Health Career Exploration

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

Health Career Exploration enables **Middle School Division** HOSA members to explore and learn about the five health career clusters, gaining knowledge about career skills, fundamental skills, and professional and academic knowledge within various health careers. This competitive event will consist of a 35-item multiple-choice written test, accompanied by a tiebreaker essay question. The event aims to inspire members to become proactive future health professionals by recognizing, identifying, defining, interpreting, and applying terms related to health careers.

General Event Information

General Rules	Competitors must be familiar with and adhere to the General Rules and Regulations.
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. • Winger and Blahnik. *Introduction to Health Science: Pathways to Your Future.* Goodheart-Willcox Publisher. Latest Edition. • Marshall and Roe. *Health Science Concepts and Skills.* Goodheart-Willcox Publisher. Latest Edition.

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 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.
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.
Written Test Plan	The test plan for the Health Career Exploration Test is: • Health Informatics - 10% • Therapeutics - 10% • Diagnostics - 10% • Support Services - 10%

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.

	• Biotechnology - 10% • Communication - 10% • Employability Skills - 10% • Healthcare Laws & Ethics - 10% • Safety & Infection Control - 10% • Lifespan Development - 10%
Sample Test Questions	1. What device do healthcare workers use to measure angles associated with joint movement? (Winger pp 253) A. Inclinometer B. Nanometer C. Refractometer **D. Goniometer** 2. Which set of alphanumeric codes is used to organize diseases for reimbursement? (Winger 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

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

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