

## COMPETITION THROUGH HOSA A Positive Viewpoint

Competition is inherent in society. HOSA members throughout their future lives will be involved in many forms of organized or incidental competition for jobs, advancement, leadership roles, and numerous other forms of recognition.

- The HOSA Competitive Events Program is designed to foster a positive attitude toward competition.
- Each event is competency based.
- Each event focuses on one's own ability to perform.
- Achievement is measured against standardized criteria.

It is important for advisors to understand and stress the positive benefits of student participation in the HOSA Competitive Events Program. This provides an opportunity for students to strengthen knowledge, improve skills, and develop leadership ability. Self-confidence and courage are benefits of healthy competition. The ability to strengthen interpersonal relationships and to accept with grace both success and defeat are characteristics of the leaders of tomorrow.



HOSA members should be encouraged to analyze their own ability in the process of deciding where their interest and talents lie and in choosing to enter competition.

HOSA members, with the assistance of their advisor, should plan for competition within their chapter. Involvement of the health science education advisory committee members and other professionals in the community fosters public relations, improves skills, maintains standards, and helps the Chapter members to decide who should represent them at the state and national levels.



Preparation for participation in any of the HOSA Competitive Events should evolve as part of the natural, planned flow of the instructional process. HOSA Competitive Event Guidelines are instructional tasks and they should be used as any other teaching resource. They are especially useful as checklists or skills profiles to introduce, reinforce, and assess achievement of competency criteria in student performance of scheduled tasks (i.e. selected job skills, such as in the Dental Science Competitive Event, or for class and/or community presentations, as in the Prepared Speaking Competitive Event). Perhaps it is most important to recognize that competitive events do not govern instruction, but are supportive tasks to enhance instruction

<b>Health Professions Events</b>	<b>Health Science Events</b>	<b>Emergency Preparedness Events</b>
Biomedical Laboratory Science Clinical Nursing Clinical Specialty Dental Science Home Health Aide Medical Assisting Nursing Assisting Personal Care Physical Therapy Sports Medicine Veterinary Science	Dental Terminology Medical Spelling Medical Terminology Medical Math Medical Reading KT: Human Growth & Development KT: Nutrition KT: Medical Law & Ethics KT: Pathophysiology KT: Pharmacology KT: Behavioral Health KT: Transcultural Health Care	CPR/First Aid Emergency Medical Technician Epidemiology Life Support Skills MRC Partnership CERT Skills Public Health

<b>Leadership Events</b>	<b>Teamwork Events</b>	<b>Recognition Events</b>
Extemporaneous Health Poster Health Career Photography Extemporaneous Writing Healthy Lifestyle Job Seeking Skills Prepared Speaking Researched Persuasive Writing and Speaking Interviewing Skills Speaking Skills	Community Awareness Creative Problem Solving HOSA Bowl Parliamentary Procedure Biomedical Debate Health Career Display Health Education Forensic Medicine Public Service Announcement Medical Innovation: Existing Medical Innovation: Original	Outstanding HOSA Chapter Health Care Issues Exam Outstanding State Leader MRC Volunteer Recognition National Service Project Barbara James Service Award HOSA Happenings