

Health Career Exploration



New for 2023 - 2024

These guidelines are written for ILC. States may modify events or have different event processes and deadlines. Be sure to check with your Local/State Advisor (or state website) to determine how the event is implemented for the regional/area or state conference. Editorial updates have been made.

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 with one tiebreaker 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](#).

Competitor Must Provide:

- ☐ [Photo ID](#)
- ☐ Two #2 lead pencils (not mechanical) with an eraser

General Rules

1. Competitors in this event must be active members of HOSA-Future Health Professionals in good Standing.
2. **Eligible Divisions:** Middle School ONLY (in grades 6-8 during the 2023-2024 school year) are eligible to compete in this event.
3. Competitors must be familiar with and adhere to the "[General Rules and Regulations of the HOSA Competitive Events Program \(GRR\)](#)."
 - A. Per the [GRRs](#) and [Appendix H](#), HOSA members may request accommodation in any competitive event. To learn the definition of an accommodation, please read [Appendix H](#). To request accommodation for the International Leadership Conference, [submit the request form here](#) by May 15 at midnight EST.
 - B. To request accommodation for any regional/area or state level conferences, submit the request form [here](#) by your state published deadline. Accommodations must first be done at state in order to be considered for ILC.

4. 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

5. All official references are used in the development of the written test.
6. [Winger and Blahnik. *Introduction to Health Science: Pathways to Your Future*. Goodheart-Willcox Publisher. Latest Edition.](#)
7. [Marshall and Roe. *Health Science Concepts and Applications*. Goodheart-Willcox Publisher. Latest Edition.](#)

The Test

8. The test plan for Health Career Exploration is:
 - Health Informatics..... 10%
 - Therapeutics..... 10%
 - Diagnostics..... 10%
 - Support Services..... 10%
 - Biotechnology..... 10%
 - Communication..... 10%
 - Employability Skills..... 10%
 - Healthcare Laws & Ethics..... 10%
 - Safety & Infection Control..... 10%
 - Lifespan Development..... 10%
9. [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.
10. **Time Remaining Announcements**: There will be NO verbal announcements for time remaining during ILC testing. All ILC testing will be completed in the Testing Center and competitors are responsible for monitoring their own time.

11. Sample Test Questions

1. What device do healthcare workers use to measure angles associated with joint movement? (Winger pp 253)
 - A. Inclinator
 - B. Nanometer
 - C. Refractometer
 - D. **Goniometer**
2. Which set of alphanumeric codes is used to organize diseases for reimbursement? (Winger pp 538)
 - A. **ICD**
 - B. AMA
 - C. WHO
 - D. CPT
3. Which pulse is measured by listening to the heart with a stethoscope? (Marshall pp 333)
 - A. carotid
 - B. ulnar
 - C. **apical**
 - D. radial

Final Scoring

12. 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
13. The competitor should write their answer to the tiebreaker essay question on the tiebreaker page of the test that remains attached to the original test.