



30 Tools to Prepare Your Health Science Students for Competitive HOSA Events

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#1

Health Science Event: Behavioral Health

Event Summary: Behavioral Health provides members with the opportunity to gain knowledge and skills surrounding psychology, the mind, mental health, and substance use disorders. This competitive event consists of a written test with a tie-breaker essay question. This event aims to inspire members to learn about and promote mental health resilience as well as learn how to support those in recovery, their families, and the health community.

Recommended Tool: Soft Skills Program for Caring for Patients with Intellectual Disabilities, Mental Illness, or PTSD



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Health Science Event: Nursing Assisting

Event Summary : Nursing Assisting provides members with the opportunity to gain knowledge and skills required for patient care in medical settings. This competitive event consists of 2 rounds. Round One is a written, multiple-choice test and the top scoring competitors will advance to Round Two for the skills assessment. This event aims to inspire members to learn more about the field of nursing and how to provide quality care.

Recommended Tool: Infant Vital Signs Trainer



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Health Science Event: Human Growth & Development

Recommended Tool: RealCare Geriatric Simulator



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Health Science Event: Medical Law and Ethics

Event Summary: Medical Law & Ethics provides members with the opportunity to gain knowledge and skills regarding U.S. medical law, ethics and bioethics. This competitive event consists of a written test with a tie-breaker essay question. This event aims to inspire members to learn about ethical and legal terms as well as how to analyze, synthesize and evaluate information related to this field.

Recommended Tool: Ethical and Legal Issues in HealthCare Program and Online Course



Patient Rights



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#5

Health Science Event: Medical Terminology

Event Summary: Foundations of Medical Terminology provides Middle School Division HOSA members with the opportunity to gain knowledge and skills regarding prefixes, suffixes, roots and anatomy, physiology, pathophysiology and occupations related to the health field. This competitive event consists of a 50-item multiple choice test with 10 tiebreaker questions and aims to inspire members to learn about terms common to health professions and health specialties.

Recommended Tool: Medical Terminology Class Kit



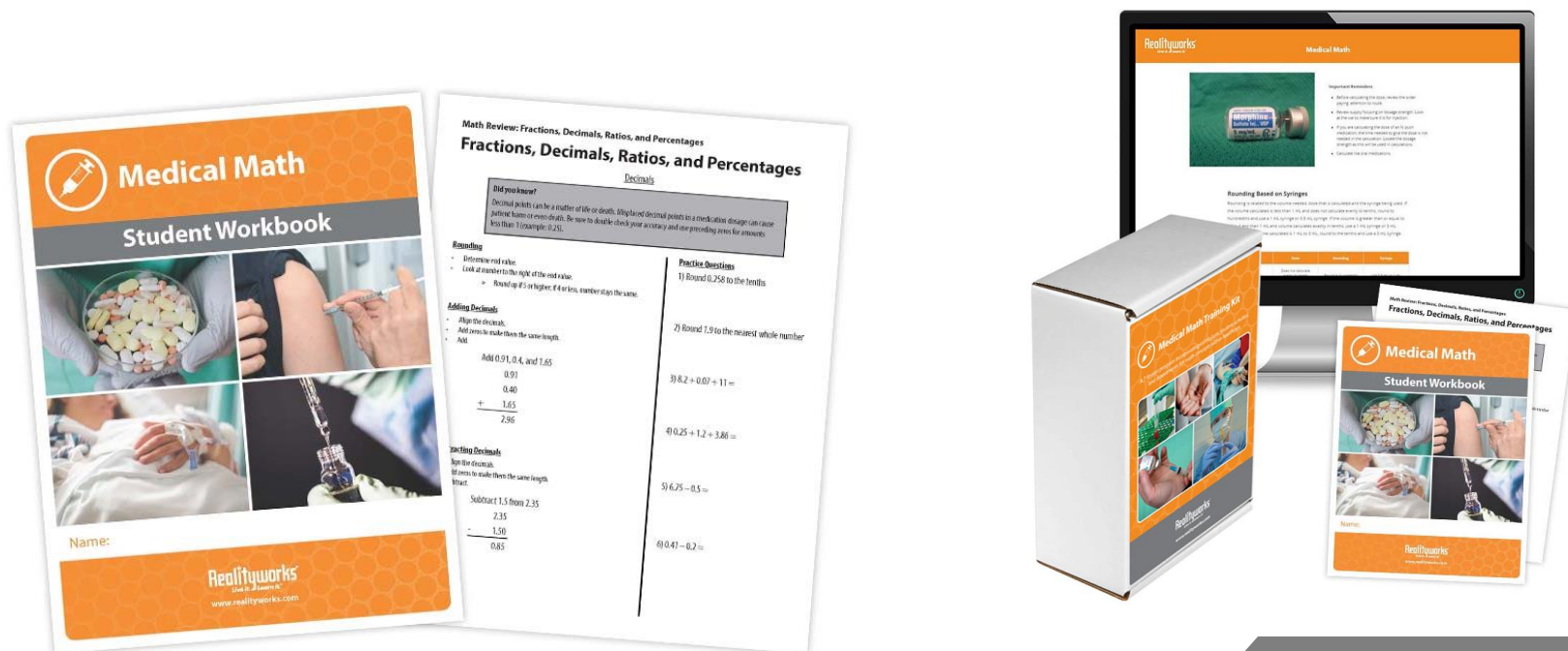
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Health Science Event: Medical Math

Event Summary: Medical Math provides members with the opportunity to gain knowledge and skills required to identify, solve, and apply mathematical principles. This competitive event consists of a written test with tiebreaker questions. This event aims to inspire members to learn about the integration of mathematics in health care, including temperature, weights, and measures used in the health community.

Recommended Tool: Medical Math Training Kit



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#7

Health Professions Event: Clinical Nursing

Event Summary: Clinical Nursing provides members with the opportunity to gain knowledge and skills required in the nursing field. This competitive event consists of 2 rounds. Round One will be a written, multiple-choice test and top scoring competitors will advance to Round Two for the skills assessment. This event aims to inspire members to use critical thinking skills and be equipped with insight to treat patients in a clinical setting.

Recommended Tool: Adult Nursing Manikin



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#8 Health Professions Event: Clinical Specialty

Event Summary: Event Summary Clinical Specialty provides members with the opportunity to gain knowledge and skills about a health career of their choosing. This competitive event consists of three items: the development of a career portfolio, a video demonstration of a selected skill common to the chosen health career and a live presentation to the judges. This event aims to inspire members to learn more about a health-related career and become skilled future health professionals.

Recommended Tool: ECG Simulator



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Health Professions Event: Home Health Aide

Event Summary: Home Health Aide provides members with the opportunity to gain knowledge and skills required for supporting patients in their homes. This competitive event consists of 2 rounds. Round one is a written, multiple-choice test and the top scoring competitors will advance to Round Two for the skills assessment. This event aims to inspire members to be proactive future health professionals and be equipped to serve patients in a home health setting.

Recommended Tool: Geriatric Nursing Manikin



Health Professions Event: Nursing Assisting

Event Summary: Nursing Assisting provides members with the opportunity to gain knowledge and skills required for patient care in medical settings. This competitive event consists of 2 rounds. Round One is a written, multiple-choice test and the top scoring competitors will advance to Round Two for the skills assessment. This event aims to inspire members to learn more about the field of nursing and how to provide quality care.

Recommended Tool: Blood Pressure Simulator



#11

Health Professions Event: Personal Care

Event Summary: Personal Care provides members with the opportunity to gain knowledge and skills required for patient care in medical settings. This competitive event consists of a skills assessment and aims to inspire members to learn more about the field of nursing and how to provide quality care. This event is specifically for HOSA members who are classified under IDEA.

Recommended Tool: Ostomy Trainer



Health Professions Event: Sports Medicine

Event Summary: Sports Medicine provides members with the opportunity to gain knowledge and skills required for patient care in a sports medical setting. This competitive event consists of 2 rounds. Round One is a written, multiple-choice test and the top scoring competitors will advance to Round Two for the skills assessment. This event aims to inspire members to learn more about injury prevention, therapeutic intervention, and immediate care.

Recommended Tool: Joint Model Set



#13

Health Professions Event: Sports Medicine

Recommended Tool: Taping and Wrapping Skills Sim Kit



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*30 Tools to Prepare for Competitive
HOSA Events*

Health Professions Event: Veterinary Science

Event Summary: Veterinary Science provides members with the opportunity to gain knowledge and skills required for diagnosis and treatment of animals. This competitive event consists of 2 rounds. Round One is a written, multiple-choice test and the top scoring competitors will advance to Round Two for the skills assessment. This event aims to inspire members to learn more about the field of veterinary care.

Recommended Tool: Agriculture Education Kits Pa



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Emergency Preparedness

Event: CERT Skills

Event Summary: CERT Skills provides members with the opportunity to gain knowledge and skills required for disaster preparedness and response. This competitive event consists of 2 rounds and each team consists of two (2) people. Round One is a written, multiple-choice test and the top scoring teams will advance to Round Two for the skills assessment. This event aims to inspire members to be proactive future health professionals and respond efficiently to complex community hazards in the absence of emergency services.

Recommended Tool: Closed Fracture Trauma Manikin



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Emergency Preparedness

Event: CPR/First Aid

Event Summary: CPR/First Aid provides members with the opportunity to gain knowledge and skills required for team first aid and basic life support. This competitive event consists of 2 rounds and each team consists of 2 people. Round One is a written, multiple-choice test and the top scoring teams will advance to Round Two for the skills assessment. This event aims to inspire members to be proactive future health professionals and be equipped with the skills to provide immediate, lifesaving actions in the absence of emergency services.

Recommended Tool: Pediatric Nursing Manikin

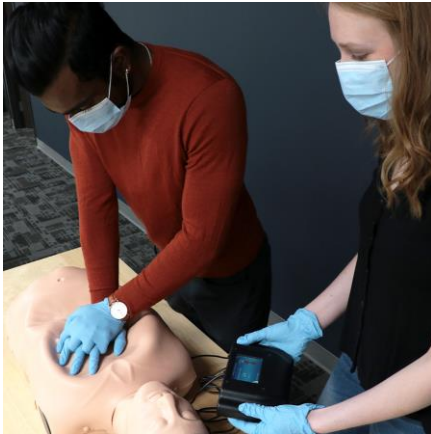


Emergency Preparedness

Event: EMT

Event Summary: Emergency Medical Technician provides HOSA members with the opportunity to gain knowledge and skills required for emergency medical care. This competitive event consists of 2 rounds and each team consists of two (2) people. Round One is a written, multiple-choice test and the top scoring teams will advance to Round Two for the skills assessment. This event aims to inspire members to be proactive future health professionals and be equipped with resilience, physical strength and problem-solving skills to provide immediate treatment in emergencies.

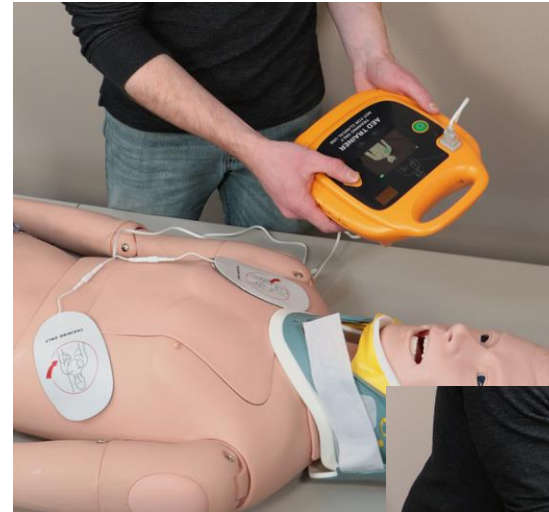
Recommended Tool: BVM Ventilation Trainer



#18

Emergency Preparedness Event: EMT

Recommended Tool: AED Trainer



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#19

Emergency Preparedness Event: EMT

Recommended Tool: Arm Amputation and Bleeding Control Trainer



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Emergency Preparedness Event: Life Support Skills

Event Summary: Life Support Skills provides HOSA members with the opportunity to gain knowledge and skills required for basic life support. This competitive event consists of an evaluation of member's performance in a skills assessment. This event aims to inspire members to be proactive future health professionals and be equipped with the skills to provide immediate, life-saving actions in the absence of emergency services. This event is specifically for HOSA members who are classified under IDEA.

Recommended Tool: Splints and Braces Supply Pack



#21

Emergency Preparedness Event: Life Support Skills

Recommended Tool: Industrial Burns Kit



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#22

Emergency Preparedness Event: Life Support Skills

Recommended Tool: RealCare Infant Health and Safety Pack



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Leadership Event: Interviewing Skills

Event Summary: Interviewing Skills provides HOSA members with the opportunity to gain the knowledge and skills required to successfully apply and interview for employment and internship opportunities (for college, medical school, professional career, etc.). This competitive event requires competitors to prepare a personal statement, resume, and digital profile and then participate in a mock job interview with judges. This event aims to inspire members to learn more about applying and interviewing for health-related positions and experiences. This event is specifically for HOSA members who are classified under IDEA.

Recommended Tool: RealCareer Employability Skills Program or Online Course



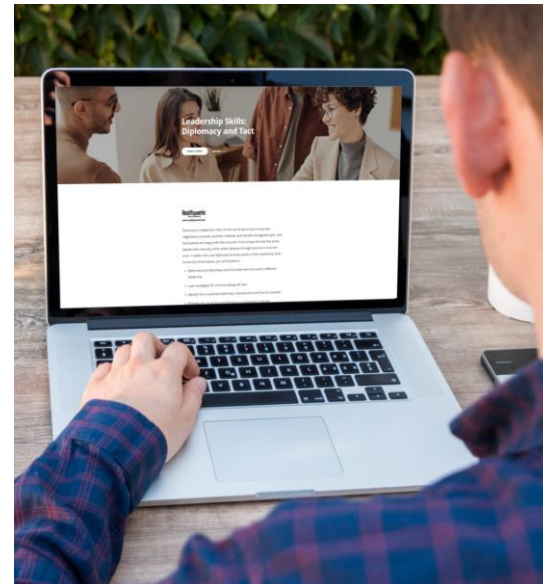
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#24

Leadership Event: Organizational Leadership

Event Summary: The purpose of the event is two-fold: 1) To assist chartered associations with selecting their Voting Delegates, if a method does not already exist and 2) To encourage HOSA members to develop and apply their knowledge of the organization and Parliamentary Procedure to represent their chartered associations at the International Leadership Conference as an official Voting Delegate

Recommended Tool: Leadership Soft Skills Program or Online Course



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Middle School Event: Health Career Exploration

Event Summary: Health Career Exploration provides Middle School Division HOSA members with the opportunity to explore and learn about the five health career clusters and to gain knowledge about career skills, fundamental skills, and professional and academic knowledge within various health careers. This competitive event shall be a 50-item multiple choice written test plus one tie-breaker essay question. The event aims to inspire members to be proactive future health professionals and recognize, identify, define, interpret and apply terms related to health careers.

Recommended Tool: FREE Health Science Career Exploration Lessons

A free unit exploring careers in all five health science pathways!

Go to this link and click 'health science':

<https://www.realityworks.com/resources/free-lesson-plans/>



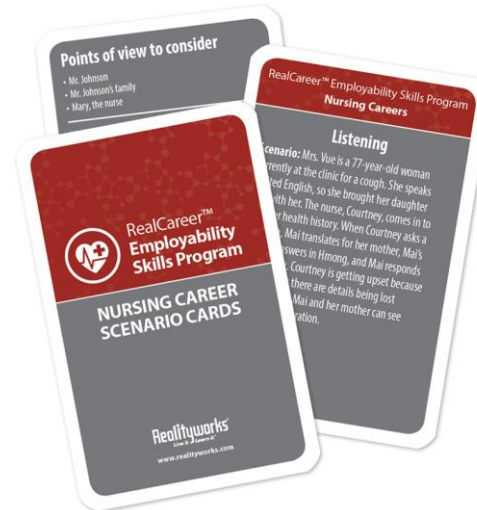
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Middle School Event: Health Career Preparation

Event Summary: Health Career Preparation provides Middle School members with the opportunity to gain knowledge and skills required for interviews in a health career. This competitive event shall consist of a written statement of interest and an interview. This event aims to inspire members to be proactive future health professionals and gain confidence in speaking about why healthcare is the right career fit for them.

Recommended Tool: Health Science Pathway Scenario Cards

- Nursing
- Geriatric Care/CNA
- Sports Medicine
- EMT
- Medical Assistant



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Middle School Event: Foundations of Nutrition

Event Summary: The Foundations of Nutrition test provides Middle School Division HOSA members with the opportunity to explore and learn about the relationship of nutrition and wellness and to assess knowledge common in this health field. This competitive event consists of a written test with a tie-breaker essay question for the Middle School division. This event aims to inspire members to be proactive future health professionals and to apply and analyze information related to nutrition and health.

Recommended Tool: Diabetes Education Kit



Middle School Event: Foundations of Nutrition

Recommended Tool: Sports Nutrition Lab Kit



Sports Nutrition Lab Kit

Kit includes:

- Curriculum
- Sports Nutrition Lab Workbook (20)
- Nutrients and Food Label for Athletes Poster Set
- Body Fat Model
- Body Fat Measurement Kit (4 of each)
- Skinfold calipers (small and large)
- BMI calculator
- Measuring tapes (2 sizes)
- Storage box
- 1-year limited warranty

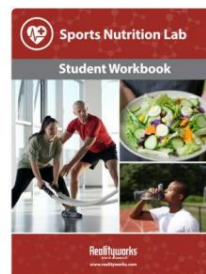
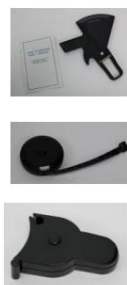
Access curriculum and downloads:

<https://www.realityworks.com/sportsnutritionkit-downloads>

Reorder materials at www.realityworks.com

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Middle School Event: Foundations of Nutrition

Recommended Tool: Food Science and Nutrition Lab Kit



Food Science and Nutrition Lab Kit

Kit includes:

- Food Science and Nutrition curriculum
- How to Read a Food Label poster (6 sets)
- Six Essential Nutrients poster (6 sets)
- Food Processing, Production, and Safety Career Scenario Cards (1 set)
- Glo Germ™ Powder with brush
- 6 UV lights with batteries
- 1 package of cheese cloths
- 12 50 mL beakers
- 12 small funnels
- 12 pipettes
- 12 popsicle sticks

Access additional resources:

www.realityworks.com/foodsciencenutritionkit-downloads

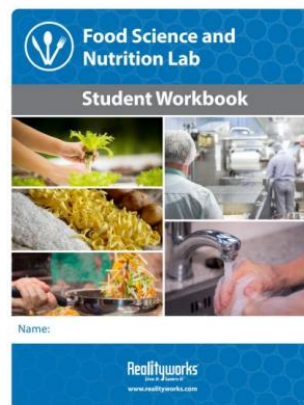
- Presentation slides
- Student completion certificate

Reorder materials at <http://www.realityworks.com>

For Safety Data Sheet (SDS) information, visit www.realityworks.com

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Middle School Event: Healthy Lifestyle

Event Summary: Healthy Lifestyle provides HOSA members with the opportunity to gain knowledge and skills required to understand healthy living and the impact on health throughout the life span. This competitive event consists of 2 rounds. Round One is a written, multiple choice test and the top scoring competitors will advance to Round Two for a judge interview. In addition, each competitor will focus on one personal healthy lifestyle goal and document his or her efforts in a personalized portfolio. This event aims to inspire members to learn more about health literacy topics and to develop healthy habits for a lifetime

Recommended Tool: Life Skills and Healthy Choices for Middle School Students – FREE access!

Sexual Wellness Unit:

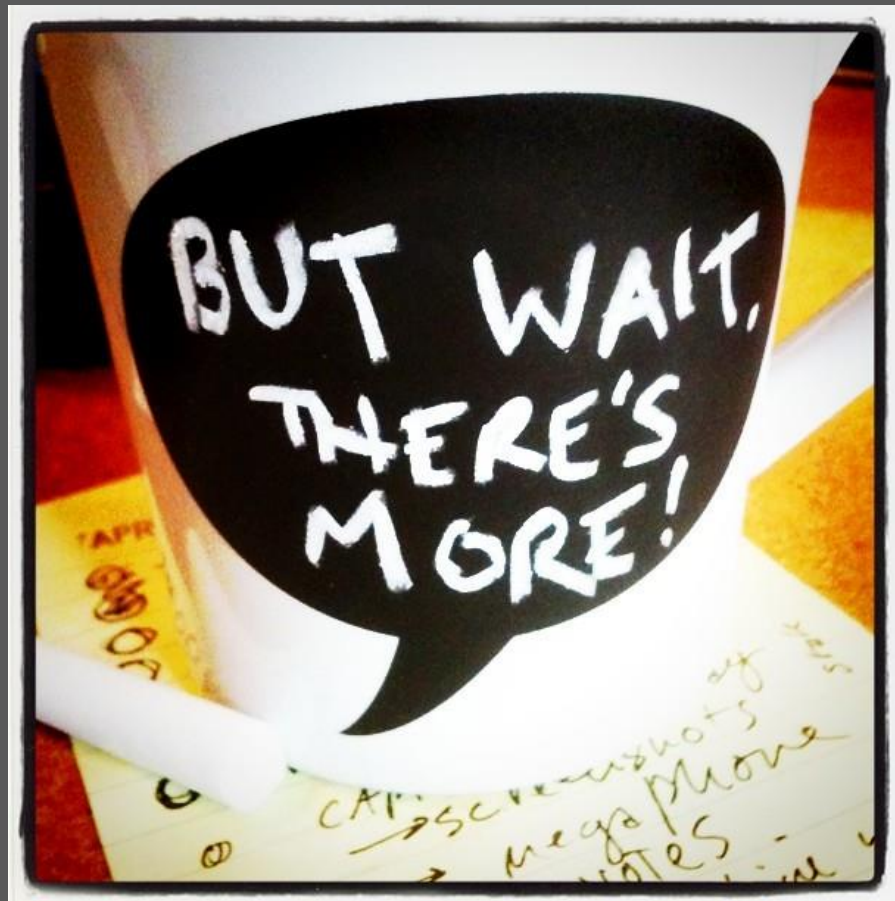
- Reproductive Systems, Fertilization, Conception
- Family Planning: Birth Control
- Benefits of Abstinence
- HIV and STIs
- Section 2 Human Reproduction and the Responsibilities of Pregnancy
- Pregnancy and Prenatal Development
- Alcohol and/or Drugs and Fetal Development
- Birth Process



Healthy Choices:
*Relationships, Sexuality
and Family Planning*

<https://www.realityworks.com/realcaredownloads/>

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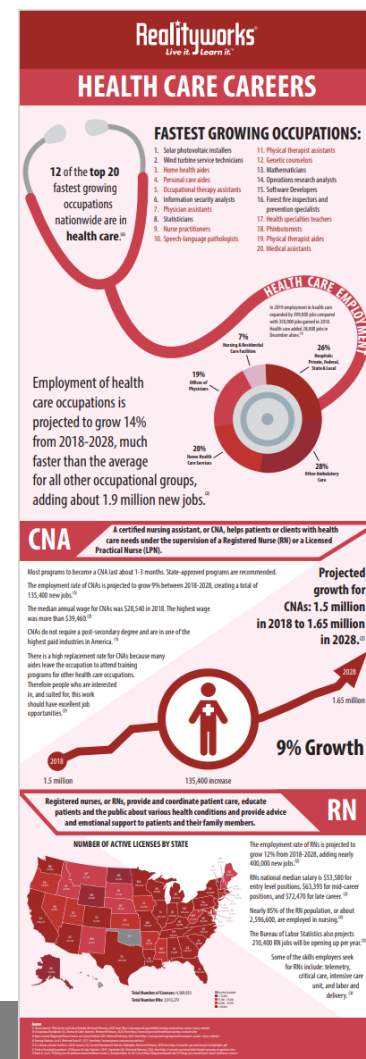
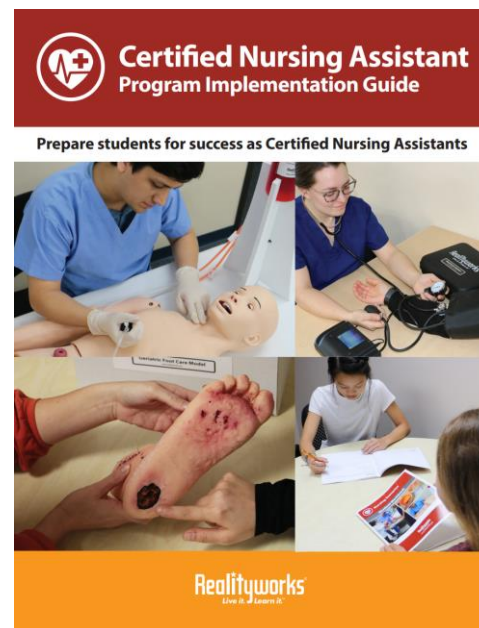
More FREE Resources

FREE posters/infographics

<https://www.realityworks.com/resources/realityworks-interactive-posters-downloads/>

FREE CNA Program Implementation Guide

https://www.realityworks.com/wp-content/uploads/2020/08/08072020_AJ-CNA-Training-Implementation-Guide-Brochure-WEB.pdf



Additional Resources

- Realityworks Blog
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Part number

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