Foundations of Medical Reading

Event Category: Health Science

Eligible Divisions: Middle School	**Round One:** 35 Q test (60 minutes)	**Digital Upload:** NO
Solo Event: 1 competitor		

New for 2026-2027

Editorial changes have been made.

Event Summary

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.

General Event Information

General Rules	Competitors must be familiar with and adhere to the General Rules and Regulations. *Books for this event are continually recommended by membership, vetted through the HOSA Medical Reading Committee over the previous school year, and selected each June by the HOSA Competitive Events Leadership. Books chosen for this event are believed to enhance HOSA members' journey in this division, but parents and advisors are encouraged to review this list to ensure this year's selections are the best fit for your student.*
Dress Code	Proper business attire or official HOSA uniform. Bonus points will be awarded for proper dress.
Competitors Must Provide	• Photo ID • Two #2 lead pencils (not mechanical) with an eraser • Neon colored foam earplugs, NOT earbuds, for noise control (Rd1-optional) HOSA Conference Staff will provide equipment and supplies listed in Appendix I.
Official References	The references below are used in the development of the test questions. • *Scene of the Crime: Tracking Down Criminals with Forensic Science* by HP Newquist • *The Student Leadership Challenge: Five Practices for Becoming an Exemplary Leader* by James M. Kouzes & Barry Z. Postner • *Ultra-Processed People: Why We Can't Stop Eating Food That Isn't Food* by Chris Van Tulleken

ROUND ONE- Test

Test Instructions	All competitors will be given a test and test answer sheet. The written test will consist of 35 multiple-choice questions (11-12 questions per book) in a maximum of 60 minutes. See test instructions here. An essay tiebreaker question will be administered with the original test. Essay tiebreakers will be completed on the back of the test answer sheet.

The expectation is that competitors read and are aware of all the content within these guidelines and associated links. Successful competitors will study all links for the detailed information.

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.
Sample Test Questions (Samples are from a previous year)	**The Book of Blood** 1. What is the group of cells that work together to perform a specific function? A. Organelles B. Molecules **C. Tissues** D. Systems 2. Which doctor took care of the gladiators, helping them to study anatomy? A. William Harvey **B. Claudius Galen** C. Herophilus D. da Vinci 3. What is the medical term for blood poisoning caused by bacteria? **A. Septicemia** B. Hemorrhage C. Shock D. Toxidermitis

Final Scoring

In the event of a tie, the essay will be judged to break the tie.

The expectation is that competitors read and are aware of all the content within these guidelines and associated links. Successful competitors will study all links for the detailed information.