



Michigan HOSA Competitive Event Modifications- 2025-2026 Regional Conferences

Biotechnology	Clinical Lab Science	Clinical Nursing	Dental Science
Home Health Aide	Medical Assisting	Nursing Assisting	Occupational Therapy
Patient Care Technician	Personal Care	Pharmacy Science	Phlebotomy
Physical Therapy	Respiratory Therapy	Sports Medicine	Surgical Technician
Veterinary Science			

All regional information can be found at www.michiganhosa.org/regionals.

Please refer to HOSA Competitive Event Guidelines in addition to these modifications:

www.hosa.org/guidelines.

These events have a round one test test and a round two skills component.

Testing Details: (based off [National HOSA guidelines](#))

- **Competitors MUST present a photo ID or proof of identity when checking in to their competitive event.** A clear picture of a photo ID is acceptable. If a student does not bring a photo ID, the student's advisor may be asked to report to the event manager or HOSA Headquarters and verify the student's identity.
- Tests will be administered in the testing room listed in the conference schedule (available at the conference).
- At most regional conferences, testing will take place in a large auditorium or gymnasium. There will be other competitors entering and exiting the room. Event staff will do their best to ensure a quiet environment, but it will not be completely silent.
- Cell phones and smart watches should be turned off and put away during testing.
- There will be NO verbal announcements for time remaining during testing. Competitors are responsible for monitoring their own time.
- Students will receive a test booklet, Scantron and any other materials listed in event guidelines (i.e. scrap paper, calculator, depending on the test). Pencils will NOT be provided.

- **All tests are NOT open book/open note. Additional resources/materials will not be allowed in the testing room.**
- The same time limits will be used for testing, as explained in the event guidelines (60-minutes).
- The following events will receive a basic, handheld calculator from HOSA for testing as well as a piece of scrap paper:
 - Biotechnology
 - Pharmacy Science

Round two skill details:

- At the regional level, all competitors will advance to the round two skills. The test will not be used as a qualifier but will be added to competitors' skills scores to determine final rank.
- The selected skill(s) will be presented to competitors as a written scenario at the beginning of the round. The scenario will be the same for each competitor. Some scenarios may involve the combination of multiple skills. In the event of a combined scenario, it is not necessary to repeat a task a second time. An example would be competitors would not need to identify the patient twice.
- Competitors will be handed the written scenario once they enter the event room. As soon as the scenario is handed to competitors, the time starts. Judges will NOT read the scenario aloud, unless an accommodation request has been made (i.e. for Life Support Skills). At the completion of the skills, all written scenarios MUST be left with event staff, as they are confidential property of Michigan HOSA
- **Follow competitive event guidelines for your event's specific resources, dress code, supplies competitors must provide, references, and judge rubrics.**

The following skills will be evaluated at the regional level:

Biotechnology	Skill IV: DNA Gel Interpretation (15 mins)	Skill VII: Calculation of Transformation Efficiency (Time: 10 minutes)
Clinical Laboratory Science	Skill I: Identifying Laboratory Instruments/Equipment (15 mins)	Skill II: Infection control and transmission-based precautions (5 mins)
Clinical Nursing	Skill VII: Prophylaxis for the Eyes of the Neonate (5 mins)	Skill VIII: Donning & Doffing PPE (5 mins)
Dental Science	Skill I: Dental Instrument Identification (15 mins)	Skill V: Oral Hygiene Instruction: Brushing and Flossing (7 mins)
Home Health Aide	Skill I: Taking an Adult Tympanic Temperature (3 mins)	Skill III: Emptying a Urinary Drainage Unit (4 mins)
Medical Assisting	Skill 1: Perform a Telephone Screening (4 mins)	Skill VI: Screen for Visual Acuity (5 mins)
Nursing Assisting	Skill 1: Handwashing (3 mins)	Skill II: Donning & Doffing a Full Set of PPE (4 mins)
Occupational Therapy (NEW)	Skill III: Instruct Patient How to Transfer from Floor to Standing	Skill VI: Instruct Patient on Stretch Break Exercises
Patient Care Technician	Skill II: Applying Sequential Compression Devices (6 mins)	Skill VII: Glucometer (8 mins)

Personal Care	Skill 1: Handwashing (3 mins)	Skill II: Donning & Doffing a Full Set of PPE (6 mins)
Pharmacy Science	Skill II: Verifying Controlled Substance Prescription Content and DEA Number (6 mins)	Skill V: Patient Screening for Pharmacist Consultation and Services (4 mins)
Phlebotomy	Skill VI: Removing Contaminated Gloves (3 mins)	Skill VIII: 24-Hour Urine Collection
Physical Therapy	Skill I: Ambulating with Transfer (Gait) Belt (5 mins)	Skill V: Passive Range of Motion (10 mins)
Respiratory Therapy	Skill II: Donning & Removing Transmission- Based Isolation Garments (4 mins)	Skill VI: Vital Signs (8 mins)
Sports Medicine	Skill I: Anatomical Landmark Identification (7 mins) (See List to Study From below!)	Skill II: Taping/Wrapping A- Ankle (Inversion) (5 mins)
Surgical Technologist (NEW)	Skill I: Identifying Equipment (15 mins)	Skill III: Open Gloving Technique (3 mins)
Veterinary Science	Skill I: Identify Instruments/Equipment (15 mins)	Skill VIII: Preparing a Feline to Obtain a Temperature (6 mins)

Personal Care:

- **To participate in this event, the competitor MUST be classified under the provision of the 2004 reauthorized Individuals with Disabilities Education Act (IDEA). Students classified under Section 504 are NOT eligible to compete in this event. NO EXCEPTIONS!**
- Eligibility form MUST be completed by the conference registration deadline. Advisors MUST [fill out this form.](#)

Dress Code:

As Future Health Professionals, HOSA members should present themselves in a professional manner. **Round 1: Proper business attire, official HOSA uniform, or attire appropriate to the occupational area. Round 2: Attire appropriate to the occupational area.** At the regional level, students CAN wear attire appropriate to the occupational area (i.e. scrubs, uniform, etc.) the entire conference. They do NOT need to change for awards ceremonies.

Bonus points will NOT be awarded, but event managers will make note if competitors are NOT in proper dress which could result in overall point deduction. For more information on acceptable dress code, [see here.](#)

General Regional Conference Reminders:

- If students need specific accommodations, [this form must be filled out](#) by the conference registration so we can see if accommodations can be made. These accommodations must be submitted via this form.

- Michigan HOSA members can compete in only ONE competitive event. At the State and International levels, they can compete in their competitive event and as many Recognition events they want.
- Teams MUST compete with the number listed in the event guidelines. No more, no less. If it is a two person team event, you must compete with two people. If the student cannot find a last minute replacement, we will allow them to participate in another event at Regionals, such as a knowledge test.
- If you have specific questions about your competitive event, first, look at the [event guidelines](#). If you did not find your answer, please email samantha.pohl@mhc.org or hosa@mhc.org.

Michigan HOSA Regional Leadership Conference; Sports Medicine

Skill I – Anatomical Landmark Identification

Anatomical Landmarks for Regional Conferences will be chosen from this list

Anatomy of the Foot

- MTP, DIP, PIP joints of toes
- Distal/middle/proximal phalanx of each toe
- Longitudinal Arches
- Transverse arch
- Head/base of the 5th metatarsal
- Sesamoid bones
- Anterior Tibialis Tendon
- Extensor digitorum longus tendons
- Calcaneus

Anatomy of the Ankle/Lower Leg

- Achilles Tendon
- Deltoid ligament
- Anterior Talofibular Ligament
- Posterior Talofibular Ligament
- Lateral Malleolus
- Medial Malleolus
- Head of the fibula
- Musculotendinous junction of the achilles tendon
- Belly of the gastrocnemius muscle

Anatomy of the Knee

- Tibial tuberosity
- Distal/proximal pole of the patella
- Medial/lateral femoral epicondyle
- Medial/lateral tibial epicondyle
- Medial/lateral joint line
- Patellar tendon
- Belly of the vastus medialis oblique muscle
- Medial collateral ligament
- Lateral collateral ligament

Anatomy of the Neck/Spine/Head

- Spinous Process of C7 vertebrae

- Zygomatic arch
- Temporal bone
- Frontal bone
- Occipital bone
- Nasal bone
- Temporal mandibular joint
- Mastoid process of the cranium
- Mental foramen of the mandible

Anatomy of the Shoulder

- Spine of the scapula
- Acromioclavicular joint
- Sternoclavicular joint
- Bicipital groove of the humerus
- Distal end of the clavicle
- Proximal end of the clavicle
- Inferior angle of the scapula
- Insertion of the deltoid muscle

Anatomy of the Elbow & Forearm

- Olecranon process
- Head of the radius
- Lateral humeral epicondyle
- Medial humeral epicondyle

Anatomy of the Wrist, Hand, and Fingers

- MCP, DIP, PIP joints of fingers
- Distal/middle/proximal phalanx of each finger
- Anatomical snuffbox
- Pisiform
- Metacarpals
- Thenar eminence
- Hypothenar eminence