

Competition	Category	Event Summary	Link to Guideli	Notes
Foundations of Medical Reading	Health Science	<i>Foundations of Medical Reading enables Middle School HOSA members to enhance their reading comprehension and understanding of specific topics related to leadership development and the healthcare community. This competitive event shall be a written test consisting of information and knowledge gained from reading the selected books each year. Competitors will apply, analyze, synthesize, and/or evaluate the reading material in a multiple-choice test with one tie-breaker essay question. This event aims to inspire members to be proactive future health professionals and utilize the knowledge gained from reading medical and leadership books.</i>	https://hosa.org/wp-content/uploads/2025/08/25-26-FMR-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
Foundations of Veterinary Science	Health Professions	<i>Foundations of Veterinary Science provides Middle School members with the opportunity to gain knowledge and skills required for a basic understanding and first aid of animals. 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 field of veterinary care.</i>	https://hosa.org/wp-content/uploads/2025/08/25-26-FVS-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.
Life-Threatening Situations	Emergency Preparedness	<i>Life-threatening situations enable middle school members to acquire the knowledge and skills necessary to handle emergencies until trained assistance arrives. This competitive event consists of two rounds. Round One is a 35-item written, multiple-choice test. The top-scoring competitors will advance to Round Two for the performance of a selected skill(s) identified in a written scenario. This event aims to inspire members to be proactive future health professionals and gain skills in basic emergency preparedness.</i>	https://hosa.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.

<p>Extemporaneous Health Poster</p>	<p>Leadership</p>	<p><i>Extemporaneous Health Poster enables middle school members to acquire the knowledge and skills necessary to interpret and communicate current health / HOSA-related issues artistically and creatively. This competitive event will ask competitors to create a poster within three (3) hours using artistic expression to showcase their ideas in response to the given secret topic. This event aims to inspire members to be proactive future health professionals and develop creative, artistic, and informative health posters.</i></p>	<p>https://hosa.org/wp-content/uploads/2025/08/25-26-EHP-FINAL-Aug24.pdf</p>	<p>Teachers can develop a lesson on topics of their choice and have students develop a poster to present to peers on assigned topic.</p>
<p>Foundations of Healthy Living</p>	<p>Leadership</p>	<p><i>Foundations of 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 2 rounds. Round One is a written, multiple-choice test, and the top-scoring competitors will advance to Round Two, where they will present their ideas related to their selected topic. 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://hosa.org/wp-content/uploads/2025/08/25-26-FHL-FINAL-Aug24.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 presentation that can be graded by a teacher using the Round 2 guidelines</p>
<p>Health Career Preparation</p>	<p>Leadership</p>	<p><i>Health Career Preparation offers middle school members the opportunity to acquire the knowledge and skills necessary for successful interviews in a health career. This competitive event consists of a written statement of interest and an interview. It aims to inspire members to become proactive future health professionals and gain confidence in discussing why healthcare is the right career fit for them.</i></p>	<p>https://hosa.org/wp-content/uploads/2025/09/25-26-HCP-Prep-Sept16.pdf</p>	<p>Health Career Preparation can be used to have students explore health careers, develop a statement of interest and complete an interview on the selected career.</p>

First Step Career Skills	Teamwork	<p><i>First Step Career Skills offers Middle School Division HOSA members the opportunity to acquire the knowledge and skills necessary to pursue a healthcare career. An introduction to pathways and competencies, such as communication, critical thinking, and problem-solving, is included. Each team will explore the curriculum and develop a video demonstrating a role-play of their selected competency. All teams will give a presentation to a panel of judges about their creative process and information learned. This event aims to inspire members to learn more about the development of competencies required for success in a healthcare career.</i></p>	<p>https://hosa.org/wp-content/uploads/2025/09/25-26-FSCS-Sept2.pdf</p>	<p>Numerous lessons provided on skills including soft skills that are designed for middle school students. Students can be prepared and assigned competencies to develop role playing video to share with peers.</p>
Dynamic Decisions	Health Professions	<p><i>Dynamic Decisions enables HOSA members to acquire the knowledge and skills necessary for devising a solution to a health or HOSA-related issue. This competitive event consists of two rounds; each team consists of 2 - 6 people. Round One is a written, multiple-choice test covering decision-making and problem-solving concepts. The top-scoring teams will advance to Round Two, where they will participate in the Secret Topic and Presentation. This event aims to inspire members to be proactive future health professionals and utilize analytical decision-making processes while working creatively as a team.</i></p>	<p>https://hosa.org/wp-content/uploads/2025/08/25-26-DD-FINAL-Aug25.pdf</p>	<p>Dynamic Decisions 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>

Exploring Medical Innovation	Teamwork	<p><i>Exploring Medical Innovation allows Middle School Division HOSA members to learn about a medical innovation that impacted health or healthcare delivery. This competitive event consists of two rounds, and each team consists of 2-4 people. In Round One, judges evaluate the exhibit plan/outline. Top-scoring teams advance to Round Two for the oral presentation. This event aims to inspire members to be proactive future health professionals by understanding and researching the value of medical innovation.</i></p>	<p>https://hosa.org/wp-content/uploads/2025/08/25-26-EMI-Aug31.pdf</p>	<p>Exploring Medical Innovation can be used as a semester/quarter long project where groups can identify a medical innovation and its impact on medical history.. 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>
Foundations of HOSA Bowl	Teamwork	<p><i>Foundations of HOSA Bowl enables members to acquire knowledge and skills on various health-related topics and situations, including HOSA and current health issues. This competitive event consists of 2 rounds, and each team has 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 questions, incomplete statements, and/or definitions, and may be multi-answer items. Winners will be determined through a series of elimination rounds, as described in the event's 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 and HOSA.</i></p>	<p>https://hosa.org/wp-content/uploads/2025/08/25-26-FHB-Aug30.pdf</p>	<p>Foundations of HOSA Bowl can be used as a review game in the classroom. Students love the competitive aspect of the review.</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://hosa.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 visual submission guidelines.</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>

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>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>
Health Career Display	Teamwork	<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://hosa.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>

Health Education	Teamwork	<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://hosa.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>
Barbara James Service Award	Recognition	<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://hosa.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>

Health Literacy Ambassador	Recognition	<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-HL-A-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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