

## ***New for 2020-2021***

Competitor orientation deleted from ILC.  
Editorial updates and clarifications have been made to guidelines.

### **Event Summary**

Health Career Exploration provides **Middle School Division** HOSA members with the opportunity to explore and learn about the five health career clusters and to gain knowledge about career skills, fundamental skills, and professional and academic knowledge within various health careers. This competitive event shall be a 50 item multiple choice written test plus one tie-breaker essay question. The event aims to inspire members to be proactive future health professionals and recognize, identify, define, interpret and apply terms related to health careers.

**Dress Code** Competitors must be in official HOSA uniform or proper business attire. Bonus points will be awarded for [proper dress](#).

### **General Rules**

1. Competitors in this event must be active members of HOSA-Future Health Professionals and in good standing in the Middle School division ONLY (in grades 6-8 during the 2020-2021 school year).
2. Competitors must be familiar with and adhere to the [“General Rules and Regulations of the HOSA Competitive Events Program \(GRR\).”](#)
3. All competitors shall report to the site of the event at the time designated for each round of competition. At ILC, competitor’s [photo ID](#) must be presented prior to ALL competition rounds.

### **Official References**

4. The resource for the Health Career Exploration Test are:  
[Winger and Blahnik. Introduction to Health Science: Pathways to Your Future. Goodheart-Wilcox Publisher. Latest Edition.](#)

### **The Test**

5. Test Plan: For each of the following five career clusters the following areas will be tested:
  - Career Skills
  - Fundamental Skills
  - Professional Knowledge
  - Academic Knowledge
  - **Health Informatics** 20%
  - **Therapeutics** 20%
  - **Diagnostics** 20%
  - **Support Services** 20%
  - **Biotechnology** 20%
6. [Test Instructions](#): Competitors will be given instructions on the use of the Scantron form. There will be a maximum of **60 minutes** to complete the test.

NOTE: States/regions may use a different process for testing, to include but not limited to pre-conference testing, online testing, and testing at a computer. Check with your Area/Region/State for the process you will be using.

7. **TIME REMAINING ANNOUNCEMENTS:** There will be a verbal announcement when there are 30 minutes, 15 minutes, 5 minutes, and 1 minute remaining to complete the test.

8. **Sample Test Questions**

1. What device do healthcare workers use to measure angles associated with joint movement?
  - A. Inclinometer
  - B. Nanometer
  - C. Refractometer
  - D. **Goniometer**Winger pp 253
  
2. Which set of alphanumeric codes is used to organize diseases for reimbursement?
  - A. **ICD**
  - B. AMA
  - C. WHO
  - D. CPTWinger pp 538
  
3. Which pulse is measured by listening to the heart with a stethoscope?
  - A. carotid
  - B. ulnar
  - C. **apical**
  - D. radialWinger pp 350

**Final Scoring**

9. One essay question will be administered with the original test. In case of a tie, the essay question will be judged and used to break the tie
  
10. The competitor should write his/her answer to the tie-breaker essay question on the tie-breaker page of the test that remains attached to the original test.

**Competitor Must Provide:**

- #2 lead pencils with an eraser
- [Photo ID](#)