

## HOSA COMPETITIVE EVENTS UPDATE 2025 - 2026

THIS UPDATE SUMMARIZES THE MOST SIGNIFICANT CHANGES TO THE EVENT GUIDELINES, BUT IS NOT AN EXHAUSTIVE LIST. CHANGES TO BOTH THE RATING SHEETS AND RULES ARE MADE ANNUALLY TO ENSURE CONSISTENCY AND CLARITY. FULL EVENT GUIDELINES SHOULD BE PRINTED FROM [HOSA.ORG](http://HOSA.ORG) EVERY SEPTEMBER.

UPDATED 8.1.25

Event	Update
<b>GENERAL EVENT UPDATES</b>	
General Rules and Regulations	Additional wording re: presentations in English, Responsible use of AI, Testing ethical statement updated, Updating human subject use in projects language -Research Poster, Team members testing at the same time, and clarifying language regarding ILC participation after graduation
Resource Changes	The following events have new resources, updated editions, or retired resources: College Physics, Epidemiology, Forensic Science, Healthcare Issues Exam, Home Health Aide, HOSA Bowl Medical Law & Ethics, Medical Spelling, Medical Terminology, Pharmacology, Prepared Speaking, and Speaking Skills.
Test Items & Time Allotted Changes	With the 2025-2026 guidelines, there will be changes to the number of test items and time allotted for the test to increase consistency.
Test Plan Changes	The following event will have a test plan update: Epidemiology.
Skill Events	The following events have added or updated skills: Occupational Therapy, Medical Assisting, and Veterinary Science.
<b>HEALTH SCIENCE &amp; RECOGNITION EVENTS</b>	
Biomedical Equipment Technician	NEW EVENT: 50-item multiple-choice test with a tiebreaker.
HCIE	CNN will be retired as a resource. The registration cap of 25% of the previous year's ILC attendance will be removed.
Healthcare Administration	NEW EVENT: 50-item multiple-choice test with a tiebreaker.
Medical Spelling	Rounds 2 -5 will move from 100 terms to 50 terms.
Pharmacology	Dean Vaughn's Pharmacology by Body System will be added as a resource
Math Test	All math tests - Medical Math, Math for Health Professions, and Math for Health Careers will transition to a grid format for numerical answers, rather than multiple-choice questions.
Foundations of Medical Reading (MS Division)	Many selections reflect the books from decades since the event was added. <ul style="list-style-type: none"> <li>• <i>Gifted Hands</i> by Dr. Ben Carson</li> <li>• <i>Wonder</i> by RJ Palacio</li> <li>• <i>Chasing My Cure: A Doctor's Race to Turn Hope into Action</i> by David Fajgenbaum</li> </ul>
Medical Reading (SS & PSC Divisions)	Many selections reflect the books from decades since the event was added. <ul style="list-style-type: none"> <li>• <i>Gifted Hands</i> by Dr. Ben Carson</li> <li>• <i>First Do No Harm</i> by Lisa Belkin</li> <li>• <i>Tuesdays with Morrie</i> by Mitch Albom</li> <li>• <i>Being Mortal</i> by Atul Gawande</li> <li>• <i>Ultra Processed People</i> by Dr. Chris Van Tullekan</li> </ul>
American Red Cross	The recognition event will become two events - ARC Chapter Recognition and ARC Diversify the Blood Supply Video Challenge
HOSA History Exam	One year only - Written Test on HOSA History to celebrate the 50th anniversary. Open to all divisions, alumni, and local advisors.
National Service Project	nmdp will continue as the national service project.
Outstanding HOSA Alumni	The event will be suspended for 2025-2026 for re-evaluation.

<b>HEALTH PROFESSIONS EVENTS</b>	
Clinical Specialty	The guidelines have been updated to include Occupational Therapy and Surgical Technologists' skills that cannot be duplicated in CS.
Medical Assisting	Skill IV: Measure height and weight will be retired and replaced with the head and chest circumference of the infant or child.
<b>HEALTH PROFESSIONS EVENTS (CON'T)</b>	
Occupational Therapy	Round 1 will consist of a 50-item multiple-choice test. Round 2 will be a skill demonstration.
Patient Care Technician	Skills and resources will be updated.
Respiratory Therapy	The event will move to a Round 1 test instead of the presentation.
Surgical Technologist	NEW EVENT: Moving from pilot status to regular event.
<b>EMERGENCY PREPAREDNESS EVENTS</b>	
CPR.First Aid & LSS	Change to the order of the 911 call if skills require immediate action.
All Events with CPR	Breathing will no longer be simulated.
Epidemiology	Numerous websites will be retired. Digital resource <a href="#">ActivEPI</a> will be added.
Public Health	2025 -2026 Topic: <b><i>Food Wars: Battling Big Soda and Ultra-Processed Food</i></b>
<b>LEADERSHIP EVENTS</b>	
Prepared Speaking and Speaking Skills	New resources by eDynamic Learning have been added: Public Speaking Courses
Prepared Speaking and Speaking Skills	2025-2026 Topic: <b><i>Champions of Change: 50 Years of HOSA-Future Health Professionals</i></b>
Researched Persuasive Writing and Speaking	2025-2026 Topic: <b><i>Is the Smartphone Responsible for the Current Youth Mental Health Crisis?</i></b>
Research Poster	2025-2026: The Event will move to Round 1 and 2.
<b>MIDDLE SCHOOL EVENTS</b>	
Health Career Preparation	Statement of interest will be a digital upload to align with Interview & Job Seeking Skills.
First Step Career Skills	New event for Middle School - research and develop a role-play video to demonstrate a selected career skill
Foundations of Healthy Living	Test will be designed for MS with less NASM Modules included in the test plan. Presentation for judges will be on one of the covered modules
<b>TEAMWORK EVENTS</b>	
Biomedical Debate	2025-2026 Topic: <b><i>Social Media Health Influencers Should be Monitored</i></b>
Community Awareness & Health Education	The guidelines will reflect a definition of health that includes physical, mental, environmental, and societal aspects.
Health Career Display	Teams must include one picture of their display board and the plan in their digital upload.
Public Service Announcement	2025-2026 Topic: <b><i>Brain Health is Public Health</i></b>