



Refer to 2023-2024 Important Dates Calendar at [Cal-HOSA](#)

[HOSA Virtual Regional Competitive Events \(RCE\) and State Leadership Conference \(SLC\) CE at a Glance](#)

Middle School 2023-24 Version

THE REGIONAL COMPETITIVE EVENTS PROGRAM

- ★ YOU MUST COMPETE AT THE RCE TO QUALIFY FOR SLC COMPETITIVE EVENTS
- ★ THE FIRST TIME TO TAKE THE WRITTEN TEST
- ★ THE FIRST TIME TO UPLOAD REQUIRED MATERIALS TO THE NEW DIGITAL UPLOAD SYSTEM

THE STATE LEADERSHIP CONFERENCE

- ★ YOU MUST QUALIFY FOR SLC COMPETITIVE EVENTS (FROM RCE)
- ★ THE SECOND TIME TO TAKE THE WRITTEN TEST
- ★ THE SECOND TIME TO UPLOAD REQUIRED MATERIALS (IMPROVED) TO THE NEW DIGITAL UPLOAD SYSTEM
- ★ ALL ITEMS UPLOADED ON THE NEW DIGITAL UPLOAD SYSTEM WILL BE PRE-JUDGED VIRTUALLY BEFORE SLC
- ★ ROUND TWO AND ALL APPOINTMENTS WILL BE POSTED ON SECURE WEBSITE
- ★ TIME TO COMPETE IN RECOGNITION EVENTS AND ATC TESTING
- ★ TIME TO NETWORK AND ATTEND LEADERSHIP WORKSHOPS/ACTIVITIES

NOTE: FOR RCE AND SLC PLEASE REFER TO SPECIAL INSTRUCTIONS AT CAL-HOSA.ORG.

- ★ [MIDDLE SCHOOL GUIDELINES](#)

FOR ALL NEW GUIDELINE CHANGES/UPDATES/2023-2024 TOPICS, PLEASE REFER TO HOSA.
(HOSA GUIDELINES CAN BE ACCESSED ON THE BACKSIDE OF SPECIAL INSTRUCTIONS)

TESTING: REFER TO CAL-HOSA SPECIAL INSTRUCTIONS ON THE WEBSITE FOR DATES/TIMES AND/OR THE IMPORTANT DATES CALENDAR.

Both RCE and SLC tests will be taken at local chapter school sites with proctors.

NEW DIGITAL UPLOAD SYSTEM: (an online platform for Middle School members to upload required materials).

Many events require materials to be uploaded to the [New Digital Upload System](#). **Be sure to check the CAL-HOSA website for RCE and SLC upload dates. Remember they are different from ILC dates!** If the required items are not uploaded for RCE, judges will not be able to judge anything, and you will not qualify for SLC! Only ONE team member must upload to the New Digital Upload System.

The following events are offered for CAL-HOSA Middle School members. For descriptions and rubrics please see HOSA guidelines. Any special updates and or changes are noted in **RED**. Also please see HOSA's [Competitive Events Update](#).

SECONDARY, POSTSECONDARY/COLLEGIATE, AND MIDDLE SCHOOL EVENTS

[REFER TO CAL-HOSA SPECIAL INSTRUCTIONS on the WEBSITE FOR TESTING DATES/TIMES](#)

Health Science Events

The following testing events are offered at RCE and SLC. Please check the guidelines for the 2023-2024 Medical Reading list and resources that have been added, updated, and or retired. Students take online tests related to health education subjects.

Foundations of Medical Reading, Foundations of Medical Terminology, Foundations of Nutrition, Health Career Exploration, and Math for Health Careers

[REFER TO CAL-HOSA SPECIAL INSTRUCTIONS on the WEBSITE FOR TESTING DATES/TIMES](#)

Health Professions Events

The following is offered at RCE and SLC. Please check the guidelines for resources that have been added, updated, and or retired. Check the rubrics and skills sheets for any changes. For this event, students take an online test based on the subject topic first at RCE to qualify to take the test at SLC. They take a new test for SLC. For round 2 skills, advisors will be notified on a secure website that students have qualified (from the SLC test) and given an appointment time for in-person skills evaluation in Anaheim.

NEW-Foundations of Veterinary Science—Skills performance assessment such as identification of companion animal breeds/species, wound care for abrasions, pad wound care, or tick removal (on either DOG OR CAT).

[REFER TO CAL-HOSA SPECIAL INSTRUCTIONS on the WEBSITE FOR TESTING/ DIGITAL UPLOAD DATES/TIMES](#)

Emergency Preparedness Events

The following is offered at RCE and SLC. Please check the guidelines for the 2023-2024 topic and resources that have been added, updated, and or retired. Check the rubrics and skills sheets for any changes. Check the dates for uploading required digital materials. Public Health has digital upload requirements.

Public Health—2023-2024 TOPIC: Technology Addiction: How to Protect Ourselves. Teams (2-6 competitors) competitors will research and deliver a presentation to their community on the above topic. The participants will present to judges at the conference.

[REFER TO CAL-HOSA SPECIAL INSTRUCTIONS on the WEBSITE FOR DIGITAL UPLOAD DATES/TIMES](#)

Leadership Events

The following are offered at RCE and SLC. Please check the guidelines for 2023-2024 Topics, and resources that have been added, updated, and or retired. Check the rubrics for any changes.

Extemporaneous Health Poster—Competitors are given a secret topic based on HOSA or Health Science Education. They then create a poster.

Healthy Living (Formerly known as Healthy Lifestyles)—Each competitor will focus on one personal healthy lifestyle goal and document his or her efforts in a personalized portfolio.

Prepared Speaking/Speaking Skills—2023-2024Topic: Dare to Create. This competitive event requires competitors to develop a speech related to the selected topic. RCE-pre-judging a video of the speech. Those who qualify for SLC will be given an appointment time for their prepared speech presentation that will be in person at SLC.

[REFER TO CAL-HOSA SPECIAL INSTRUCTIONS on the WEBSITE FOR TESTING AND DIGITAL UPLOAD DATES/TIMES](#)

Teamwork Events

The following are offered at RCE and SLC. Please check the guidelines for 2023-2024 topics, and resources that have been added, updated, and or retired. Check the rubrics for any changes.

Dynamic Decisions—Teams (2-6 competitors) will utilize analytical decision-making processes based on a secret topic to solve a problem. They will then present their findings.

Exploring Medical Innovation—Teams (2-4 competitors) showcase a display and present their findings based on a medical innovation that has impacted the future of health or the delivery of health care. **This year there will be a showcase and teams must be present or points can be deducted.**

Foundations of HOSA Bowl—**New name for middle school.** Teams (4 competitors) compete by giving appropriate responses to items presented by a moderator in a “buzzer style” round. Questions can be health-related, parliamentary procedures, or HOSA trivia and may be in the form of questions, incomplete statements, definitions, and/or multi-answer items.

Health Career Display—Teams (2 competitors) will research a healthcare career of their choice and display their information on a tri-fold board. The participants will present to judges at the conference. **This year there will be a showcase and teams must be present or they can be deducted points.**

Health Education—Teams (2-6 competitors) select a health-related concept or instructional objective, then in a portfolio include how they prepared a lesson, provided instruction, and evaluated results. The participants will present to judges at the conference.

[REFER TO CAL-HOSA SPECIAL INSTRUCTIONS on the WEBSITE FOR DATES/TIMES](#)

Recognition Events

The following are offered at **SLC ONLY!** Please check the guidelines for any changes/additions.

America’s Blood Centers and HOSA Blood Drive

Barbara James Award

HOSA Happenings

HOSA Service Project-BE THE MATCH

Emotional Well-Being Challenge (For this event, the top three students will be recognized at SLC with medals. However, per the HOSA guidelines, it is an ILC recognition event only and therefore all students attending ILC can compete in this event regardless of whether they competed or placed in this event at SLC).