

HOSA Competition List '23-24

See <https://hosa.org/guidelines/> for the detailed guidelines of all events.

Important Dates & Dress Code

- Online Testing - Nov. 29th, 2023- On campus
- Mock Competition - Jan. 13th, 2024- On campus
- Area - Jan. 26-27th, 2024
 - Barbers Hill High School
- State - April 3-5th, 2024
 - Galveston, TX
- Nationals - June 26-29th, 2024
 - Houston, TX
- THOSE WHO MAKE IT TO AREA and beyond WILL NEED PROFESSIONAL ATTIRE
 - Boys will wear a suit (black or navy slacks and jacket),white dress shirt with a tie,and black or brown dress shoes.
 - Girls may wear black or navy skirts that are knee length! Otherwise, girls may wear black or navy pants with a white blouse and a blazer (black or navy). Closed toe black or navy heels or flats.

Summary of HOSA competitions

Health Science Events

<p>Behavioral Health Members will learn about psychology, the mind, mental health, and substance use disorders</p>	<p>Cultural Diversities & Disparities Members will learn about cultural competence to better the healthcare industry</p>	<p>Dental Terminology Members will learn about the common language in dental specialties</p>	<p>Health Informatics Members will learn about the management of health information and the assimilation of technology in healthcare</p>
<p>Human Growth & Development Members will learn about biophysical, mental/cognitive, social, and emotional development in the human lifespan</p>	<p>Medical Law & Ethics Members will learn about U.S. medical law, ethics and bioethics</p>	<p>Medical Math Members will identify, solve, and apply mathematical principles in the healthcare industry</p>	<p>Medical Reading Members will read about different topics relating to the healthcare community</p>
<p>Medical Spelling* Members will learn about definitions and spelling of medical terms (see note below)</p>	<p>Medical Terminology Members will learn about prefixes, suffixes, roots, and other medical related fields that involve terminology</p>	<p>Nutrition Members will learn about the relationship between nutrition and wellness in healthcare</p>	<p>Pathophysiology Members will learn about diseases of the body</p>
<p>Pharmacology Members will learn about different drugs and their uses, effects and modes of action</p>			

- All events in this category have an online test
- Top 3 go straight to **STATE**, except for Medical Spelling, Top 15 go to area for Spelling Bee

Health Professions Events

Biotechnology Members will learn the skills required for a laboratory setting using biotechnology	Clinical Laboratory Science Members will learn the skills required for a traditional laboratory setting	Clinical Nursing Members will gain the knowledge and skills of nursing	**Clinical Specialty Members will research about a health career of their choosing
Dental Science Members will gain the knowledge and skills of dentistry	**Family Medicine Physician Members will learn about this career path through interviews, research, and presentation	Home Health Aide Members will gain knowledge and skills to support patients from their homes	Medical Assisting Members will learn about the skills needed to assist in administrative and clinical tasks
Nursing Assisting Members will gain knowledge and skills required for patient care in medical settings	Pharmacy Science Members will gain the knowledge and skills for pharmacy related careers	Physical Therapy Members will gain the knowledge and skills to assist patients in recovery	Sports Medicine Members will learn the skills needed for patient care in a sports medical setting
Veterinary Science Members will gain the knowledge and skills to diagnose and treat animals	Respiratory Therapy Members will learn the skills needed for patients in need of respiratory care	Phlebotomy Members will gain knowledge and skills involved in phlebotomy	

- ****Clinical Specialty** and **Family Medicine Physician** do not have online test, go straight to **AREA** to present to judges
- Top 10 from online testing go to **AREA** to perform clinical skills in front of judges

Emergency Preparedness Events

CERT Skills (2 members) Members will gain knowledge and skills required for disaster preparedness and response	CPR/First Aid (2 members) Members will learn the knowledge and skills to provide first aid and basic life support	Emergency Medical Technician (2 members) Members will learn the knowledge and skills required for emergency medical care	Epidemiology Members will learn about health and disease in populations (Top 3 advance to State from online testing, no area comp.)
**Mental Health Promotion (2-6 members) Members will get an introduction to Mental Health topics with a grounding in prevention	**MRC Partnership (2-6 members) Members will learn about how to initiate and maintain a partnership with their local/state Medical Reserve Corps unit	**Public Health (2-6 members) Members will develop an effective, dynamic, and creative presentation that informs the public about an important public health issue	Topic for Public Health: Technology addiction: How to protect ourselves

- Top 10 from online testing go to **AREA** to perform clinical skills in front of judges.
- ****Mental Health Promotion, MRC Partnership, and Public Health** do not have online testing and go straight to **AREA**

Recognition Event

****Medical Art Poster**

Encourage students to develop a poster that will stimulate others to explore health care and to communicate this interpretation through the development of a creative, artistic, and informational poster

Theme: HOSA: Success - One Destination, Many Paths

<https://texashosa.org/wp-content/uploads/Section-I-State-Recognition-4.pdf>

- Makes the poster beforehand
- Only goes to **AREA** and **STATE**
- Does not advance to nationals

Leadership Events

<p>**Extemporaneous Writing Members will write an essay about the secret topic</p>	<p>**Health Career Photography Members will gain the knowledge about different health careers and analyze them through photography</p>	<p>Healthy Living Members will understand healthy living and the impact on health throughout the lifespan. (see note below)</p>	<p>**Job Seeking Skills Members will gain the skills and knowledge to apply for jobs and internships</p>
<p>**Prepared Speaking Members will improve knowledge and skills surrounding effective oral communication Topic: Dare to create</p>	<p>**Researched Persuasive Writing & Speaking Members will write a paper about a health topic and give a speech about it Topic: Youth sports specialization: Good or bad for athletes?</p>	<p>**Research Poster Members will make a poster from a researched topic</p>	

- **Healthy Living** has online testing, then top 10 go to **AREA**
- ****All events go straight to AREA, no online testing.**

Next page for Teamwork Events



Teamwork Events

<p>Biomedical Debate (3-4 members) Members will research the pros and cons of a biomedical issue and showcase what they learned Topic: Should artificial intelligence in healthcare be welcomed or feared?</p>	<p>**Community Awareness (2-6 members) Members will educate their community about one health and/or safety related issue</p>	<p>Creative Problem Solving (2-6 members) Members will apply problem solving skills to a hypothetical health or HOSA related problem</p>	<p>Forensic Science (2 members) Members will apply knowledge and skills in creating a solution to a forensic science related problem</p>	<p>**Health Career Display (2 members) Members will research a career of interest and create a display board pertaining to it</p>
<p>**Health Education (2-6 members) Members will prepare a lesson on a certain health topic for a targeted audience</p>	<p>HOSA Bowl (4 members) Members will gain knowledge and skills on various topics and situations in health, HOSA, and parliamentary procedure</p>	<p>**Medical Innovation (2-4 members) Members will present a new medical innovation that they, and their team, created</p>	<p>Parliamentary Procedure (5-8 members) Members will conduct a simulated business meeting by using parliamentary procedure</p>	<p>**Public Service Announcement (2-6 members) Members will produce a video PSA about an important health issue Topic: Fentanyl will kill you</p>

- ****Community Awareness, Health Career Display, Health Education, Medical Innovation, and Public Service Announcement *do not* have testing and go straight to AREA**
- Events have an online test, then **TOP 10** go to **AREA** to present in front of judges

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