Foundations of Respiratory Therapy

Event Category: Health Professions

Eligible Divisions: Middle School	**Round One:** Research, Interview & Interview Presentation Verification Form uploaded	**Digital Upload:** YES, Interview Verification Form
Solo Event: 1 Competitor	**Round Two:** Presentation (5 minutes)	**Allowed Presentation Materials:** Battery operated, electronic device for visual aid. Notecards (optional).

New for 2026-2027

NEW middle school event for 2026-2027. **10.8.26 Early Connection: Defining RespiratoryTherapy Pathways Webinar has been added to resources. Competitors or advisors with questions can reach out at hosa@aarc.org.**

Event Summary

Foundations of Respiratory Therapy enables **Middle School Division** HOSA members to explore a career in respiratory therapy. The event will allow competitors to gain knowledge about this career path through an interview, research, and a presentation to judges. This event aims to inspire members to learn more about respiratory careers.

Sponsorship

HOSA- Future Health Professionals appreciates the sponsorship of this event by the American Association for Respiratory Care. They have developed a special landing page for HOSA competitors and advisors.

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 • Any battery-operated, electronic device for presentation visual aid • Notecards; paper or electronic (optional) ○ NOTE: if using electronic notecards, the device must be different than the device used to show visual aid to judges HOSA Conference Staff will provide equipment and supplies listed in Appendix I.
Suggested Resources	• Research respiratory therapy careers • https://morerts.com/growing-need/ • Respiratory Therapists : Occupational Outlook Handbook: : U.S. Bureau of Labor Statistics • https://be-an-rt.org/find-your-path/ • Early Connection: Defining Respiratory Therapy Pathways Webinar

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.

Interview Verification Form	• Competitors will conduct an interview with a Respiratory Therapist and ask questions to help them learn more about the career. Assistance with locating a Respiratory Care program, if needed can be found HERE. • Competitors and interviewees can discuss and determine an appropriate length and format of the interview (in-person, via Zoom, via telephone, etc). • The Interview Verification Form will be uploaded to the HOSA Digital Upload System. • The Interview Verification Form will NOT be pre-judged. Instead, event staff will check the list of those who have uploaded to the HOSA Digital Upload System for compliance. • Failure to upload the Interview Verification Form to the HOSA Digital Upload System by the deadline will result in a 15-point deduction taken in Tabulations.

REQUIRED DIGITAL UPLOAD: Interview Verification Form

Required Digital Upload	1. The following item(s) **MUST** be uploaded to the HOSA Digital Upload System by May 15: • Interview Verification Form – as ONE PDF file. **If the upload is not submitted as a single PDF document, the judge will NOT view it and NO points will be awarded. In addition, any links or documents that are not accessible to the judge for viewing, no points will be awarded.** 2. **May 15** at midnight EST is the **final deadline** and there will be **NO EXCEPTIONS** to receipt of the required materials after the deadline. 3. Detailed instructions for uploading materials can be found at: https://hosa.org/competitive-event-digital-uploads/ 4. State Leadership Conference (SLC) vs. HOSA's International Leadership Conference (ILC) a. **State Leadership Conferences.** The competitor must check with their Local Advisor for all state-level processes used for competition, as digital uploads may or may not be required. b. **International Leadership Conference.** ■ If a competitor uses the HOSA Digital Upload System as a requirement at the SLC, the competitor **MUST upload an ADDITIONAL time for ILC by May 15.** ■ If the HOSA Digital Upload System is NOT used at the competitor's SLC, it is still the competitor's responsibility to upload the interview verification form for HOSA's ILC no later than May 15. Not using the HOSA Digital Upload System at a competitor's State Leadership Conference is not an exception to the rule. 5. The FINAL ILC digital upload deadline is May 15. We STRONGLY suggest not waiting until the last minute to upload online to avoid user challenges with the system. 6. **Failure to upload the Interview Verification Form to the HOSA Digital Upload System by the deadline will result in a 15-point deduction taken in Tabulations.**

Presentation to Judges

1. Presentation Content: The **five (5) minute presentation** for the judges will include:
   a. Who they interviewed and when
   b. Demand and Occupational Outlook: Research the need for RTs and why now is the time to consider this career path https://morerts.com/growing-need/ or https://www.bls.gov/ooh/healthcare/respiratory-therapists.htm

c. Educational pathways and requirements: Outline the education needed to become an RT and opportunities for professional growth through advanced degrees and specialty credentialing https://be-an-rt.org/find-your-path/ d. Overview of the profession: Explain the benefits and challenges of being an RT, the various healthcare environments RTs serve, and their role on these healthcare teams e. The Why - The Story of the Respiratory Therapy Interviewee and why they chose this career path f. Is respiratory therapy right for me?
2. Competitors may use a battery-operated, personal electronic device to show a visual aid of their choosing to judges during the presentation, such as Prezi, PowerPoint, Bulb, etc. a. The competitors must speak during the presentation and only use the visual aid to enhance the message they are trying to convey. In other words, competitors should not simply record something ahead of time and push "play"– the presentation should be live for the judges.
3. Competitors should present the content creatively to capture the judges' attention and share what they learned about Respiratory Therapy.
4. The content can be organized and presented in any manner the competitor wishes- the most compelling and unique ways of sharing the content will be most successful.
5. Competitors shall report to the interview site at the given appointment time with any premade presentation aid to support their presentation.
6. Competitors will NOT have access to electricity. A personal electronic device (such as a laptop) is permitted. Internet connection is NOT provided but can be used if provided by the competitor via a Wi-Fi hotspot or other source.
7. The use of notecards is optional during the presentation. Notecards can be paper or electronic (on a tablet, smartphone, laptop, etc). If using electronic notes, this device must be different from the device they are using to show judges presentation materials, as the notecards may not be shown to judges.
8. A timecard will be shown when one (1) minute remains. The competitor will be stopped after five (5) minutes.

Final Scoring

In the event of a tie, a tiebreaker will be determined by the areas of the rating sheet section(s) with the highest point value in descending order.

Foundations of Respiratory Therapy

Interview Verification Form

Competitor Name:
Chartered Association:
Chapter:

The competitor must complete this form and upload it online to the HOSA Digital Upload System per the Required Digital Upload instructions. This form identifies the person who has agreed to be interviewed as part of this HOSA Competitive Event. Both the competitor and interviewee will complete the applicable information below.

Foundations of Respiratory Therapy

Interview Information

Name & Title of Interviewee:
Date of Interview(s):
Practice/Clinic/Hospital Name & Address:
Email Address of Interviewee:

Foundations of Respiratory Therapy
Presentation Rubric

Competitor #:_____ **Division:** Middle School **Judge's Signature:**_____

Interview Verification Form was uploaded to the HOSA Digital Upload System by the deadline: _____YES _____NO

***No upload will result in a 15 point deduction taken in Tabulations*

A. Presentation Content:	EXCELLENT 5 points	GOOD 4 points	AVERAGE 3 points	FAIR 2 points	POOR 0 points	JUDGE SCORE
1. Name of the interviewee and date of interview is included.	Information was provided.	N/A	N/A	N/A	Information was not provided.	
A. Presentation Content:	**EXCELLENT 10 points**	**GOOD 8 points**	**AVERAGE 6 points**	**FAIR 4 points**	**POOR 0 points**	**JUDGE SCORE**
2. Overall understanding / coverage of Demand & Occupational Outlook	Exceptional presentation of the demand and outlook for the occupation. It is evident they researched and understood this career and why the time is now to consider this career path.	The presentation of occupational demand is mostly clear and is provided, but some details are missing.	The presentation is somewhat vague and does not clearly show an understanding of the demand and outlook of the occupation.	The presentation is unclear with little information provided on the demand and outlook of the occupation.	Presentation does not provide information regarding the demand and outlook of the occupation.	
3. Overall understanding / coverage of educational pathways and requirements	Presentation includes detailed information along with excellent descriptions of the educational pathways and requirements to becoming a Registered Respiratory Therapist.	Information regarding educational pathways and requirements were provided and described.	Presentation includes a short description of the educational pathways and requirements but there were gaps in the information provided.	The information provided in the presentation provided an incomplete description of the educational pathways and requirements.	Presentation is unclear and does not provide information regarding educational pathways and requirements	
4. Overview of the Respiratory Therapist profession	Presentation includes detailed information along with excellent descriptions about the benefits and challenges of the Respiratory Therapy profession as well as their role in the healthcare team. The career picture painted is clear and exciting to the listener.	Basic benefits and challenges about the Respiratory Therapy profession were provided and described, and some key content about the RT's role in the healthcare team was included.	Presentation includes a short overview of the Respiratory profession, including some benefits and challenges, but there were gaps in the information provided.	The information in the presentation provided an incomplete overview of the Respiratory profession. Minimal benefits, challenges, or role within the healthcare team was shared.	Presentation is unclear and does not provide an overview of the Respiratory profession.	
A. Presentation Content	**EXCELLENT 20 points**	**GOOD 15 points**	**AVERAGE 10 points**	**FAIR 5 points**	**POOR 0 points**	**JUDGE SCORE**
5. Telling a powerful story of WHY the Respiratory Therapist chose this career path	The presentation did an extraordinary job at telling the story of WHY the Respiratory Therapist chose this career path. Passion is evident through the story telling; evokes emotion, is highly impactful, and encourages a "call to action".	The presentation did a good job at telling the story of WHY the Respiratory Therapist chose this career path. There is some passion and emotion, but the message could have inspired the audience more.	The presentation told the story of WHY the Respiratory Therapist chose this career path, but it did not stand out or elicit much emotion. The presentation did not impact the audience to action.	The presentation needed more attention to detail and could have done a better job connecting to the audience. The WHY message was not clear and did not share the story of the Respiratory Therapist.	Presentation is unclear and does not provide information about the story or WHY of the interviewed Respiratory Therapist.	

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A. Presentation Content	EXCELLENT 15 points	GOOD 12 points	AVERAGE 9 points	FAIR 6 points	POOR 0 points	JUDGE SCORE
6. Distinctive / Captivating / Unique	The competitor provided a highly creative, original, and imaginative presentation that was highly distinct. It stood out and was unique.	The presentation was unique and offered a fresh approach to the topic; however, it was missing the "wow" factor.	The presentation was adequately distinctive. Would like to see more creativity and innovation in the approach to the presentation.	The presentation was unoriginal and included more box checking than critical thinking.	No evidence of imagination or creativity was used in the presentation.	
B. Presentation Organization and Materials	**EXCELLENT 5 points**	**GOOD 4 points**	**AVERAGE 3 points**	**FAIR 2 points**	**POOR 0 points**	**JUDGE SCORE**
1. Flow, Logic, and Transitions	There is evidence of practice and consistency of presentation flow using transitions.	There is evidence of practice and some consistency in presentation flow using transition	The presentation could benefit from a more consistent flow using transitions.	More practice is needed to achieve an authentic flow in the presentation.	The entire presentation is delivered with a lack of attention to flow and transitions.	
2. Opening	The competitor clearly establishes the occasion and purpose of the presentation, grabs the audience's attention, and makes the audience want to listen.	The competitor introduced the presentation adequately, including an attention getter and established the occasion and purpose of the presentation.	The competitor introduced the topic but did not clearly establish the occasion and/or purpose of the presentation. Weak attention getter.	The competitor failed to introduce the presentation. Or the introduction was not useful in indicating what the presentation was about.	The competitor did not provide any kind of opening statement or action.	
3. Closing	The competitor prepares the audience for ending and ends memorably. They drew the presentation to a close with an effective memorable statement.	The competitor adequately concluded the presentation and ended with a closing statement. Clear ending but ends with little impact.	The competitor concluded the presentation in a disorganized fashion.	Audience has no idea conclusion is coming. Competitor's closing message was unclear.	The competitor ended the presentation abruptly without any kind of conclusion.	
C. Presentation Delivery	**EXCELLENT 5 points**	**GOOD 4 points**	**AVERAGE 3 points**	**FAIR 2 points**	**POOR 0 points**	**JUDGE SCORE**
1. Voice Pitch, tempo, volume, quality	The competitor's voice was loud enough to hear. The competitor varied rate & volume to enhance the presentation. Appropriate pausing was employed.	The competitor spoke loudly and clearly enough to be understood. The competitor varied rate OR volume to enhance the presentation. Pauses were attempted.	The competitor could be heard most of the time. The competitor attempted to use some variety in vocal quality, but not always successfully.	Judges had difficulty hearing /understanding much of the presentation due to little variety in rate or volume.	The competitor's voice is too low or monotone. Judges struggled to stay focused during the majority of presentation.	
2. Stage Presence Poise, posture, eye contact, and enthusiasm	Movements & gestures were purposeful and enhanced the delivery of the presentation and did not distract. Body language reflects comfort interacting with audience. Facial expressions and body language consistently generated a strong interest and enthusiasm for the topic.	The competitor maintained adequate posture and non-distracting movement during the presentation. Some gestures were used. Facial expressions and body language sometimes generated an interest and enthusiasm for the topic.	Stiff or unnatural use of nonverbal behaviors. Body language reflects some discomfort interacting with audience. Limited use of gestures to reinforce verbal message. Facial expressions and body language are used to try to generate enthusiasm but seem somewhat forced.	The competitor's posture, body language, and facial expressions indicated a lack of enthusiasm for the topic. Movements were distracting.	No attempt was made to use body movement or gestures to enhance the message. No interest or enthusiasm for the topic came through in presentation.	
3. Diction Pronunciation & Grammar **Diction:** Choice of words, with regard to correctness, clearness, and effectiveness. **Pronunciation:** Act or manner of uttering officially.	Delivery emphasizes and enhances message. Clear enunciation and pronunciation. No vocal fillers (ex: "ahs," "uh/ums," or "you-knows"). Tone heightened interest and complemented the verbal message.	Delivery helps to enhance message. Clear enunciation and pronunciation. Minimal vocal fillers (ex: "ahs," "uh/ums," or "you-knows"). Tone complemented the verbal message	Delivery adequate. Enunciation and pronunciation suitable. Noticeable verbal fillers (ex: "ahs," "uh/ums," or "you-knows") present. Tone seemed inconsistent at times.	Delivery quality minimal. Regular verbal fillers (ex: "ahs," "uh/ums," or "you-knows") present. Delivery problems cause disruption to message.	Many distracting errors in pronunciation and/or articulation. Monotone or inappropriate variation of vocal characteristics. Inconsistent with verbal message.	
					TOTAL POINTS (100)	

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