Introduction to HOSA – Part 2 Lesson Plan

Student Learning Objective:

Instruction in this lesson should result in students achieving the following objectives:

1. Identify various facts about the HOSA organization.
2. Describe the different national HOSA Competitive Events.

List of Resources:

Leadership Grab Bag (see attached sheet for details) Website Scavenger Hunt (one for each student or share electronically)

Competitive Events Puzzle Pieces (see attached sheets)

What Competitive Event is Right For You docs

List of Equipment, Tools, Supplies, and Facilities:

Writing surface

Leadership Grab Bag items (see attached sheet for details) Website Scavenger Hunt copies

List of Competitive Events Competitive Events Puzzle Pieces Computers with Internet access

Terms:

The following terms are presented in this lesson (shown in bold italics): There are no new terms for this lesson.

Introduction/Interest Approach:

Use an interest approach that will prepare students for the lesson.

Teachers often develop approaches for their unique class and student situations. A possible approach is included here.

Review yesterday’s lesson briefly, spending time to discuss the term “leadership”. Pass the leadership grab bag around the room and have each student take a zip-lock bag from the grab bag. Now, instruct the students to find the person who has the item that matches theirs. When they find their

partner, they should brainstorm ideas on how their item relates to leadership. Give them about 2 minutes to formulate their answers. Go around the room and have each pair share their item and how it relates to leadership with the class.

Page 2/ HOSA Lesson Plan # 2

Summary of Content and Teaching Strategies:

Objective # 1

Identify various facts about the HOSA organization. Anticipated Problem:

How much do I know about the HOSA organization?

Using the HOSA websites ([www.hosa.org](http://www.hosa.org/), <https://www.alabamahosa.org/> ) have students complete the Website Scavenger Hunt

Check the answers together as a class.

Objective # 2

Describe the different National HOSA Competitive Events. Anticipated Problem:

How many national Competitive Events are there? What are the names of the Competitive Events and their focus? What Competitive Event is Right For You?

1. HOSA offers a variety of Competitive Events that allow students to make a difference in their own lives, careers, and communities. These Competitive Events give members the satisfaction of knowing they have made a positive impact and can provide them with recognition for their accomplishments.
   1. See listing of Competitive Events on National & Alabama HOSA Website

Page 3/ HOSA Lesson Plan # 2

**Review/Summary.**

Use the student learning objectives as the basis for review and summary. Have students explain the content associated with each objective. Use their responses in determining which objectives and concepts need to be re- taught.

# Application.

Use the Website Scavenger Hunt and the National Competitive Events Puzzle Activity to apply the information presented in this lesson.

# Evaluation.

Evaluation should be based on student comprehension of the learning objectives. This can occur during instruction, review, or later as students apply the information. The attached sample written test can also be used.

Answers to Sample Test Part One: Matching

1. e
2. a
3. f
4. d
5. b
6. c

Part Two: Completion 1. 1976

2. Find the answer on the national website: [www.hosa.org](http://www.hosa.org/)

Part Three: Short Answer

1. make realistic career goals, be flexible for inevitable career changes, manage basic survival skills, build self-esteem, develop enthusiasm, and maintain motivation, communicate more effectively, interact with health care and community professionals, develop workplace readiness skills.

2. Various answers based on event chosen- good reference for description of events:

* [What Competitive Event is Right for You- Secondary/Post-Secondary/Collegiate Version](https://hosa.org/wp-content/uploads/2021/08/Whats-Right-for-You21-22-SS.PSC-Aug-10.pdf)
* [What CE is Right for You- Middle School Version](https://hosa.org/wp-content/uploads/2021/08/Whats-for-you-21-22-MS-version-Aug10.pdf)
* See Alabama version of the descriptions from the “What Event is Right for You” document at the end of this activity that features only the events offered by Alabama HOSA.

# Acknowledgements:

Introduction lesson plans were originally developed by Marta Lockwood, Illinois FCCLA State Adviser. The HOSA Website Scavenger Hunt was originally developed by Cindy Perry, Health Science teacher at Ebbertt Education Center in Anderson, Indiana.

Name:

Test

Introduction to HOSA – Part 2

Part One: Matching

*Instructions:* Match the Competitive Event with the correct category.

* 1. Health Science Events
  2. Health Professions Events
  3. Emergency Preparedness Events
  4. Leadership Events
  5. Teamwork Events
  6. Recognition Events

1. Health Education, Creative Problem Solving, Biomedical Debate
2. Medical Terminology, Medical Reading, Medical Math, Nutrition
3. HOSA Service Project, Barbara James Service Award, Healthcare Issues Exam
4. Job Seeking Skills, Research Poster, Health Career Photography
5. Sports Medicine, Medical Assisting, Nursing Assisting, Physical Therapy
6. Epidemiology, MRC Partnership, EMT

Part Two: Completion

*Instructions:* Complete the following statements.

1. HOSA was founded in the year .
2. is where this year’s International Leadership Conference will be held.

Part Three: Short Answer

*Instructions.* Answer the following questions.

1. List 3 of the 8 ‘things’ that HOSA helps students develop.
2. List one Competitive Event and explain how that Competitive Event helps members prepare for a career.

# Leadership Grab Bag Activity

Preparation:

Prepare two or three identical zip-lock bags (depending on how many you want in a group) for each item listed below. Place the zip-lock bags with the single items in a large grocery bag.

Examples of items to use:

Paper clips, post-it notes, rubber bands, chewing gum, HOSA Pin examples, Kleenex tissues, pennies or nickels, pencils with erasers, white out, lifesavers candy, index cards, highlighters, etc.

Directions:

1. Pass the bag around the group and have each student pull one of the items out.
2. Have students find the person(s) that have the same item as they have.
3. Once paired up, the students should brainstorm how their item relates to leadership. *Example: rubber bands relate to leadership because as leaders we are often forced to stretch ourselves or rubber bands can help bring things together like leaders bring people together to accomplish a task.*
4. Have each group share their item and how it relates to leadership with the large group.
5. Emphasize that leadership skills can be gained through participating in HOSA.

Name Date

A picture containing drawing, food, room

Description automatically generated



Go to [www.hosa.org](http://www.hosa.org/) & [www.alabamahosa.org](http://www.alabamahosa.org) to retrieve information. Answer the following questions.

1. What is the National Theme for this school year?
2. What do YOU think the national theme means?
3. In what year was HOSA founded?
4. What is the mission of HOSA?
5. What books are on the list for Medical Reading?
6. Check Section B of the HOSA Handbook for a listing of competitive events. List the six categories (i.e. Health Science Events)
7. What do the Health Professions Events have in common and why might you choose to compete in one of these events?
8. What is the name and email address of the State Advisor for Alabama?
9. Where will the next International Leadership conference be held?
10. In what month is the national conference held? State conference?

11. Look in the HOSA Handbook Section A and list eight reasons to affiliate (become a member) with HOSA.

12. How many state officers does Alabama have and what is the process for becoming a state officer?

HOSA National Competitive Events Puzzles

Using the national Competitive Events sheets below, prepare puzzles for each of the Competitive Events by doing either of the following options:

* 1. Print each row and mount it to a colored piece of construction paper. Cut the paper into a puzzle.
  2. Print each row and cut in half (or thirds) on the solid line. Mount the picture to one side and the description to the other side of a colored piece of construction paper. Cut the paper into a puzzle.
  3. Puzzles should be cut so that each person in the class would have a piece.
  4. Randomly distribute the pieces among the students and ask them to find the other pieces and be seated with their partners.
  5. Go around the room and have each group talk about their national Competitive Event and read the description of the Competitive Event.

**A picture containing drawing, food

Description automatically generatedALABAMA HOSA COMPETITIVE EVENTS – WHAT IS RIGHT FOR YOU?**

**Health Science Events**

|  |  |  |
| --- | --- | --- |
| **Event** | **What?** | **Who?** |
| Knowledge Tests   * Behavioral Health * Cultural Diversity & Disparities in HC * Human Growth and Development * Medical Law & Ethics * Nutrition * Pathophysiology | These events are 100-item written tests. Competitors select one of the knowledge tests to take, study the area using the resources and following the event guidelines, and then take the test for competition. | Do you do well on written tests? Do you like to study and learn the facts? Can you apply your knowledge to new information to figure out the answers? |
| Medical Math | Competitors learn the conversion table in the event guidelines, apply mathematical principles, and then solve math problems related to healthcare to complete a 50-question test plus the breaker problems. | Do you love math? Are you willing to learn the conversion tables? |
| Medical Reading | Written test consisting of information & knowledge gained from reading selected books each year. 50 question multiple choice test (10 questions per book) with one tie-breaker question. | Do you want to compete in a test only event? Do you love to read great books? |
| Medical Spelling | This event is like a traditional spelling bee for round 2. Round 1 is a written test. Competitors must correctly spell a randomly selected word. One miss and you sit. The last remaining competitor wins. | Are you a naturally good speller? Are you cool and able to think under pressure? Are you willing to study and learn medical terms, and all the root words,  prefixes, and suffixes? |
| Medical Terminology | This event is a written test that include 100 questions and some tiebreaker questions. The event guidelines contain resources to help the HOSA member in deciding what to study. | Do you do well on written tests? Do you like to study and learn the facts? Can you copy your existing knowledge to new information to figure out the  answer? |

**Health Professions Events**

|  |  |  |
| --- | --- | --- |
| **Event** | **What?** | **Who?** |
| Biomedical Lab Science  Dental Science  Medical Assisting Nursing Assisting  \*Personal Care  Pharmacy Science  Physical Therapy Sports Medicine  Veterinary Assisting | These events involve both a written test and skill performance related to a specific health career. Competitors practice, practice, and practice until they are proficient in ALL the skills in the event guidelines.  During the actual event, competitors take the written test and then perform one or more skills in the guidelines after being given a mock scenario.  Skill events offer an excellent opportunity to extend classroom learning and to work directly with health professionals in your chosen career field. | Do you plan to pursue a health career in any of the skill event areas?  Are you willing to take the time to learn all the skills in the event guidelines?  Are you willing to demonstrate your skills to one or more judges?  Do you prefer to work alone?  Can you apply your knowledge in a written test? |

**Emergency Preparedness Events**

|  |  |  |
| --- | --- | --- |
| **Event** | **What?** | **Who?** |
| CERT | Certified Emergency Response Team includes skills needed to respond to their community’s immediate needs in the aftermath of a disaster,  when emergency services are not immediately available. | This 2-person team event will require you to use critical thinking skills in the scenario and will be timed and evaluated. |
| CPR/First Aid EMT | These skill events are for two-member teams who take a written test and then work together to demonstrate their skills in a simulated emergency situation. | Do you want to work with a partner? Do you want to become skilled in providing emergency care? Are you willing to study and practice the skills and knowledge  outlined in the event guidelines? |
| Epidemiology | This event is a written test and a case study relating to epidemiology – the study of the effects of health and disease in populations. | Do you like to figure out the why and how of people falling ill? Do you want to improve your scientific literacy? Do you  want to learn more about public health careers? |
| Public Health | This team event is to teach others about public health issues. Each year, a topic is selected for the public health event. The  team develops a presentation to educate the public on the specific topic. | Do you like to speak in front of audiences? Do you like to present information to groups of people? Do you  have a desire to learn more about public health? |

**Leadership Events**

|  |  |  |
| --- | --- | --- |
| **Event** | **What?** | **Who?** |
| Health Career Photography | Competitors showcase photographs taken of different health science careers. | Do you like photography? Like to take pictures? Like to explore different health  science careers? |
| Healthy Lifestyle | Competitors write and follow a SMART goal, documenting their process. The event includes a Round One written test with top competitors advancing to Round 2 where they will present a portfolio with documentation to judges | Do you want to improve your writing or speaking skills? Do you want to develop healthy habits and learn more about health literacy topics? |
| \*Interviewing Skills | This event includes competitors writing a resume and cover letter, and then participating in a simulated job interview. It is for secondary HOSA members with special needs. | Do you want to improve your ability to get a job? Do you understand the role and  responsibilities of someone I the job you are apply for? |
| Job Seeking Skills | In this event, competitors write a resume and a cover letter, and then participate in a simulated job interview. Your resume must look professional. Your job application must be complete and very neatly done. Finally, you must be able to speak with knowledge and confidence in your interview. | Do you want to improve your ability to get a job? Do you have access to a computer and printer where you can create an impressive resume? Do you understand the role and responsibilities of someone in the job you are applying for? Do you have neat handwriting or good word processing skills? |
| Prepared Speaking | This event involves giving a prepared speech to a panel of judges about the Annual HOSA theme. | Do you want to improve your public speaking skills? Can you express yourself clearly, distinctly, and with passion? Can you write a speech that is uniquely you and shows a deep understanding about  HOSA? |

|  |  |  |
| --- | --- | --- |
| Research Poster | This event allows competitors to pose a research question / hypothesis within an area within healthcare and conduct research surrounding this topic. They will create a research poster containing the findings of their research (Secondary); in addition to defending this poster and research content with a panel of judges (Postsecondary) | Do you like to express yourself creatively? Can you take information and illustrate that information? Can you work neatly and artistically? |

**Teamwork Events**

|  |  |  |
| --- | --- | --- |
| Biomedical Debate | Teams of 3-4 members will take a round 1 written test with top scoring teams advancing to Round 2 where they will participate in a debate-like format. The topic of debate will be  announced annually. | Do you like to debate? Do you like to collect information and organize data? Do you work well as a team member? |
| Creative Problem Solving | Teams of 3-4 members will take a round one written test with top scoring teams advancing to Round 2 where they are given a secret problem related to a health issue to solve. Solutions are then presented to a panel of judges. | Do you work well as a member of a team? Do you have good critical thinking and problem-solving skills? Do you think well on your feet? |
| Forensic Science | Teams of 2 members will take a Round One written test with top scoring teams advancing to Round 2 where they are given a forensic science case study to analyze. | If you watch and are fascinated by the forensic experts on CSI and have a strong  stomach, this event is for you! |
| Health Career Display | Teams of two competitors shall develop a visual display of a specific career in health with top teams advancing to Round 2 where they present their findings to judges. | Do you like to express yourself creatively and can concisely and expressively illustrate information? Do you work well  as a team member? |
| Health Education | This event involves a team of 2-4 members who select a health-related concept or instructional objective, then prepare a lesson, provide instruction, and evaluate results. The team presents their experience to judges. | Do you work well as a member of a team? Do you like to teach others?  Would you like to present your ideas and activities in a creative and professional way (either by computer or by other, more traditional, means)? |
| HOSA Bowl | Teams of 4 HOSA competitors take a Round One written test on HOSA knowledge, parliamentary procedure, and medical knowledge. Top scoring teams then advance to Round 2 where they compete head to head with another team to correctly answer the most questions | Do you work well as a member of a team? Do you like to study and memorize health care facts, HOSA information, and parliamentary procedure? Do you have quick recall under pressure? |
| Medical Innovation | Teams of 2-4 people will create original Medical Innovations with top scoring teams advancing to Round 2 where they will present their original innovation to judges | Do you want to make an impact on the future of health and /or the delivery of healthcare, and share your innovation understanding and outcomes with others? Can you think outside of the box and want to work with a team? |

|  |  |  |
| --- | --- | --- |
| Public Service Announcement | Teams of 3-6 people will create at PSA to increase awareness of a healthcare issue or service topic that is announced annually. Top scoring teams advance to Round 2 and will present to judges. | Creative? Outgoing? Interested in producing a commercial? If you said yes, then this event is for you. |

**Recognition**

|  |  |  |
| --- | --- | --- |
| **Event** | **What?** | **Who?** |
| AL HOSA Banner Parade | Designed to encourage HOSA chapters to display their work and promote their program in a collaborative, creative way | Does your chapter want to create a banner to showcase your chapter’s achievements/activities and then have a project to promote your program? Would you like your chapter to be able to participate in the banner parade at the AL State Leadership Conference? |
| AL HOSA Member of the Year (AL Only Event) | This event is designed to recognize an outstanding HOSA member and is an excellent opportunity to recognize an outstanding HOSA member who has demonstrated involvement in HOSA achievement, leadership ability, community service and citizenship | Have you demonstrated involvement in HOSA community service and displayed leadership through HOSA events? |
| AL HOSA State Pin Design Competition (Alabama Only Event) | The Pin Competition winner’s design will be featured on the trading pins used at the  National Leadership Conference | Are you creative and artistic? Do you like to draw pictures depicting Alabama and  HOSA internationally? |
| AL HOSA Strong Spotlights (AL Only Event) | This recognition event is to promote chapter involvement within local communities that effectively promote service while increasing the awareness of HOSA through service, social media, and participation in the Barbara James Service Award (applicants, however, do not have to have this award to be eligible for a HOSA Spotlight) | Has your chapter planned and implemented a chapter community service project that ties into one of HOSA’s goals? |
| Barbara James Service Award | This event provides recognition to individual HOSA members for outstanding volunteer service in their community. | Do you want to make a difference in your community? |
| Healthcare Issues Exam | This event is a 100-item written test. It measures a HOSA member’s knowledge of current health issues. All members who reach a mastery level are awarded certificates of achievement. | Do you do well on written tests? Do you like to study and learn the facts? Can you apply your existing knowledge to new information to figure out the answer? |
| HOSA Happenings | This event is a multimedia chapter communication event. Chapters tell their story using a media platform of their choice. Chapters who meet the requirements will be awarded a Certificate of Excellence | Do you want to celebrate your members and their achievements, as well as share health related information with readers? |

|  |  |  |
| --- | --- | --- |
| HOSA Service Project | Does your chapter want to learn more and do more for another Healthcare organization? See  your advisor for this year’s project. | Do you want to make a difference for another organization and the people they serve? |
| Outstanding HOSA Achievement | This event is designed to showcase efforts by chartered associations for activities that are not part of the HOSA Competitive Events (CE) program. Recognition is given to the state, as well as to all the individual members who participate in the special project. | Did our state-chartered association have a special achievement, project, event, or activity, that are completed by and unique to our association> |
| Outstanding HOSA Leader | This event is designed to honor one leader from each HOSA chartered association in recognition of the member’s commitment to HOSA and outstanding leadership. Each chartered association will determine the criteria and selection process | Did you serve as an Alabama State Officer for the school year? Did you provide outstanding leadership to your chartered association? |

Learn more about these events by visiting [http://hosa.org/guidelines & www.alabamahosa.org](http://hosa.org/guidelines%20&%20www.alabamahosa.org)

A picture containing drawing

Description automatically generated