



Cal HOSA Competitive Events (CE) at a Glance

2025-2026 Edition

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

Middle School Students

How the CAL-HOSA CE Competition Works

Step 1: CE State Qualifying Event (Virtual)

To compete in any event at the State Leadership Conference (SLC), competitors must first qualify through the virtual CE State Qualifying Event. Some events require competitors to take an **online test**. Other events require competitors to **digitally upload materials** (like a video, resume, slideshow, etc.). These materials will be **judged virtually**. The list of competitors who qualify for SLC will be posted to the Advisor Page on **January 28, 2026**.

Step 2: State Leadership Conference (SLC)

Only competitors who qualified from Step 1 can compete at the SLC.

✦ **NEW for 2026:** If the event is test-only (Health Science-like Medical Terminology), competitors take the state test **at the conference**, with scantrons. The top 5 finalists will be announced at the awards session.

✦ **NEW for 2026:** Competitors who qualified in events that have a Round 1 test will take the Round 1 state test at the conference, and top scoring competitors will advance to Round 2.

✦ **NEW for 2026:** Competitors who qualified in events that had a required digital upload will receive an appointment time. **✗ No additional digital uploads** are needed for SLC. The digital upload that was submitted during the CE State Qualifying Event is used. The judges scores are added to the presentation score for a final score at SLC.

For all events refer to the 25-26 Cal-HOSA website for [guidelines](#) for complete descriptions, updates, and requirements.

Only those events highlighted in **yellow** have special Cal-HOSA instructions

What hasn't changed? - Competitors can only select **one red event** and **one blue event** to compete in for the CE State Qualifier Event, then **any green event** and **any brown event** for SLC.

 **Health Science Events (Test-Only)** are tests that assess members' knowledge, comprehension, application, and analysis of health-related concepts in health professions.

- Foundations of Medical Reading
 - Foundations of Medical Terminology
 - Foundations of Nutrition
 - Health Career Exploration
 - Math for Health Careers
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 **Health Professions Events-** These events involve written tests then skill demonstrations that allow competitors to apply classroom knowledge to practical healthcare scenarios, often simulating real-world professional tasks and responsibilities.

Foundations of Veterinary Science

- Identification of Companion Animal Breeds/Species
 - Wound Care for Abrasions (on either a Dog or a Cat)
 - Pad Care (on either a Dog or a Cat)
 - Tick Removal (on either a Dog or a Cat)
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 **Emergency Preparedness Events-** These events involve written tests, skill demonstrations, or portfolios that allow competitors to apply classroom knowledge to practical healthcare scenarios, often simulating real-world emergencies and public health crises.

Life-Threatening Situations

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

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.
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 **Leadership Events-** These events test and/or showcase competitors’ soft skills, creativity, and understanding of the health field.

Extemporaneous Health Poster -

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

NEW: Foundations of Healthy Living

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

Prepared Speaking

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

Speaking Skills (with IEP/IDEA verification)

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

Dynamic Decisions (Team of 2-6)

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

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.

Foundations of HOSA Bowl (Team of 4)

- Compete in buzzer-style trivia game that showcases knowledge around (HOSA, health, and parliamentary procedure).

Exploring Medical Innovation (Team of 2-4)

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

America's Blood Centers and HOSA's Blood Drive

- Allows HOSA chapters to connect with local blood centers and learn how to conduct successful blood drives in their communities.

HOSA Happenings

- This is a multimedia chapter communication event that celebrates the chapter and its members.

Barbara James Service Award

- Competitors contribute to their communities by completing worthy volunteer service hours related to health.

Health Literacy Ambassador

- HOSA members enhance their health literacy skills and promote the use of credible health information.

HOSA Service Project (Formerly Be the Match)

- NEW- Beginning in 2025-2026, all hours and money will be tracked through National Marrow Donor Program (NMDP) and no longer uploaded to the HOSA Activity Tracking System.

Emotional Well-Being Challenge Must Be Digitally Uploaded at CE State Qualifying Event

- 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.

NEW: HOSA History Exam- this year only! (Open to ALL Divisions Alumni & Advisors)

- This exam offers members the opportunity to expand their knowledge of HOSA's history and its impact on the field of healthcare.
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