



Cal HOSA Competitive Events (CE) at a Glance

2025-2026 Edition

*This guide includes all events that Cal-HOSA offers that are designed for
Secondary and Postsecondary/Collegiate 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. All tests are 50 questions and 60 minutes.

- Biomedical Equipment Tech ✨ NEW
 - Healthcare Administration ✨ NEW
 - Behavioral Health
 - Dental Terminology
 - Health Informatics
 - Human Growth and Development
 - Medical Law and Ethics
 - Medical Math
 - Medical Reading
 - Medical Spelling
 - Medical Terminology
 - Nutrition
 - Pathophysiology
 - Pharmacology
 - World Health and Disparities
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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.

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, and 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

- Preparation 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 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.

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

Epidemiology

- Test-Only event centered around health and disease populations.

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.
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 **Leadership Events-** These events test and/or 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.

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.

Interviewing Skills (with IEP/IDEA verification)

- Competitors prepare a résumé, personal statement, and interview

Job Seeking Skills

- Competitors prepare a résumé, personal statement, and interview.

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.

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.

Organizational Leadership (SLC Only)

- Based on HOSA organization and Parliamentary Procedure knowledge. Encouraged for Chapter Officers. Required for State Officer candidates or ILC voting delegates.
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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.

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 (Team of 4)

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

Medical Innovation (Team of 2-4)

- Teams present an 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.

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.

American Red Cross Chapter Recognition

- New: stand-alone event to recognize chapters for volunteering with ARC

American Red Cross Diversify the Blood Supply Video Challenge

- New: Recognizing teams of 2-6 volunteer's video project.

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 Care Issues Exam

- Test only based on knowledge of current health-related issues.

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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ATC Testing (SLC Only)

Open to all SS/PS competitors; register to take tests in person at the State Conference. **Cost:** \$5.00 per test. See Guidelines for list of ATC testing events.