solve and present their solution to judges.
Recognition Events	
HOSA Service Project	Local chapters plan service projects to support the selected HOSA health organization. 2018-2020 Service Organization: National Pediatric Cancer Foundation
Barbara James Service Award	This event provides recognition to individual HOSA members for volunteer service in their community.
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.