



Cal HOSA Competitive Events (CE) at a Glance

2025-2026 Edition

This guide includes all events that Cal-HOSA offers that are designed for

Judges

Note: The following events are offered for CAL-HOSA members and include Secondary and Postsecondary/Collegiate Students. The following summaries are to be used to assist you in deciding which event you would like to judge. Which event is suited to your qualifications? PLEASE CHECK IT OUT!

Virtual Judging Dates for CE State Qualifying Event January 16-21, 2026

In-Person Judging Ontario Convention Center, Ontario, California March 26-28, 2026

For further information about events please refer to the guidelines:

[Secondary/Postsecondary Collegiate Guidelines](#)

[Middle School Guidelines](#)

Health Science Events

Medical Spelling- Competitors orally spell words related to healthcare. It's a Spelling Bee

 **Health Professions Events-** These events involve skill demonstrations that allow competitors to apply classroom knowledge to practical healthcare scenarios, often simulating real-world professional tasks and responsibilities. The following lists the skills the competitors may be asked to perform.

Biotechnology

- Using Micropipets, Transfer Pipets, and a Balance
- Restriction Digestion Reaction
- DNA Gel Electrophoresis
- DNA Gel Interpretation
- Bradford Protein Quantitation Assay
- Bacterial Transformation
- Calculation of Transformation Efficiency
- Qualitative ELISA

Clinical Laboratory Science

- Identifying laboratory Instruments/Equipment
- Infection Control & Transmission Precautions
- Physical Examination of Urine
- Inoculate and Streak Agar Plate
- Preparing or Staining a Blood Film or Smear
- Using a Microscope
- ABO Grouping

Clinical Nursing

- Medication Administration (IM, Subcutaneous, Intradermal)
- Inserting a Nasogastric Tube
- Urethral Catheterization-Straight
- Performing a Sterile Wound Irrigation
- Postmortem Care of the Body
- Assisting the Patient with Postoperative Exercises
- Prophylaxis for the Eyes of the Neonates
- Donning & Doffing PPE

Dental Science

- Dental Instrument Identification
- Assembly and Disassembly of the Aspirating Anesthetic Syringe
- Seat, Prepare, and Dismiss Patient for Periodic Oral Evaluation
- Placing and Removing Surface Barriers
- Oral Hygiene Instruction: Brushing and Flossing
- Preparation, Manipulation, Delivery, & Handling of Alginate Impressions
- Operating the Ultrasonic Cleaner
- Personal Protective Equipment (PPE) Donning and Doffing

Medical Assisting

- Perform a Telephone Screening
- Receive a New Patient and Create an Electronic Chart
- Obtain and Record a Patient Health History
- Head and Chest Circumference of Infant or Child
- Prepare/Assist with a Routine Physical Exam
- Screen for Vision Acuity
- Test Urine with Reagent Strip
- Sterile Gloving

Nursing Assisting

- Handwashing
- Donning and Doffing a Full Set of PPE
- Make an Unoccupied Bed
- Make an Occupied Bed
- Admitting a Patient
- Transfer a Patient with Specified Disability from Bed to a Chair/Wheelchair
- Measure and Record Vital Signs
- Ostomy care

Pharmacy Science

- Identifying Equipment
- Verifying Controlled Substance Prescriptions Content and DEA Number
- Withdrawing Liquid from a Vial
- Compounding an oral suspension
- Patient Screening for Pharmacist Consultation and Services
- Filling a Prescription
- Aseptic Garbing, Hand Washing and Gloving

Phlebotomy

- Handwashing
- Tourniquet Application
- Routine ETS Venipuncture, Including Order of Draw/Venipuncture Using a Butterfly & Evacuated Tube Adaptor, Including Order of Draw
- Steps to Follow if a Patient Starts to Faint During Venipuncture
- Heel Puncture
- Accidental Arterial Stick
- 24-Hour Urine Collection
- Removing Contaminated Gloves

Physical Therapy

- Ambulating with a Transfer (Gait Belt)
- Ambulating with a Walker
- Ambulating with a Cane
- Ambulating with Crutches
- Passive Range of Motion
- Cold Application with Ice Bag
- Transfer from Supine to Sitting Position
- Donning and Removing Transmission-Based Isolation Garments

Sports Medicine

- Anatomical Landmark Identification
- Joint Action and Maximum ROM Identification
- Taping/Wrapping: Skills A-D
- A- Ankle Inversion
- B- Achilles Tendon
- C- Shoulder Spica
- D- Wrist / Hand (Circular Wrist/Figure Eight)

Veterinary Science

- Preparing of the Operative Site
- Lifting and Restraining a Dog
- Identify Instruments/Equipment
- Simple Fecal Flotation
- Identification of Companion Animal Breeds/Species
- Wrapping a Surgical Pack
- Preparing a Feline to Obtain a Temperature

⚡ **Emergency Preparedness Events-** These events involve skill demonstrations or portfolios that allow students to apply classroom knowledge to practical healthcare scenarios, often simulating real-world emergencies and public health crises. The following lists the skills the competitors may be asked to perform.

CERT Skills (Team of 2)

- Treating Life-Threatening Conditions
- Head-to-Toe Assessment
- Lifts and Carries
- Splinting a Closed Fracture
- SALT Triage

CPR/First Aid (Team of 2)

- Severe Bleeding and Shock
- Open Fracture and Splinting
- Severe Burns
- Administer Naloxone (Nasal Spray NARCAN)
- Heat-Related Emergency
- Administer Auto-inject Epi Pen
- Choking
- CPR (1-2 person adult, infant, AED)

EMT (Team of 2)

- Patient Assessment-Trauma, Medical
- BVM Ventilation: Apneic Adult Patient
- Joint Immobilization/Long Bone
- Bleeding control/Shock Immobilization
- Oxygen Administration by Non-Rebreather Mask
- Administer Auto-inject EpiPen
- Administer Naloxone (Nasal Spray NARCAN)
- Cardiac Arrest Management/AED
- Joint Immobilization/Long Bone Immobilization

Mental Health Promotion (Team of 2-6)

- Create and publish a social media campaign for peers promoting protective factors around a selected mental health topic.

Public Health (Team of 2-6)

- **Topic: “Food Wars: Battling Big Soda and Ultra-Processed Food”** - Research and present a dynamic, effective, and creative presentation about this year’s topic to the community.

Life-Threatening Situations (Middle School)

- Call 911
- Stop the Bleed
- Position the Unconscious Injured
- Apply both hands to Apply Intermittent Pressure

 **Leadership Events-** These event test and showcase competitors' soft skills, creativity, and understanding of the health field.

Extemporaneous Writing - Health Policy

- Competitors will write a letter to an assigned health policymaker in support or opposition of a given secret topic.

Extemporaneous Health Poster (Middle School) -

- Competitors will create a poster using artistic expression to showcase their ideas in response to the given secret topic.

Health Career Photography

- Competitors photograph and describe 3 different health professionals performing an aspect of their job.

Healthy Living

- Competitors will focus on one personal healthy living goal and document their efforts.

Foundations of Healthy Living (Middle School)

- Competitors will research, define, and explain a health-related topic and its importance to healthy living.

Job Seeking Skills/Interviewing Skills

- Competitors prepare résumé, personal statement, and interview.

Prepared Speaking/Speaking Skills

- **Topic: *Champions of Change: 50 Years of HOSA-Future Health Professionals*.** Prepare and deliver a speech on this year's topic.

Research Persuasive Writing & Speaking

- **Topic: *Is the Smartphone Responsible for the Current Youth Mental Health Crisis?*** –Write and prepare a persuasive paper and speech based on this year's topic.

Research Poster

- Choose a health-related topic, conduct research.
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 **Teamwork Events-** HOSA competitors collaborate in teams to address health-related challenges or create projects. The events foster not only collaboration but critical thinking and/or presentation skills among the team members.

Biomedical Debate (Team of 3-4)

- **Topic: *Social Media Health Influencers Should be Monitored*** - Debate pros/cons based on this year's topic.

Community Awareness (Team of 2-6)

- Competitors select a topic in physical, mental, environmental, or societal health and then plan and present a local health campaign to the community.

Creative Problem Solving (Team of 2-6)

- Competitors solve a secret challenge related to HOSA, the health community, or a specific health issue.

Forensic Science (Team of 2)

- Competitors analyze a case study and crime scene.

Exploring Medical Innovation (Middle School Team of 2-4)

- Competitors learn about a medical innovation and explain how it has impacted healthcare.

Health Career Display (Team of 2)

- Design a display board about a health career.

Health Education (Team of 2-6)

- Prepare and teach a health concept using a lesson plan and portfolio.

HOSA Bowl/Foundations of HOSA Bowl (Team of 4)

- Compete in buzzer-style trivia game (HOSA, health, parliamentary procedure).

Medical Innovation (Team of 2-4)

- Present your original invention for healthcare.

Public Service Announcement (Team of 2-6)

- **Topic: *Brain Health is Public Health*** - Create and present a short video based on this year's topic.
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🌟 Recognition Events (SLC Only)- This category honors students, HOSA chapters, and chartered associations for outstanding achievements and service by evaluating them against a predetermined standard, rather than competing against other participants.

HOSA Happenings

- This is a multimedia chapter communication event that celebrates the chapter and its members.
- to their communities by completing worthy volunteer service hours related to health.

Emotional Well-Being Challenge

- This event is to assist HOSA chapters and members in learning how essential good mental health is to overall health and to introduce them to the concepts of mental health promotion and substance misuse prevention.
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