

HOSA COMPETITIVE EVENTS UPDATE 2024 - 2025

THIS UPDATE SUMMARIZES MOST MAJOR CHANGES TO THE EVENT GUIDELINES BUT IS NOT AN ALL-INCLUSIVE LIST. CHANGES TO BOTH THE RATING SHEETS AND RULES ARE MADE EVERY YEAR FOR CONSISTENCY AND CLARITY. FULL EVENT GUIDELINES SHOULD BE PRINTED FROM [HOSA.ORG](https://hosa.org) EVERY SEPTEMBER.

Event	Update
GENERAL EVENT UPDATES	
Digital Uploads	Public Health, Health Career Display, Exploring Medical Innovation, and Medical Innovation have moved to a round 1 submission on the HOSA Digital Upload System instead of an in-person round 1.
Resource Changes	The following events have new resources, updated editions, or retired resources: CERT Skills, Clinical Lab Science, Dental Science, Dental Terminology, and Healthy Living.
Test Plan Changes	The following events will have test plan updates: ATC Tests, CPR/First Aid, CERT Skills, Dental Science, Dental Terminology, Foundations of HOSA Bowl, Home Health Aide, Medical Math, Nursing Assisting, Pharmacology, and Veterinary Science.
Skill Events	The following events have added or updated skills: CERT Skills, CPR/First Aid, Dental Science, Emergency Medical Technician, and Phlebotomy.
Event Names Updated	Cultural Diversities and Health Disparities is renamed World Health and Disparities.
Accommodation and Eligibility Forms	Both forms must only be submitted once via https://hosa.org/accommodations/ . It no longer needs to be submitted to regional, state, and ILC.
ATC	New ATC event - Environmental Health
Dress Code	A Lab Coat can be worn as part of a clinical uniform or attire appropriate to the occupational area
HEALTH SCIENCE & RECOGNITION EVENTS	
American Red Cross Volunteer Recognition Event	The tracking process will now use the internal HATS system.
Barbara James Service Award	Clarification will be added that internships and job shadowing experiences are not allowed.
Cultural Diversity & Disparities in Health Care	The event has been renamed and updated to reflect the international organization better.
Emotional Well-Being Challenge	Teams must be registered for ILC to be recognized.
HCIE	The test material's dates will change: Regional will be July 1 to October 15, State will be July 1 to December 1, and ILC will be December 1 to March 15.
Foundations of Medical Reading (MS Division)	<ul style="list-style-type: none"> • <i>Gut: The Inside Story of Our Body's Most Underrated Organ</i> by Giulia and Jill Enders • <i>Our Iceberg is Melting</i> by John Kotter and Holger Rathgeber • <i>Relentless Optimism: How a Commitment to Positive Thinking Changes Everything</i> by Darrin Donnelly

Medical Reading (SS & PSC Divisions)	<ul style="list-style-type: none"> • <i>Borrowing Life: How Scientists, Surgeons, and a War Hero Made the First Successful Organ Transplant a Reality</i> by Shelley Fraser Mickle • <i>Twice as Hard: The Stories of Black Women Who Fought to Become Physicians, from the Civil War to the 21st Century</i> by Jasmine Brown • <i>What Happened to You?: Conversations on Trauma, Resilience, and Healing</i> by Oprah Winfrey and Bruce D. Perry • <i>Written in Bone: Hidden Stories in What We Leave Behind</i> by Sue Black • <i>The Wisdom of the Bullfrog: Leadership Made Simple (But Not Easy)</i> by Admiral William H. McRaven
Health Literacy Ambassador	New recognition event
HEALTH PROFESSIONS EVENTS	
Clinical Specialty	Skills for Patient Care Technician that cannot be duplicated in CS have been added to the guidelines.
Occupational Therapy	New event - only a 50-question test with a tiebreaker in the first year. Skills will be added 2025 - 2026.
Patient Care Technician	New event - test and skills
EMERGENCY PREPAREDNESS EVENTS	
CERT Skills	Triage skill has been added, along with additional resources to support the skill.
Public Health	2024 -2025 Topic: <i>Our Epidemic of Loneliness and Isolation: Social Disconnection - A Public Health Concern.</i> Display time will now be required at ILC, and round 1 will be a digital video submission.
LEADERSHIP EVENTS	
Healthy Living	Online resources in a “course” style format will be provided by the event sponsor NASM.
Prepared Speaking and Speaking Skills	2024-2025 Topic: <i>Powered by People</i>
Researched Persuasive Writing and Speaking	2024-2025 Topic: <i>Should GLP-1 agonists have open access for anyone who wishes to use it?</i>
TEAMWORK EVENTS	
Biomedical Debate	2024-2025 Topic: <i>The government should regulate social media use for people under age 18.</i>
HOSA Bowl	No observers will be allowed in the event anymore.
Public Service Announcement	2024-2025 Topic: <i>Brain Health - Now is the Time to Start</i>

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