

Competition	Category	Event Summary	Link to Guidelines	Notes
Medical Reading	Health Science	<i>Medical Reading allows Secondary and Postsecondary/Collegiate members to improve their reading comprehension and understanding of particular topics related to leadership development and the health community. This competitive event shall be a written test of information and knowledge gained from reading the selected books for the current year. Competitors will apply, analyze, synthesize, and/or evaluate the reading material in a multiple-choice test. This event aims to inspire members to be proactive future health professionals and apply the knowledge gained from reading medical and leadership books. Parents/guardians and advisors are encouraged to review this list to ensure this year's selections are the best fit for your student.</i>	https://hesa.org/wp-content/uploads/2025/08/25-26-MR-Aug30.pdf	Teachers can create a class reading group as an assignment and work through different discussion questions to help teach concepts relating to the topics in the year's books
Medical Spelling	Health Science	<i>Medical Spelling allows HOSA members to gain knowledge and skills regarding the definitions and spelling of medical terms. This competitive event consists of two rounds: Round One is a written, multiple-choice test, and Round Two is a "spelldown" in which competitors spell terms in front of judges. This event aims to inspire members to become skilled in medical spelling.</i>	https://hesa.org/wp-content/uploads/2025/08/25-26-MS-Aug30.pdf	Having your class compete in a mock spelldown can be a fun way to engage students and to practice for competition. Students that are eliminated can continue to practice by writing down the spellings of future words to continue spelling practice. This can also be modified to teach different scribe acronyms and short hand.
Biotechnology	Health Professions	<i>Biotechnology allows members to gain the knowledge and skills required for a laboratory setting using biotechnology. This competitive event consists of two rounds. Round One is a written, multiple-choice test, and the top-scoring competitors will advance to Round Two for the skills assessment. This event aims to inspire members to learn more about biotechnology careers.</i>	https://hesa.org/wp-content/uploads/2025/08/25-26-BT-Aug30.pdf	Using the competition skills, have your students assess each other like a judge would at SLC or ILC. This not only provides students the ability to practice skills that will help them prepare for competition, but will also increase skill familiarity in students who are grading their peer.

Clinical Laboratory Science	Health Professions	<i>Clinical Laboratory Science provides members with the opportunity to gain the knowledge and skills required for a traditional laboratory setting. This competitive event consists of two rounds. Round One is a written, multiple-choice test, and the top-scoring competitors advance to Round Two for the skills assessment. This event aims to inspire members to learn more about clinical laboratory careers.</i>	https://hesa.org/wp-content/uploads/2025/09/25-26-CLS-Aug31-1.pdf	Using the competition skills, have your students assess each other like a judge would at SLC or ILC. This not only provides students the ability to practice skills that will help them prepare for competition, but will also increase skill familiarity in students who are grading their peer.
Clinical Nursing	Health Professions	<i>Clinical Nursing provides members with the opportunity to gain the knowledge and skills required in the nursing field. This competitive event consists of two rounds. Round One will be a written, multiple-choice test and top-scoring competitors will advance to Round Two for the skills assessment. This event aims to inspire members to use critical thinking skills and be equipped with insight to treat patients in a clinical setting.</i>	https://hesa.org/wp-content/uploads/2025/08/25-26-CN-Aug30.pdf	Using the competition skills, have your students assess each other like a judge would at SLC or ILC. This not only provides students the ability to practice skills that will help them prepare for competition, but will also increase skill familiarity in students who are grading their peer.
Clinical Specialty	Health Professions	<i>Clinical Specialty allows members to gain knowledge and skills about a health career of their choosing. This competitive event consists of three items: developing a career portfolio, a video demonstration of a selected skill common to the chosen health career, and a live presentation to the judges. This event aims to inspire members to learn more about a health-related career and become skilled future health professionals.</i>	https://hesa.org/wp-content/uploads/2025/09/25-26-CS-Aug31.docx.pdf	Using the competition skills, have your students assess each other like a judge would at SLC or ILC. This not only provides students the ability to practice skills that will help them prepare for competition, but will also increase skill familiarity in students who are grading their peer.
Dental Science	Health Professions	<i>Dental Science allows members to gain knowledge and skills required for dental careers. This competitive event consists of 2 rounds. Round One is a written, multiple-choice test, and the top-scoring competitors will advance to Round Two for the skills assessment. This event aims to inspire members to learn more about careers in the dental field.</i>	https://hesa.org/wp-content/uploads/2025/08/25-26-DS-Aug30.docx.pdf	Using the competition skills, have your students assess each other like a judge would at SLC or ILC. This not only provides students the ability to practice skills that will help them prepare for competition, but will also increase skill familiarity in students who are grading their peer.

<p>Family Medicine Physician</p>	<p>Health Professions</p>	<p><i>The Family Medicine Physician competitive event allows HOSA members to gain knowledge about this career path through interviews, research, and a peer presentation. Competitors will conduct interviews to learn more about family medicine and share their findings with their peers through a presentation. Competitors will present their peer presentations to judges, showcasing what they have learned. This event aims to inspire members to learn about the dynamic field of Family Medicine and ensure patients from every community, everywhere, have access to a family physician.</i></p>	<p>https://hosa.org/wp-content/uploads/2025/08/25-26-FMP-Aug31.pdf</p>	<p>Using the competition skills, have your students assess each other like a judge would at SLC or ILC. This not only provides students the ability to practice skills that will help them prepare for competition, but will also increase skill familiarity in students who are grading their peer.</p>
<p>Home Health Aide</p>	<p>Health Professions</p>	<p><i>Home Health Aide allows members to gain the knowledge and skills required for supporting patients in their homes. This competitive event consists of two rounds. Round one is a written, multiple-choice test, and the top-scoring competitors will advance to Round Two for the skills assessment. This event aims to inspire members to be proactive future health professionals and equip them to serve patients in a home health setting.</i></p>	<p>https://hosa.org/wp-content/uploads/2025/09/25-26-HHA-Aug31-1.pdf</p>	<p>Using the competition skills, have your students assess each other like a judge would at SLC or ILC. This not only provides students the ability to practice skills that will help them prepare for competition, but will also increase skill familiarity in students who are grading their peer.</p>
<p>Medical Assisting</p>	<p>Health Professions</p>	<p><i>Medical Assisting provides members with the opportunity to gain the knowledge and skills required to assist in administrative and clinical tasks. This competitive event consists of two rounds. Round One is a written, multiple-choice test, and the top-scoring competitors advance to Round Two for the skills assessment. This event aims to inspire members to become allied health professionals who respond and assist efficiently in clinical settings.</i></p>	<p>https://hosa.org/wp-content/uploads/2025/09/25-26-MA-Aug30.pdf</p>	<p>Using the competition skills, have your students assess each other like a judge would at SLC or ILC. This not only provides students the ability to practice skills that will help them prepare for competition, but will also increase skill familiarity in students who are grading their peer.</p>

Nursing Assisting	Health Professions	<i>Nursing Assisting allows members to gain knowledge and skills required for patient care in medical settings. This competitive event consists of 2 rounds. Round One is a written, multiple-choice test, and the top-scoring competitors will advance to Round Two for the skills assessment. This event aims to inspire members to learn more about the nursing field and how to provide quality care.</i>	https://hosa.org/wp-content/uploads/2025/09/25-26-NA-Aug31.pdf	Using the competition skills, have your students assess each other like a judge would at SLC or ILC. This not only provides students the ability to practice skills that will help them prepare for competition, but will also increase skill familiarity in students who are grading their peer.
Occupational Therapy	Health Professions	<i>The occupational therapy event enables members to acquire the knowledge and skills employed by occupational therapy professionals. It consists of a written, multiple-choice test. Round One is a written, multiple-choice test, and the top-scoring competitors will advance to Round Two for the skills assessment. This event aims to inspire members to learn more about careers in the occupational therapy field.</i>	https://hosa.org/wp-content/uploads/2025/08/25-26-OT-Aug30.pdf	Using the competition skills, have your students assess each other like a judge would at SLC or ILC. This not only provides students the ability to practice skills that will help them prepare for competition, but will also increase skill familiarity in students who are grading their peer.
Patient Care Technician	Health Professions	<i>Patient Care Technician allows members to gain the knowledge and skills required for patient care in medical settings. This competitive event consists of two rounds. Round One is a written, multiple-choice test, and the top-scoring competitors advance to Round Two for the skills assessment. This event aims to inspire members to learn more about the field and how to provide quality patient care.</i>	https://hosa.org/wp-content/uploads/2025/09/25-26-PCT-Sept5.pdf	Using the competition skills, have your students assess each other like a judge would at SLC or ILC. This not only provides students the ability to practice skills that will help them prepare for competition, but will also increase skill familiarity in students who are grading their peer.
Personal Care	Health Professions	<i>Personal Care allows members to gain the knowledge and skills required for patient care in medical settings. This competitive event consists of a skills assessment and aims to inspire members to learn more about the field of nursing and how to provide quality care. This event is specifically for HOSA members classified under IDEA.</i>	https://hosa.org/wp-content/uploads/2025/08/25-26-PC-Aug31.pdf	This event is similar to Nursing Assisting and is only open to students with an IEP. Using the competition skills, have your students assess each other like a judge would at SLC or ILC. This not only provides students the ability to practice skills that will help them prepare for competition, but will also increase skill familiarity in students who are grading their peer.

Pharmacy Science	Health Professions	<p><i>Pharmacy Science enables members to acquire the knowledge and skills necessary for careers in pharmacy. This competitive event consists of two rounds. Round One is a written, multiple-choice test, and the top-scoring competitors advance to Round Two for the skills assessment. This event aims to inspire members to learn more about the field of pharmacy, including careers and practices.</i></p>	<p>https://hesa.org/wp-content/uploads/2025/08/25-26-RX-Science-Aug30.pdf</p>	<p>Using the competition skills, have your students assess each other like a judge would at SLC or ILC. This not only provides students the ability to practice skills that will help them prepare for competition, but will also increase skill familiarity in students who are grading their peer.</p>
Phlebotomy	Health Professions	<p><i>The phlebotomy event allows members to gain the knowledge and skills required in phlebotomy. This competitive event consists of two rounds. Round One will be a written, multiple-choice test and top-scoring competitors will advance to Round Two for the skills assessment. This event aims to inspire members to use critical thinking skills and be equipped with insight to treat patients in a clinical setting.</i></p>	<p>https://hesa.org/wp-content/uploads/2025/10/25-26-PHL-Oct7.pdf</p>	<p>Using the competition skills, have your students assess each other like a judge would at SLC or ILC. This not only provides students the ability to practice skills that will help them prepare for competition, but will also increase skill familiarity in students who are grading their peer.</p>
Physical Therapy	Health Professions	<p><i>Physical therapy enables individuals to acquire the knowledge and skills necessary to support patients in their recovery. This competitive event consists of two rounds. Round One is a written, multiple-choice test and top-scoring competitors advance to Round Two for the skills assessment. This event aims to inspire HOSA members to learn more about the concepts and techniques of physical therapy.</i></p>	<p>https://hesa.org/wp-content/uploads/2025/10/25-26-PT-Aug30.pdf</p>	<p>Using the competition skills, have your students assess each other like a judge would at SLC or ILC. This not only provides students the ability to practice skills that will help them prepare for competition, but will also increase skill familiarity in students who are grading their peer.</p>
Respiratory Therapy	Health Professions	<p><i>The respiratory therapy event allows individuals to gain the knowledge and skills required in respiratory therapy.. This competitive event consists of two rounds. Round One is a written, multiple-choice test and top-scoring competitors advance to Round Two for the skills assessment. This event aims to inspire HOSA members to learn more about respiratory careers, use critical thinking skills, and become allied health professionals who can respond and assist efficiently in clinical settings.</i></p>	<p>https://hesa.org/wp-content/uploads/2025/10/25-26-RT-Sept1.pdf</p>	<p>Using the competition skills, have your students assess each other like a judge would at SLC or ILC. This not only provides students the ability to practice skills that will help them prepare for competition, but will also increase skill familiarity in students who are grading their peer.</p>

Sports Medicine	Health Professions	<p><i>Sports Medicine provides members with the opportunity to gain the knowledge and skills required for patient care in a sports medicine setting. This competitive event consists of two rounds. Round One is a written, multiple-choice test, and the top-scoring competitors advance to Round Two for the skills assessment. This event aims to inspire members to learn more about injury prevention, therapeutic intervention, and immediate care.</i></p>	<p>https://hesa.org/wp-content/uploads/2025/08/25-26-SM-Aug31.pdf</p>	<p>Using the competition skills, have your students assess each other like a judge would at SLC or ILC. This not only provides students the ability to practice skills that will help them prepare for competition, but will also increase skill familiarity in students who are grading their peer.</p>
Surgical Technologist	Health Professions	<p><i>The Surgical Technologist event allows members to gain essential knowledge and skills required for the field of Surgical Technology. This competitive event consists of two rounds. Competitors will take a written test for Round One. Top-scoring competitors will advance to Round Two for a clinical skills assessment. This event aims to inspire members to learn more about Surgical Technologist careers, enhance critical thinking skills, and prepare to become allied health professionals capable of effectively assisting in surgical settings.</i></p>	<p>https://hesa.org/wp-content/uploads/2025/09/25-26-ST-Sept1.pdf</p>	<p>Using the competition skills, have your students assess each other like a judge would at SLC or ILC. This not only provides students the ability to practice skills that will help them prepare for competition, but will also increase skill familiarity in students who are grading their peer.</p>
Veterinary Science	Health Professions	<p><i>Veterinary Science allows members to gain the knowledge and skills required for diagnosing and treating animals. This competitive event consists of two rounds. Round One is a written, multiple-choice test, and the top-scoring competitors advance to Round Two for the skills assessment. This event aims to inspire members to learn more about the field of veterinary care.</i></p>	<p>https://hesa.org/wp-content/uploads/2025/09/25-26-VS-Sept18.pdf</p>	<p>Using the competition skills, have your students assess each other like a judge would at SLC or ILC. This not only provides students the ability to practice skills that will help them prepare for competition, but will also increase skill familiarity in students who are grading their peer.</p>

CERT Skills	Emergency Preparedness	<i>CERT Skills allows members to gain knowledge and skills required for disaster preparedness and response. This competitive event consists of 2 rounds, and each team consists of two (2) people. Round One is a written, 50 question multiple-choice test, and the top scoring teams will advance to Round Two for the skills assessment. This event aims to inspire members to be proactive future health professionals who respond efficiently to complex community hazards in the absence of emergency services.</i>	https://hosa.org/wp-content/uploads/2025/10/25-26-CERT-Oct04.pdf	CERT Skills help students be prepared for an emergency event in their local communities. This event can help them learn skills and prepare to respond during an emergency situation.
CPR/First Aid	Emergency Preparedness	<i>CPR/First Aid enables members to acquire essential skills and knowledge required for team-based first aid and basic life support. This competitive event consists of two rounds, with each team comprising two people. Round One is a written exam with 50 multiple-choice questions, and teams with the highest scores proceed to Round Two, which involves a skills assessment. The goal of this event is to encourage members to become proactive future health professionals who are capable of administering life-saving measures.</i>	https://hosa.org/wp-content/uploads/2025/08/25-26-CPR-Aug30.pdf	CPR/First Aid and Life Support Skills prepare students to be able to respond with Basic Life Support in the event of an emergency. You can train your chapters with either the AHA or ARC guidelines and a fun chapter activity can be to get CPR Certified as a group. Another way to use this as curriculum is to have your students "respond" to an emergency where they need to perform CPR/First Aid
Emergency Medical Technician	Emergency Preparedness	<i>Emergency Medical Technician allows HOSA members to gain the knowledge and skills required for emergency medical care. This competitive event consists of two rounds, and each team consists of two (2) people. Round One is a written, 50-question multiple-choice test, and the top-scoring teams will advance to Round Two for the skills assessment. The primary goal of this event is to motivate members to pursue careers as proactive healthcare professionals, equipping them with resilience, physical strength, and adept problem-solving abilities necessary for delivering immediate emergency care.</i>	https://hosa.org/wp-content/uploads/2025/08/25-26-EMT-Aug30.pdf	EMT allows students to learn skills that can help them as they enter into careers where they will respond to emergency situations. This can be translated to curriculum by turning the event into a school wide or class-wide training opportunity. You can also pair students up into groups and have them assess each other on the EMT skills.

Life Support Skills	Emergency Preparedness	<p><i>Life Support Skills allows HOSA members to gain knowledge and skills required for basic life support. This competitive event consists of evaluating members' performance through a skills assessment. This event aims to inspire members to be proactive future health professionals and be equipped with the skills to provide immediate, life-saving actions in the absence of emergency services. This event is specifically for HOSA members who are classified under IDEA.</i></p>	<p>https://hosa.org/wp-content/uploads/2025/09/25-26-LSS-Aug31.pdf</p>	<p>This event is similar to CPR/First Aid and is only open to students with an IEP.</p>
Mental Health Promotion	Emergency Preparedness	<p><i>The Mental Health Promotion event provides HOSA members with an introduction to mental health topics with a grounding in prevention. The event is built on the understanding that “mental health IS health” and that we must think about taking care of our mental health just as we do our physical health. This competitive event consists of a team of 2 to 6 members. Teams will create and publish a social media campaign for their peers centered on building and promoting protective factors around a selected mental health topic. This social media campaign will be pre-judged digitally prior to ILC. Teams will present their social media campaign and process to a panel of judges at ILC. This event aims to provide information on how to support someone struggling with their mental health and to inspire future health professionals to promote the importance of mental health in their schools and communities.</i></p>	<p>https://hosa.org/wp-content/uploads/2025/08/25-26-MHP-Au30.pdf</p>	<p>Mental Health Promotion scales well to a class project. This way, students are working in teams to address a mental health problem in their community and work to address it. Because this is also tied into a social media campaign, it may be of special interest to students that spend time online.</p>

MRC Partnership	Emergency Preparedness	<p><i>MRC Partnership provides members with the opportunity to gain knowledge and skills required to initiate and maintain a partnership with their local/state Medical Reserve Corps units. This competitive event is designed for students to demonstrate the spirit and mission of both the MRC and HOSA in joint partnership activities. Each team consists of 2 to 6 competitors and teams will prepare a portfolio highlighting partnership activities that improve public health, increase emergency response capabilities, and strengthen the resiliency of local communities. This event aims to inspire members to engage with the Medical Reserve Corps and to learn more about community-based groups committed to strengthening public health.</i></p>	<p>https://hesa.org/wp-content/uploads/2025/10/25-26-MRC-OC16.pdf</p>	<p>MRC Partnership is a great opportunity for project based learning. It also teaches students concepts around project management, communication with outside organizations, time management, and the ability to form partnerships with an organization like the Medical Reserve Corps. You can learn more about the MRC here: https://aspr.hhs.gov/MRC/Pages/index.aspx.</p>
Public Health	Emergency Preparedness	<p><i>Public Health allows HOSA members to develop an effective, dynamic, and creative presentation informing the public about a significant public health issue. The team consists of 2-6 members. The event consists of two rounds. In Round One, the team creates a video “trailer” of their presentation with the goal of convincing a panel of judges of the need to view their full Round Two presentation. The video trailer should “wow” the judges. The highest-scoring teams will advance to Round Two, where a panel of judges will view the entire in-person presentation. The panel of judges for each round may be different, so bring your “A” game to both rounds. The event aims to inspire members to be proactive health professionals. It aids in the development of a blend of skills necessary to address complex health challenges, including analysis and data literacy capabilities to interpret health trends, as well as communication and advocacy skills to engage with diverse communities and stakeholders effectively. The team nature of the event helps build leadership abilities for interdisciplinary teamwork and ethical decision-making.</i></p>	<p>https://hesa.org/wp-content/uploads/2025/08/25-26-PH-Aug30.pdf</p>	<p>Public Health provides students with the ability to determine the best method of communication for different audiences. Using the 25-16 theme of Food Wars: Battling Big Soda and Ultra-Processed Food, students can teach others about this health problem. Teachers can grade students based on the new Round 1 digital submission guidelines.</p>

<p>Extemporaneous Writing - Health Policy</p>	<p>Leadership</p>	<p><i>Extemporaneous Writing—Health Policy allows HOSA members to gain the knowledge and skills to write an effective letter to a policymaker. On the day of the competition, competitors will receive a secret topic that outlines a relevant health policy or issue with supporting details. Competitors will draft their letters in 60 minutes to submit to judges. This event aims to inspire members to learn more about current health policy and feel empowered to make a difference by voicing their opinions on important health topics to applicable decision-makers to effect change.</i></p>	<p>https://hesa.org/wp-content/uploads/2025/09/25-26-EWHP-Sept3.pdf</p>	<p>Extemporaneous Writing - Health Policy is a great class activity to assess student's written ability and to gauge what they view as an important health topic. As an instructor, you can provide students with a secret topic or have them come up with their own topics to talk about.</p>
<p>Health Career Photography</p>	<p>Leadership</p>	<p><i>Health Career Photography provides HOSA members with the opportunity to gain knowledge about different health careers and analyze them through the medium of digital photography. Competitors will photograph three different health professionals performing an aspect of their job, edit the photos using computer software technology as needed, provide a written description of the career, and then present their three printed pictures to a panel of judges. This event aims to inspire members to use photography as a means to explore health careers.</i></p>	<p>https://hesa.org/wp-content/uploads/2025/08/25-26-HCPhoto-Aug29.pdf</p>	<p>Health Care Photography is one way that students in the classroom can explore health careers. Students could share a single photograph and complete the rubric for the event to share with their peers.</p>
<p>Healthy Living</p>	<p>Leadership</p>	<p><i>Healthy Living provides HOSA members the opportunity to gain the knowledge and skills required to understand healthy living and its impact on health throughout the lifespan. This competitive event consists of two rounds. Round One is a written, multiple-choice test, and the top-scoring competitors will advance to Round Two for a presentation. In addition, each competitor will focus on one personal healthy living goal and document their efforts in a personalized portfolio. This event aims to inspire members to learn more about health literacy topics and to develop healthy habits for a lifetime.</i></p>	<p>https://hesa.org/wp-content/uploads/2025/08/25-26-HL-Aug29.pdf</p>	<p>Healthy Living can be used as a semester or quarter long project for a class like nutrition or health. Students document a healthy living goal and document their efforts in a portfolio that can be graded by a teacher using the Round 2 guidelines</p>

Interviewing Skills	Leadership	<p><i>Interviewing Skills allows HOSA members to gain the knowledge and skills required to successfully apply and interview for employment and internship opportunities (for college, medical school, professional career, etc.). This competitive event requires competitors to prepare a personal statement and resume and then participate in a mock job interview with judges. This event aims to inspire members to learn more about applying and interviewing for health-related positions and experiences. This event is specifically for HOSA members who are classified under IDEA.</i></p>	<p>https://hosa.org/wp-content/uploads/2025/08/25-26-IS-Aug26-shared.pdf</p>	<p>This event is most similar to Job Seeking Skills and is only open to students with an IEP</p>
Job Seeking Skills	Leadership	<p><i>Job Seeking Skills allows HOSA members to gain the knowledge and skills required to apply and interview for employment and internship opportunities (for college, medical school, professional career, etc.). This competitive event requires competitors to prepare a personal statement and resume and then participate in a mock job interview with judges. This event aims to inspire members to learn more about applying and interviewing for health-related positions and experiences.</i></p>	<p>https://hosa.org/wp-content/uploads/2025/08/25-26-JSS-Aug30.pdf</p>	<p>Job Seeking Skills and Interviewing Skills prepare students to find employment or educational opportunities that require an application and interview. This can be turned into a classroom activity by having students interview each other and assess each other on the guidelines that are set out in the guidelines. This can also be used as guidelines if your chapter conducts interviews to run for local or state office.</p>
Prepared Speaking	Leadership	<p><i>Prepared Speaking allows HOSA members to improve their knowledge and skills surrounding effective oral communication. This competitive event requires competitors to develop a speech about a selected national topic. The topic for the year aligns with the HOSA membership theme, which is announced at the conclusion of the annual International Leadership Conference.</i></p>	<p>https://hosa.org/wp-content/uploads/2025/08/25-26-PS-Aug18-.pdf</p>	<p>Prepared Speaking and Speaking Skills can be turned into curriculum in two ways. The first is that it can be turned into an essay assignment where the student responds to the topic of Champions of Change: 50 Years of HOSA-Future Health Professionals or another topic that you choose as the advisor. The second way is that it can be used to provide an opportunity for students to gain skills related to speaking in front of crowds and bring confidence in their public speaking abilities. The guidelines can be used either way.</p>

Research Poster	Leadership	<p><i>Research Poster allows HOSA members to think critically about a health-related issue in their community, pose a research question surrounding the chosen topic, and conduct their own research on that topic. All competitors will develop a poster showcasing their findings and present their research to a panel of judges.</i></p>	<p>https://hosa.org/wp-content/uploads/2025/08/25-26-RP-Aug30.pdf</p>	<p>Research Poster can be used as a semester or quarter long project where students conduct research on a topic that is of interest to them or on a class topic. Your class can host a "research symposium" at the end of the quarter for your local community to showcase the research your students have done over the year.</p>
Researched Persuasive Writing & Speaking	Leadership	<p><i>Researched Persuasive Writing and Speaking allows HOSA members to gain the knowledge and skills required to research a health issue, prepare written documentation supporting a thesis, and present information orally. This competitive event requires competitors to develop a speech and written paper, either for or against the provided annual health topic.</i></p>	<p>https://hosa.org/wp-content/uploads/2025/08/25-26-RPS-Aug18-FINAL-shared.pdf</p>	<p>Researched Persuasive Writing and Speaking can be used as an in-class assignment to assess the student's ability to come up with persuasive arguments on a specific topic. You can use the annual topic or a topic of your choice.</p>
Speaking Skills	Leadership	<p><i>Speaking Skills allows HOSA members to improve their knowledge and skills surrounding effective oral communication. This competitive event requires competitors to develop a speech about a selected national topic. The topic for the year aligns to the HOSA membership theme, which is announced at the conclusion of the International Leadership Conference every year. This event is specifically for HOSA members classified under IDEA.</i></p> <p>□</p>	<p>https://hosa.org/wp-content/uploads/2025/08/25-26-SS-Aug30.pdf</p>	<p>This event is most similar to Prepared Speaking and is only open to students with an IEP</p>

Biomedical Debate	Teamwork	<p><i>Biomedical Debate allows members to use debate as a platform for researching the pros and cons of a biomedical issue and showcasing what has been learned. This competitive event consists of two rounds, and each team consists of 3-4 people. Round One is a written test containing questions about the annual biomedical topic. The teams with the highest average score from the test will qualify for the Round Two debate(s). This event aims to inspire members to be proactive future health professionals by researching a given health topic, evaluating, discussing, and thinking critically about the issue, and refining verbal communication skills surrounding a complex biomedical issue.</i></p>	<p>https://hosa.org/wp-content/uploads/2025/09/25-26-BD-Aug31.docx.pdf</p>	<p>Biomedical Debate can be used as an in-class activity where groups either debate each other or can be turned into a written assignment where groups create a paper on the pros and cons of the annual topic or any given topic the teacher chooses.</p>
Community Awareness	Teamwork	<p><i>Community Awareness provides HOSA members with the opportunity to educate their own community about one health and/or safety-related issue of local, state, and/or national interest. Teams of 2-6 members plan a local community campaign surrounding a selected topic that will impact their community as a whole. Teams develop a portfolio that documents and explains this community campaign and activities. The team presents their community campaign to a panel of judges, using the portfolio to document their accomplishments. This event aims to inspire members to be proactive future health professionals and promote local community awareness of health-related issues.</i></p>	<p>https://hosa.org/wp-content/uploads/2025/08/25-26-CA-Aug-29.pdf</p>	<p>Community Awareness can be turned into a semester/quarter long project that gets students engaged in the local community. This can be presented as a project proposal for future chapter activities or presented to a local school board to show outcomes of HOSA and the inter-curricular nature of HOSA.</p>

<p>Creative Problem Solving</p>	<p>Teamwork</p>	<p><i>Creative Problem Solving allows members to analyze the problem-solving process and work as a team to apply their problem-solving skills in creating a solution to a hypothetical health or HOSA-related problem. This competitive event consists of two rounds, and each team consists of 2 – 6 people. Round One will consist of a written test, and the score will be used to qualify the team for Round Two. In Round Two, teams will be given a potential problem related to HOSA, the health community, or a specific health issue and have 30 minutes to analyze the problem. At the end of the preparation time, teams will have eight (8) minutes to present their solution to a panel of judges. This event aims to inspire members to be proactive future health professionals and utilize higher order thinking to solve complex challenges.</i></p>	<p>https://hosa.org/wp-content/uploads/2025/09/25-26-CPS-Sept30.pdf</p>	<p>Creative Problem Solving can be used as an in-class activity to get students thinking about a problem facing their community or the health industry at large. Groups can come up with their creative solution and present to the class to showcase different solutions to the same problem.</p>
<p>Forensic Science</p>	<p>Teamwork</p>	<p><i>Forensic Science allows HOSA members to work as a team to apply their knowledge and skills in creating a solution to a forensic science-related problem. This competitive event consists of two rounds, and each team consists of 2 people. Round One is a written test that evaluates the team's understanding of forensic science. The test score from Round One will be used to qualify the team for Round Two. In Round Two, teams will be given a case study to analyze, including physical evidence and written information such as police reports and an autopsy. Teams may have time to view a "crime scene" and/or review resources to write their conclusions with supporting evidence. This event aims to inspire members to be proactive future health professionals and critically examine elements of a forensic case.</i></p>	<p>https://hosa.org/wp-content/uploads/2025/08/25-26-FS-Aug-30.pdf</p>	<p>Classes can use the Forensic Science guidelines to create a "who-done-it" style investigation utilizing the Forensic Science skills to determine time and means of death, autopsy results, and to figure out who the "killer" is. This is a fun, in-class activity that can be tailored to different scenarios based on the class. This is a great in-class activity.</p>

<p>Health Career Display</p>	<p>Teamwork</p>	<p><i>Health Career Display allows members to research a career of interest, create a display board of associated career materials, and improve their presentation skills by communicating the career information to others. This competitive event consists of two rounds, and each team consists of 2 people. Round One is judging the plan/outline for the Health Career Display board. The top-scoring teams will advance to Round Two for the presentation. This event aims to inspire members to become future health professionals by exciting them about a career of their choosing.</i></p>	<p>https://hesa.org/wp-content/uploads/2025/10/25-26-HCD-Oct-2025.pdf</p>	<p>Health Career Display can be used as a mini-project to help students explore different health careers and to showcase their findings to a larger group. This could be used as a quarter/semester project or as a project that takes a few weeks to complete. To keep costs low, you can have students create their "display" in a digital medium like PowerPoint, Canva, or Google Slides.</p>
<p>Health Education</p>	<p>Teamwork</p>	<p><i>Health Education provides members with the opportunity to gain knowledge and skills required to select a health-related concept or instructional objective, then prepare a lesson for a targeted group of learners, provide instruction, and evaluate results. This competitive event consists of a portfolio and presentation to judges and each team consists of 2 - 6 members. This event aims to inspire members to be proactive future health professionals by educating others on health-related concepts.</i></p>	<p>https://hesa.org/wp-content/uploads/2025/08/25-26-HE-Aug30.pdf</p>	<p>Health Education can be used as a semester/quarter project that can then be implemented during a recruitment event or local community event to teach others about a health topic of interest to your students.</p>

HOSA Bowl	Teamwork	<p><i>HOSA Bowl allows members to gain knowledge and skills on various topics and situations in health, current health topics, HOSA, and parliamentary procedure. This competitive event consists of two rounds, and each team consists of exactly four (4) members. Round One is a written test. Top-scoring teams advance to Round Two and compete by responding appropriately to items presented by a moderator in a "buzzer style" round. These items may be in the form of questions, incomplete statements, and/or definitions and may be multi-answer items. Winners will be determined by a series of elimination rounds as described in the event tournament bracket. This event aims to inspire members to be proactive future health professionals and motivate them to participate in teams while learning about health, HOSA, current health topics, and parliamentary procedure topics.</i></p>	<p>https://hesa.org/wp-content/uploads/2025/08/25-26-HOSA-Bowl-Aug29.pdf</p>	<p>HOSA Bowl can be used as a review game in the classroom. Students love the competitive aspect of the review.</p>
Medical Innovation	Teamwork	<p><i>Medical Innovation provides HOSA members with the opportunity to gain knowledge and skills required to impact the future of health and/or the delivery of healthcare through the development of a new medical innovation. In Round One, judges will evaluate the medical innovation plan/outline and the top scoring teams will advance to Round Two for the oral presentation. This event aims to inspire members to be proactive future health professionals by sharing their unique medical innovation and outcomes with others.</i></p>	<p>https://hesa.org/wp-content/uploads/2025/08/25-26-MI-Aug31.pdf</p>	<p>Medical Innovation can be used as a semester/quarter long project where they identify a market gap and create a medical innovation to address it. Groups can be assessed using the Round 1 digital upload outline or by creating a "display". To keep costs low, you can have students create their display in a digital medium like PowerPoint, Canva, or Google Slides.</p>

<p>Parliamentary Procedure</p>	<p>Teamwork</p>	<p><i>Parliamentary Procedure allows HOSA members to gain the knowledge and skills required to conduct a simulated business meeting by using parliamentary procedure. This competitive event consists of two rounds, and each team consists of 5-8 members. Round One is a written test, and the top-scoring teams will advance to Round Two to conduct a demonstration meeting on a secret topic. The demonstrated meeting should show the participant's knowledge of parliamentary procedure and should follow the agenda given. The secret topic will include four subsidiary and privileged motions commonly used during a business meeting. This event aims to inspire members to be proactive future health professionals by learning the importance of cooperation, fair decision-making, and competitive performance.</i></p>	<p>https://hesa.org/wp-content/uploads/2025/09/25-26-PP-Aug31.pdf</p>	<p>Parliamentary Procedure allows students to understand how business meetings should be ran. It would be beneficial to the chapters for their meetings.</p>
<p>Public Service Announcement</p>	<p>Teamowrk</p>	<p>Public Service Announcement allows members to use technology to produce a video public service announcement informing the community about a significant health issue. This competitive event consists of one round, and each team consists of 2-6 people. All teams will show their PSA to a panel of judges and give a presentation about their creative process. This event aims to inspire members to be proactive future health professionals by producing a PSA to promote a health service organization, bring awareness to a health situation, or educate the public at large regarding health and well-being.</p>	<p>https://hesa.org/wp-content/uploads/2025/08/25-26-PSA-Aug28.pdf</p>	<p>PSA can be used as a semester/quarter long project where students create a PSA campaign around the theme or around a different topic. This provides groups an opportunity to showcase their abilities to creatively discuss and raise awareness for a problem. It also allows them to showcase creative abilities beyond those that are used in the classroom.</p>
<p>Barbara James Service Award</p>	<p>Recognition</p>	<p><i>The Barbara James Service Awards enable members to contribute to their communities by completing worthy volunteer service hours related to health. The Barbara James Service Award is in memory of Barbara James, 1982-83 HOSA Inc. Board Chairman. Her leadership skills and contributions to HOSA exemplify the caring and compassion of HOSA members. This award aims to inspire members to be proactive future health professionals and recognize individual HOSA members who commit to volunteer service in health.</i></p>	<p>https://hesa.org/wp-content/uploads/2025/08/25-26-BJSA-Aug30.pdf</p>	<p>You can utilize the Barbara James Service Award as curriculum if you have a volunteer hour requirement for your class. This way, your students get recognized at SLC and ILC for their community involvement.</p>

Emotional Well-Being Challenge	Recognition	<p>This recognition event has been developed in conjunction with SAMHSA (Substance Abuse and Mental Health Services Administration) to engage HOSA chapters and members in learning how essential good mental health—emotional, psychological, and social well-being—is to overall health and to introduce them to the concepts of mental health promotion and substance misuse prevention. The partnership goal is to help provide HOSA members with knowledge, experience, and opportunities to act around their own emotional well-being (reflecting on their own mental health and use of substances) and how to support their peers. This knowledge will also serve as a valuable foundation for whole-person health in their future careers. Taking action in this area could be anywhere on the continuum of self-care around their emotional health. They could be feeling stressed, lonely, isolated, anxious, depressed, or concerned they have a behavioral health condition. Taking action in this area is no different than improving your physical health. It can include researching resources, asking for help, engaging in conversation, starting to focus on self-care through meditation, journaling, or practicing breathing exercises, or supporting a friend. In addition, HOSA members will learn how to seek help when considering treatment options.</p>	<p>https://hosa.org/wp-content/uploads/2025/09/25-26-EWBC-Aug30.pdf</p>	<p>The Emotional Well-Being Challenge can be used as a semester/quarter long project around a mental health topic. The guidelines break down the challenge into several steps that can be used as stepping stones and project checks throughout the semester/quarter.</p>
Health Care Issues Exam	Recognition	<p><i>The Healthcare Issues Exam provides members with the opportunity to investigate, analyze, and apply their knowledge of current health-related issues. It aims to inspire members to be proactive future health professionals and stay informed about current issues in the healthcare field.</i></p>	<p>https://hosa.org/wp-content/uploads/2025/08/25-26-HCIE-FINAL-Aug26.pdf</p>	<p>You can use the Healthcare Issues Exam resources as a class warm-up where students summarize a health news article that is from one of the official references.</p>

<p>Health Literacy Ambassador</p>	<p>Recognition</p>	<p><i>The Health Literacy Ambassador recognition event helps HOSA members enhance their health literacy skills and promotes the use of credible health information. This event supports the Surgeon General's priorities by addressing the threat of health misinformation, which can create confusion, erode trust, harm individual health, and weaken public health efforts. By teaching members how to evaluate the accuracy of health information and by introducing them to MedlinePlus from the National Library of Medicine as a reliable source, the event equips them to combat misinformation effectively. Participation will benefit all HOSA members to ensure how to find and use credible health information.</i></p>	<p>https://hosa.org/wp-content/uploads/2025/09/25-26-HLA-Sept01.pdf</p>	<p>The Health Literacy Ambassador event is designed to guide students through several modules relating to health literacy through the National Library of Medicine Ambassadors. These modules can be used as an in-class activity with the project component being used as a mini-assignment or larger class project.</p>
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