



Competitive Events General Information

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The North Carolina HOSA Competitive Events Program, part of the International HOSA Competitive Events Program, is designed as an instructional strategy in support of the Health Science Education curriculum. The purpose of competitive events is to motivate the student to study harder and learn more in an area of their choosing related to their future career as a healthcare leader and professional.

PLEASE NOTE: There are three levels of events. Some events are only available at the state and international level. Only those designated will be offered at the Regional level. The rest will be offered at the state and international levels as noted.

Members may compete in only ONE competitive event but may add as many events in the Recognition category as they wish.

SWAPPING AND EXCHANGING OF APPOINTMENT TIMES BY STUDENTS OR ADVISORS IS NOT PERMITTED.

Each school is limited to five (5) competitors/teams per event in all but the recognition category for state events. This is to encourage schools to diversify their student competitors. Schools or counties may want to have local competitions to advance their top competitors for state conference.

It is the individual advisor's responsibility to assure that students are proficient in **all** skills in their event before registering students to compete at the NC HOSA State Conference. This also helps to prepare the state winners for international competition.

Please note there will be four test-only skill events at the regional level for Nursing Assistant, Sports Medicine, Forensic Science, and CPR/First Aid. The top ten (10) students will advance for testing at state conference. All other regional level events will advance the top five (5) students for participation at the SLC.

It is essential that the HOSA member is provided a copy of the competitive event guidelines to prepare for competitive events, and that he/she understands the event process. All competitive event guidelines are on the HOSA website. Updated CE Guidelines will be posted on the HOSA web site by September.

When deciding to compete, plan to compete at all levels of competition. NC HOSA needs outstanding students representing North Carolina HOSA at the International Conference.



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General Information for Competitive Events

- Know the General Rules and Regulations found here: <http://www.hosa.org/GRR>.
- Understand the information provided in the appendices: <http://www.hosa.org/appendices>.
- Photo ID is required to compete. Please ensure you have met the guidelines in CE Appendix H located here: <http://www.hosa.org/appendices>.
- The numbers of regional winners who will compete at the state conference is the top 5 in each event. The top 10 in the test-only skill events.
- Competitors may choose **ONLY ONE** event from all categories except the recognition events and they are unlimited.
- For **State** events each chapter is limited to five (5) competitors/teams per event.
- **Each region** may send their top 10 finalists in the skill test only events at regional conference: Nursing Assisting, Sports Medicine and CPR/ First Aid.
- At the State Conference all skill event competitors will test and the **top competitors** will advance to the skill performance (round 2).
- Skill events require that the student master all procedures in the event guidelines. Only those students who achieve a total of 70% (mastery) or better total score will be recognized. Advisors must be sure that students have mastered all skills associated with the event before registering them for that event.
- **Special Needs Events** are those events available only to those students who are classified under **Public Law 102-119, "Individuals with Disabilities Act"**, who require instructional support in order to succeed in the regular classrooms and have an IEP. Documentation of such classification is required. The Advisor must complete a "Student Eligibility Form" (see event guidelines) for each student competing in one of these events per guidelines. Events include: Speaking Skills, Interviewing Skills, Personal Care, and Life Support Skills. See CE Appendix I located here: <http://www.hosa.org/appendices>.
- Those events that are testing only **will not** have a separate orientation. The students will receive instruction prior to the test at the designated competition site.



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- **All competitors MUST** attend their scheduled event orientation or send a proxy with the appropriate completed and signed form. Failure to follow these rules will result in a penalty. Please remember that many events require testing, writing, round one, etc. at the event orientation. Competitors may **NOT** send a proxy to events that test or write during the orientation. See CE Appendix C located here: <http://www.hosa.org/appendices>.
- **All competitors must bring a copy (paper or electronic) of their guidelines to orientation.** If no orientation, they must bring the guidelines to the test. If competitors do not have a copy of their guidelines a penalty may be assessed.
 - Skill events have time limits for each skill. These times may change from year to year with updated guidelines. Please refer to the most current guidelines for the correct time limits and have the students practice within the correct time constraints.

NOTE: Competitive event guidelines are reviewed each year and changes made to keep them updated. In an effort to align the rating sheets to the resources and industry standards many rating sheets may be changed. Please refer to the updated event guidelines and the HOSA website for further updates: <http://www.hosa.org/guidelines>.

Conference Management Chart

The roles and responsibilities of the various positions at the SLC (*e.g. Director, Lieutenants, Event Managers, Section Leaders, Facility Coordinators, etc.*) are located here: <http://www.hosa.org/ManagingCE>. NC HOSA follows the lead of HOSA. Any changes to the documents listed on the HOSA website will be communicated to you by the Competitive Events Director and/or Co-Director.

Competitive Events Useful Tools

The HOSA website has a list of documents and information to help with competitive events. Please review the information for help with the following:

- CE Updates and Changes
- HATS Instructions
- Tallo
- Selecting a Competitive Event



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- Samples
- Curriculum Resources
- Event History

The information above is found here: <http://www.hosa.org/CEUsefulTools>.

HOSA Competitive Events: Questions and Answers

Why we don't get rating sheets back after Competitive Events? How can we improve for the next level or for next year?

HOSA does not return rating sheets or scores. The data from judge rating sheets and test scores are analyzed and used in improving events and tests for the future.

Individual rating sheets would not be helpful to you unless you could see the rating sheets of the other competitors. Competitors know where they finished in the top 10 because the results are posted online. If your event has a Round One and you made the cut after Round One that usually means you finished in the top 50%. We do not post placement or scores beyond the top 10 because we want all competitors to feel good about the process that got them to the SLC and ILC, not just the end result.

The best way to improve for next level or next year is to work hard! It is usually very helpful to have practice judges evaluate your performance using the HOSA rating sheet, prior to competition. They can give you direct feedback and suggestions for improvement. You can't get that kind of information from the rating sheets, and it is continuous feedback from healthcare professionals, educators and others who judge your performance that will be the most helpful to you during your journey of becoming a future health professional.

Why do we need to bring our event guidelines to the event orientation?

The Event Guidelines contain the rules for the event, and it is important for event personnel to review those rules during the event orientation. In order to be successful in HOSA competitive events, it is the competitor's responsibility to read and follow the guidelines. Asking you to bring your guidelines to the event orientation is a strategy designed to help competitors understand and follow the event rules.

Why were there college students competing against middle school and high school teams in the events at Conferences?

In most states and at the international level, middle school, secondary and postsecondary collegiate students will compete in the same location, sometimes in front



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of the same judges, but the scores are always kept separate. Each division is judged against others within that same division, even if they share the same judges in the same room. That is the HOSA policy for state and international competitive events. Middle school students are offered the opportunity to compete in selected events appropriate to their training.

Can competitors use their real names and school in the event?

The answer to that question depends upon the event and the level of competition. In some events, it is permitted for a competitor to reveal his/her name or school. For example, in Clinical Specialty and Job Seeking Skills, it would be impossible not to include one's name and school in the documentation required for the event.

For events when the name and/or school is not required, it is generally better to avoid giving one's name and school at the area/regional and state levels to reduce bias. For example, a competitor in Prepared Speaking should avoid identifying his/her school when giving a speech.

A general rule to follow is "When in doubt, don't." This is because there are judges and event personnel who might interpret the divulging of a name and school as unacceptable.

This recommendation changes for International events because of the diversity of judges and use of electronic score sheets. Competitors at the International level will be introduced by name and/or school, in accordance with GRR #56, because that information rarely has any significance for judges, and it helps the judges double-check the name and school that is pre-printed on the event rating sheet.

Our chapter members placed in Clinical Specialty and Researched Persuasive Writing and Speaking at the Regional level. Can they change their event materials before the state competition?

Yes. There are no rules that prevent individual or team competitors from changing their event materials from one level to the next. International competitors in Clinical Specialty, Researched Persuasive Writing and Speaking, and other HOSA events, can change or revise their papers, speeches and videos. Be sure to follow your guidelines and meet deadlines for events.

How can I find out what to study for the test?

The event guidelines contain a test plan, a list of resources and links to those resources to which you can refer. Since the test questions are taken directly from the listed resources, you will do fine if you follow this advice.

Can't afford so many textbooks? One school made a very specific list of what books they needed, and then found the ordering information on the Event Resources section



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of the HOSA website. Those lists were sent home, and in 3 weeks, every single book on the list had been donated by parents who saw this as a simple way to make a big contribution. Does your school have a library? Ask the librarian if they can order the resources for the library, so all students can have access to the resource. Did you also know that you can rent textbooks or purchase books by the chapter? Some publishers have this option. Also, F.A. Davis and Brady Books publishers offer a discounted price for HOSA members. Check out the Event Resources page on the HOSA website.

Are there practice tests available for any of the tests?

There are no practice tests available for any of the HOSA events. HOSA members who are successful on any HOSA test have spent hours and hours studying the recommended text resource AND have a sound general understanding of the concepts to be measured on the test. It helps to pay attention to the test plan in the guidelines so you will know where to focus your attention. HOSA has provided sample test questions in the guidelines to familiarize the competitor with the types of questions asked.

Will the Health Professions events at the State Conference be the written test or the skills?

In Health Professions events, most states give the written test and have a skills portion. At the International Leadership Conference, a written test is given. Top scoring competitors qualify for the skill portion (Round Two) of the event, which usually involves 1-3 skills.

What does it mean when it says Rescuer I and Rescuer II in CPR/First Aid?

There are usually 2 victims in CPR - one that needs first aid and one that needs CPR. You and your partner decide who is Rescuer I and who is Rescuer 2. Rescuer 1 does the first aid and helps with CPR. Rescuer 2 starts CPR.

Are there any practice lists for HOSA Bowl?

The key to success in this event is learning as much as possible about the topics (medical terminology, HOSA facts, parli pro and medical history) and then lots of practice. The format of the questions is listed in your event guidelines to assist you with studying.

We can tell you that teams who are successful in this event know a LOT of information and have learned to anticipate the question. That is, they start to ring in at the point the moderator is going to give key information. For example, "What is the medical term for..." Just at the point when the moderator is going to say "headache" the competitors hit the buzzer.



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Of course, this only works if the team knows a lot of medical terminology, and if they time it correctly. It is a strategy that allows a team a first chance at answering the question.

Truly though, there are no secret lists or shortcuts in HOSA Bowl. It's one of those events where the more you know, the better you do. We know this because the teams who do well on the written test seem to do the best in the buzzer rounds.

Can we move objects around on our display in Health Career Display?

You may move things around on your display, but all articles must stay within the dimensions of the display. Taking radiographs out of a sleeve on the display and putting them in a viewbox could be done within the dimensions of the display, so that is permitted.

What the guidelines prevent you from doing is, for example, taking special goggles from your display and putting them on. Your head is not within the dimensions of the display.

In Researched Persuasive Writing and Speaking, we know the guidelines say we can't use props, but what about a poster with information about our topic?

The answer to your question is no, a poster would NOT be permitted during the speech portion of the Researched Persuasive Writing and Speaking event.

The rules are designed to give each competitor an equal opportunity for success in the event. Competitors who are successful in this event have studied the judge rating sheet and know exactly what they will be rated on. Of course, they practice over and over with parents, teachers, and friends who judge their speech, using the event rating sheet, and give them suggestions for improvement.

Why don't events always run on time?

Many years ago, competitors in most events reported to a holding room, and then waited for their turn to compete - sometimes for hours.

As HOSA grew larger, space for holding rooms became scarce, and competitors complained about the long wait. In response to the needs of HOSA competitors, appointment times are now used for most events.

The appointment times are a "best guess" based on the event starting on time, with no interruptions. Sometimes, events run exactly as planned. Other times, it takes a little longer than planned to assure that the event runs as it should.

Competitors should know that their appointment time is meant to be an estimate of when they will compete. Short waiting periods are normal and should be anticipated.



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Why isn't the dress code enforced?

Actually, the dress code IS enforced according to the event guidelines. For each event, the event manager awards five (5) points to every competitor dressed correctly. If you see someone at an event who does not comply with the dress code, the dress bonus was NOT given.

BE SURE you read and understand the specific dress code requirements for your event. That information can be found – in the event guidelines.

Why do we have event orientations?

Event orientations are designed to answer questions, clarify any challenges, and help prepare competitors for their event. The orientation also helps to assure that competitors are properly registered. If there are any registration glitches - the orientation provides an opportunity to find any problems and correct them.

Sometimes, events will run as planned, and it may seem as though an orientation is not necessary. If, however, there had been something unexpected about the event, having a scheduled orientation would have been critical. For that reason, ALL events have scheduled orientation sessions. Orientations may be held in conjunction with an event component (such as a test) or may be held right before the actual event begins.

Why can't things be better organized with Competitive Events?

The goal with HOSA Competitive Events is perfection. Many hours are spent in preparing for the best possible event experience for HOSA members. Sometimes, the local folks who promise to help and bring supplies don't follow through, and then we find ourselves moving to Plan B. Every year, 95% of our events run extremely well, and something strange happens to the other 5%. We never expect things to go wrong, and hope that next year, we achieve 100% perfection.

Remember, too, that HOSA's vast number of volunteers help to keep our costs at a reasonable level. Our number one priority is to offer a quality Competitive Events Program for our students, and we plan to continue to work toward achieving that goal.

Why aren't there holding rooms? People can get out and tell the secret problem!

Holding rooms were taken away many years ago because competitors asked for it. Competitors were frustrated at spending hours in a holding area and felt that it adversely affected their ability to perform and succeed.

In the General Rules and Regulations, rule #15 states: "Appointment times are used in many HOSA events to avoid detaining competitors in holding rooms for long periods of



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time. **Professional ethics demand that competitors DO NOT discuss or reveal the secret topic or scenario for ANY event until after the event has concluded.**"

The truth is, we rely on HOSA members to practice professional ethics - before, during and after their competition.

COMPETITIVE TIPS FOR CHAPTER ADVISORS

HOSA advisors often ask for suggestions when helping to prepare their HOSA members for Regional, State, and International Competition. Here are some competition tips that might make a difference!

Practice – There is no substitute for lots of study and lots of practice. In most events, the knowledge and skills of the event winners is **OUTSTANDING**.

Start Early - Many national winners are in their second year of doing the event. Those competitors work all year to prepare themselves for competition. Chapter advisors should be helping students select events in the fall and not two weeks before the conference.

Consider the Odds – Some events have fewer competitors than others, so mathematically, the odds are in the favor of those who choose these events.

Follow the Guidelines – That means practicing using the event rating sheets by conducting simulated events. Rather than try to find “experts” in your school to teach you how to do the event, focus on the HOSA guidelines and every single item on the event rating sheet.

Do HOSA in the Classroom - Many instructors use HOSA events in the classroom as a means of supporting classroom instruction. Having students serve as event managers and judges can be a valuable learning experience. Just be sure that what is done is consistent with instructional outcomes.

Work with Events at SLC and ILC – Many advisors find that they understand an event to the fullest after serving as an event manager, section leader, or event assistant.

Make the Skill of HOSA Members Your Responsibility – **BE SURE** that before you take any student to competition that he/she has the skills to perform competently. This is particularly true with Category II events. To ask a student to compete in an event where they clearly have not mastered the skills is extremely unfair to the student.



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Make the Event Materials of HOSA Members Your Responsibility – Local advisors know what a good resume, cover letter, portfolio or notebook looks like. If you were grading the event materials in class and wouldn't award above a D, why would you allow the student to take the same event materials to a state or international conference?

Understand the Big Picture – The HOSA competitive events program is not about getting as many warm bodies to competition as possible. The HOSA competitive events program is about excellence in learning. Raise the bar for your students. Help them understand the big picture. Help them compete at a level where, win or lose, they will feel as though they have accomplished something.

Play Fair – Set an ethical example for your students by assuring that they are the ones competing (not you) and that you follow all the rules without looking for an edge, advantage, or special treatment. Be more concerned about the student than you are the medal and be sure to recognize all students who work hard and do their best – not just the eventual winners.

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