

Fall Leadership Conference Information

Contents

Behavioural Health	3
Biomedical Debate	5
Biomedical Laboratory Science	7
CERT Skills	9
Clinical Nursing	11
Clinical Specialty	13
Community Awareness	15
CPR/First Aid	18
Creative Problem Solving	20
Dental Science	22
Dental Terminology	24
Emergency Medical Technician	26
Epidemiology	28
Forensic Science	30
Health Policy Analysis	32
HOSA Bowl	35
Human Growth and Development	37
Medical Innovation	39
Medical Law and Ethics	41
Medical Math	43
Medical Spelling	45
Medical Terminology	47
Nutrition	49
Pathophysiology	51
Pharmacy Science	53
Physical Therapy	55
Public Health	57
Researched Persuasive Speaking	60
Sports Medicine	62
Veterinary Science	64

Behavioural Health

Dates to remember:

FLC: December 6th-12th

Submissions: Individuals are not required to submit any materials for this event.

Note: Don't forget to check for emails with important updates from HOSA Canada execs in the days leading up to FLC.

About the event:

Written Test:

- Behavioural Health involves a written test that provides members with the opportunity to gain knowledge and skills surrounding psychology, the mind, mental health and substance use disorders
- The written test will be 100 multiple choice items along with one essay question with a maximum of 90 minutes allotted for both

Official References:

- [Substance Abuse and Mental Health Services Administration website](#)
- [Cacioppo, John and Laura Freeberg, Discovering Psychology, Cengage Learning, Latest Edition](#)
- [National Alliance on Mental Illness website](#)
- [CVS Opioid Abuse Prevention](#)

How the event will be run:

Written Test:

The written test will take place through HOSA Internationals' testing portal. Prior to your testing date, you will receive an email with your login credentials. The ID and password are case-sensitive, so make sure you are entering in the exact credentials that were sent to you. Once you have logged in to your exam, the time will start. Instructions will appear first for two minutes, and then the exam will begin. Make sure that you are ready to begin as soon as you log in! For a video demonstration, click [here](#).

Rules:

- HOSA Canada treats cases of academic dishonesty very seriously
- You are expected to participate honestly, respectfully, responsibly, and fairly in this academic community
- Potential offences include, but are not limited to:

- With regard to remote learning, potential academic offences in a digital context include, but are not limited to:
 - Accessing unauthorized resources (search engines, chat rooms, Reddit, etc.)
 - Using technological aids (e.g. software) beyond what is listed as permitted in an assessment
 - Posting exam questions to message boards or social media
 - Creating, accessing, and sharing assessment questions and answers in virtual “course groups”
 - Working collaboratively, in-person or online, with others on an assessment that is expected to be completed individually

FLC Information:

Competitors are to complete the written test during FLC dates. Please do not attempt to take the quiz after December 12th at 9pm EST, otherwise your attempt may not be considered!

Tips on preparing for this event:

- Begin by conducting some general research on the topic to familiarize yourself with it
- Know your key terms
- Set goals
- Do not cram! Try to learn the material in parts. Try one hour every day, or whatever division works best for you
- Connect information to real-life to get better comprehension

Biomedical Debate

Dates to remember:

FLC: December 6th-12th

Submissions: Individuals are not required to submit materials for this event.

Note: Don't forget to check for emails with important updates from HOSA Canada execs in the days leading up to FLC.

About the event:

Biomedical Debate will consist of a single round for FLC and each team will consist of 3-4 members. Team members will participate in a written test containing questions about the annual biomedical topic. Teams will be ranked according to their average score from the test. This event aims to inspire members to be proactive future health professionals by researching, evaluating, and thinking critically about a complex biomedical issue.

2020-2021 Topic:

Designer Babies: Parents should be allowed to genetically engineer their offspring

Official references:

- Klitzman, R, M.D. (2020). Designing babies: How technology is changing the ways we create children. New York, NY: Oxford University Press. (This is a printed book)
- Cavaliere, Dr. G. (2019, March). Background paper: The ethics of human genome editing.
- Harris J. (2016). Germline modification and the burden of human existence. Cambridge Quarterly of Healthcare Ethics. 25(1):6-18.
- Locke, L. (2020, Feb 17). The promise of CRISPR for human germline editing and the perils of "playing God". The CRISPR Journal. (3):1.
- Minchin, S. (2019). Designer babies- Engineering the perfect baby. Genetics.

Written test:

The written test will take place through HOSA Internationals' testing portal. Prior to your testing date, you will receive an email with your login credentials. The ID and password are case-sensitive, so make sure you are entering in the exact credentials that were sent to you. Once you have logged in to your exam, the time will start. Instructions will appear first for two minutes, and then the exam will begin. Make sure that you are ready to begin as soon as you log in! For a video demonstration, click [here](#).



Rules:

- HOSA Canada treats cases of academic dishonesty very seriously
- You are expected to participate honestly, respectfully, responsibility, and fairly in this academic community
- Potential offences include, but are not limited to:
 - With regard to remote learning, potential academic offences in a digital context include, but are not limited to:
 - Accessing unauthorized resources (search engines, chat rooms, Reddit, etc.)
 - Using technological aids (e.g. software) beyond what is listed as permitted in an assessment
 - Working collaboratively, in-person or online, with others on an assessment that is expected to be completed individually/with only fellow team members

Additional FLC information:

Competitors are to complete written tests during FLC dates. Please do not attempt to take the quiz after December 12th at 9pm EST, otherwise your attempt may not be considered!

In the case of a tie, the highest average score from a predetermined set of questions from the test will determine team rankings.

Please note there is no round two component to the competition for FLC.

Tips on preparing for this event:

- Begin by conducting some general research on the topic to familiarize yourself with it
- Know your key terms
- Set goals
- Do not cram! Try to learn the material in parts. Try one hour every day, or whatever division works best for you
- Connect information to real-life to get better comprehension



Biomedical Laboratory Science

Dates to remember:

FLC: December 6th-12th

Submissions: Individuals are not required to submit any materials for this event.

Note: Don't forget to check for emails with important updates from HOSA Canada execs in the days leading up to FLC.

About the event:

Pathophysiology involves a written test that provides members with the opportunity to gain knowledge and skills required for a medical laboratory setting.

Written Test:

- The written test will be 50 multiple choice items along with a maximum of 60 minutes allotted

Official References:

- [Estridge and Reynolds. Basic Clinical Laboratory Techniques. Cengage Learning. Latest edition.](#)
- [Daugherty, Ellyn. Biotechnology: Science for the New Millenium, Carnegie Learning. Latest edition.](#)
- [Biotechnology Innovation Organization](#) as posted as of September 1, 2020

How the event will be run:

Written Test:

The written test will take place through HOSA Internationals' testing portal. Prior to your testing date, you will receive an email with your login credentials. The ID and password are case-sensitive, so make sure you are entering in the exact credentials that were sent to you. Once you have logged in to your exam, the time will start. Instructions will appear first for two minutes, and then the exam will begin. Make sure that you are ready to begin as soon as you log in! For a video demonstration, click [here](#).

Rules:

- HOSA Canada treats cases of academic dishonesty very seriously
- You are expected to participate honestly, respectfully, responsibility, and fairly in this academic community
- Potential offences include, but are not limited to:

- With regard to remote learning, potential academic offences in a digital context include, but are not limited to:
 - Accessing unauthorized resources (search engines, chat rooms, Reddit, etc.)
 - Using technological aids (e.g. software) beyond what is listed as permitted in an assessment
 - Posting exam questions to message boards or social media
 - Creating, accessing, and sharing assessment questions and answers in virtual “course groups”
 - Working collaboratively, in-person or online, with others on an assessment that is expected to be completed individually

FLC Information:

Only the written test will be taking place for this conference. Competitors are to complete the written test during FLC dates. Please do not attempt to take the quiz after December 12th at 9pm EST, otherwise your attempt may not be considered!

In the case of a tie, the highest average score from a predetermined set of questions from the test will determine team rankings.

Tips on preparing for this event:

- Begin by conducting some general research on the topic to familiarize yourself with it
- Know your key terms
- Set goals
- Do not cram! Try to learn the material in parts. Try one hour every day, or whatever division works best for you
- Connect information to real-life to get better comprehension

CERT Skills

Dates to remember:

FLC: December 6th-12th

Submissions: Individuals are not required to submit any materials for this event.

Note: Don't forget to check for emails with important updates from HOSA Canada execs in the days leading up to FLC.

About the event:

CERT Skills at FLC involves a written test that provides team members with the opportunity to gain knowledge and skills required for disaster preparedness and response. The written test will be 50 multiple choice items along with a maximum of 60 minutes allotted. Teams will consist of exactly 2 members.

Official references:

- CERT Training Materials (as posted as of September, 2020): Community Emergency Response Team Training Participant Manual (https://www.ready.gov/sites/default/files/2019.CERT_.Basic_.PM_FINAL_508c.pdf)
- CERT Online Training Course (as posted as of September 1, 2020): <https://www.ready.gov/cert>

How the event will be run:

Written test:

The written test will take place through HOSA Internationals' testing portal. Prior to your testing date, you will receive an email with your login credentials. The ID and password are case-sensitive, so make sure you are entering in the exact credentials that were sent to you. Once you have logged in to your exam, the time will start. Instructions will appear first for two minutes, and then the exam will begin. Make sure that you are ready to begin as soon as you log in! For a video demonstration, click [here](#).

Rules:

- HOSA Canada treats cases of academic dishonesty very seriously
- You are expected to participate honestly, respectfully, responsibly, and fairly in this academic community
- Potential offences include, but are not limited to:
 - With regard to remote learning, potential academic offences in a digital context include, but are not limited to:

- Accessing unauthorized resources (search engines, chat rooms, Reddit, etc.)
- Using technological aids (e.g. software) beyond what is listed as permitted in an assessment
- Posting exam questions to message boards or social media
- Creating, accessing, and sharing assessment questions and answers in virtual “course groups”
- Working collaboratively, in-person or online, with others on an assessment that is expected to be completed individually

Additional FLC information:

Only the written test will be taking place for this conference. Competitors are to complete the written test during FLC dates. Please do not attempt to take the quiz after December 12th at 9pm EST, otherwise your attempt may not be considered!

In the case of a tie, the highest average score from a predetermined set of questions from the test will determine team rankings.

Tips on preparing for this event:

- Begin by conducting some general research on the topic to familiarize yourself with it
- Know your key terms
- Set goals
- Do not cram! Try to learn the material in parts. Try one hour every day, or whatever division works best for you
- Connect information to real-life to get better comprehension

Clinical Nursing

Dates to remember:

FLC: December 6th-12th

Submissions: Individuals are not required to submit any materials for this event.

Note: Don't forget to check for emails with important updates from HOSA Canada execs in the days leading up to FLC.

About the event:

Clinical Nursing involves a written test that provides members with the opportunity to gain knowledge and skills required in the nursing field.

Written Test:

- The written test will be 50 multiple choice items along with a maximum of 60 minutes allotted

Official References:

- [Perry and Potter, Clinical Nursing Skills and Techniques, Elsevier Science/Mosby, Inc. Latest edition.](#)
- [Rosdahl and Kowalski, Textbook of Basic Nursing, Wolters Kluwer, Latest edition.](#)

How the event will be run:

Written Test:

The written test will take place through HOSA Internationals' testing portal. Prior to your testing date, you will receive an email with your login credentials. The ID and password are case-sensitive, so make sure you are entering in the exact credentials that were sent to you. Once you have logged in to your exam, the time will start. Instructions will appear first for two minutes, and then the exam will begin. Make sure that you are ready to begin as soon as you log in! For a video demonstration, click [here](#).

Rules:

- HOSA Canada treats cases of academic dishonesty very seriously
- You are expected to participate honestly, respectfully, responsibly, and fairly in this academic community
- Potential offences include, but are not limited to:
 - With regard to remote learning, potential academic offences in a digital context include, but are not limited to:

- Accessing unauthorized resources (search engines, chat rooms, Reddit, etc.)
- Using technological aids (e.g. software) beyond what is listed as permitted in an assessment
- Posting exam questions to message boards or social media
- Creating, accessing, and sharing assessment questions and answers in virtual “course groups”
- Working collaboratively, in-person or online, with others on an assessment that is expected to be completed individually

FLC Information:

Only the written test will be taking place for this conference. Competitors are to complete the written test during FLC dates. Please do not attempt to take the quiz after December 12th at 9pm EST, otherwise your attempt may not be considered!

In the case of a tie, the highest average score from a predetermined set of questions from the test will determine team rankings.

Tips on preparing for this event:

- Begin by conducting some general research on the topic to familiarize yourself with it
- Know your key terms
- Set goals
- Do not cram! Try to learn the material in parts. Try one hour every day, or whatever division works best for you
- Connect information to real-life to get better comprehension

Clinical Specialty

Dates to remember:

FLC: December 6th-12th

Submissions: Individuals are required to submit materials for this event. See FLC information for more details.

Note: Don't forget to check for emails with important updates from HOSA Canada execs in the days leading up to FLC.

About the event:

Clinical Specialty provides members with the opportunity to gain knowledge and skills about a health career of their choosing. For FLC, competitors will develop a career portfolio. They will be required to submit it through ACTO by December 5th at 11:59pm EST.

Career Portfolio:

- Individuals are required to create a maximum 10 page career portfolio that requires evidence of research, and a technical skill from the same selected health profession
- More details of what the portfolio should include can be found on pages 2-4 of [this document](#)

Official References:

- [Wischnitzer, Dr. Saul & Edith Wischnitzer. Top 100 Health-Care Careers. Jist Publishing. Latest edition.](#)

How the event will be run:

Career Portfolio:

Individuals are to submit their career portfolio through ACTO prior to the conference.

Rules:

- HOSA Canada treats cases of academic dishonesty very seriously
- You are expected to participate honestly, respectfully, responsibly, and fairly in this academic community
- Potential offences include, but are not limited to:
 - With regard to remote learning, potential academic offences in a digital context include, but are not limited to:
 - Accessing unauthorized resources (search engines, chat rooms, Reddit, etc.)

- Using technological aids (e.g. software) beyond what is listed as permitted in an assessment
- Posting exam questions to message boards or social media
- Creating, accessing, and sharing assessment questions and answers in virtual “course groups”
- Working collaboratively, in-person or online, with others on an assessment that are expected to be completed individually

Tips on preparing for this event:

- Begin by conducting some general research on the topic to familiarize yourself with it
- Create an outline for the oral portion of your presentation and a task list
- Connect information to real-life to get better comprehension
- Practice presentation delivery
- For more information, please refer to the event guidelines found [here](#)



Community Awareness

Dates to remember:

FLC: December 6th-12th

Submissions: Individuals are required to submit materials for this event (please see below).

Note: Don't forget to check for emails with important updates from HOSA Canada execs in the days leading up to FLC.

About the event:

Community Awareness provides HOSA members with the opportunity to educate their community about one health and/or safety related issue of local, provincial and/or national interest. Teams of 2-4 members plan a community campaign surrounding a selected topic that will impact the community as a whole. For FLC, they will develop a portfolio that documents and explains the community campaign and activities. Please note that teams will not be presenting their campaigns for FLC.

The campaign:

- The team will research community health and/or safety issues, and create awareness campaign(s) that increase the community's call to action for improved health
- Active engagement will typically involve the HOSA team working with community partners and/or volunteers
- Examples of community campaigns can be found [here](#)
- Helps communities become more aware of the pros and cons of the health and/or safety issue selected

The portfolio will consist of 12 pages total, including the title page.

Formatting:

- Title page
 - Must include event name, team member names, school name, title of paper, target audience
 - Everything on the title page must be centered
 - Creative design/pictures may be used but will not have any bearing on score
- Pages excluding title page
 - Must be one-sided, typed in 12 pt. Arial font, double-spaced
 - Must be on 8 ½" x 11" paper with 1" margins, numbered on top right side of each page (not counting title page)
 - Must have running header with last name and event name
- Summary: A summary reflecting (Maximum of 3 pages):

- The research
- Selection of the campaign issue
- Goals and objectives of the campaign
- Community partners engaged in the campaign
- Accomplishments, effectiveness, and impact of the campaign
- Supporting documentation (maximum of 7 pages)
 - Documentation of the activities conducted as a part of the community awareness campaign
 - Publicity regarding the community awareness campaign activities and the local HOSA chapter and Health Science or Biomedical Science program, which may include newspaper articles, flyers, website announcements, etc.
 - Programs, pictures or other verification of students presenting or participating in the campaign should be included and dated
 - Documentation should reflect the number in the community impacted by the campaign (i.e. newspaper circulation, radio/social media audience)
 - The team may also include items they developed to support their campaign such as pamphlets or brochures
- Reference page
 - List the literature cited. American Psychological Association (APA) is the preferred resource in Health Science. One page only. Points will be awarded for compiling a clean, legible reference page, but the formatting of the reference page is not judged.

How the event will be run:

Portfolio upload:

Individuals are to submit their portfolio through ACTO through ACTO by December 5th at 11:59pm EST. It must be uploaded as a single PDF document by at least one member of the team. Portfolios will be judged according to the rubrics found on pages 4-5 of [this](#) document.

Rules:

- HOSA Canada treats cases of academic dishonesty very seriously
- You are expected to participate honestly, respectfully, responsibility, and fairly in this academic community
- Potential offences include, but are not limited to:
 - With regard to remote learning, potential academic offences in a digital context include, but are not limited to:
 - Accessing unauthorized resources (search engines, chat rooms, Reddit, etc.)
 - Using technological aids (e.g. software) beyond what is listed as permitted in an assessment

- Working collaboratively, in-person or online, with others on an assessment that is expected to be completed individually/with only fellow team members

Tips on preparing for this event:

- Begin by conducting some general research on the topic to familiarize yourself with it
- Create an outline for the portfolio and oral portion of your presentation
- Divide your work into small tasks and set deadlines to monitor progress
- Practice presentation delivery



CPR/First Aid

Dates to remember:

FLC: December 6th-12th

Submissions: Individuals are not required to submit any materials for this event.

Note: Don't forget to check for emails with important updates from HOSA Canada execs in the days leading up to FLC.

About the event:

CPR/First Aid at FLC involves a written test that provides team members with the opportunity to gain knowledge and skills required for team first aid and basic life support. The written test will be 50 multiple choice items along with a maximum of 60 minutes allotted. Teams will consist of exactly 2 members.

Official references:

- American Heart Association, Basic Life Support, Latest edition.
- American Heart Association, Heartsaver First Aid CPR AED. Latest edition.
- Simmers, L., Simmers-Nartker, Simmers-Kobelak. DHO: Health Science. Cengage Learning, Latest edition.

How the event will be run:

Written test:

The written test will take place through HOSA Internationals' testing portal. Prior to your testing date, you will receive an email with your login credentials. The ID and password are case-sensitive, so make sure you are entering in the exact credentials that were sent to you. Once you have logged in to your exam, the time will start. Instructions will appear first for two minutes, and then the exam will begin. Make sure that you are ready to begin as soon as you log in! For a video demonstration, click [here](#).

Rules:

- HOSA Canada treats cases of academic dishonesty very seriously
- You are expected to participate honestly, respectfully, responsibility, and fairly in this academic community
- Potential offences include, but are not limited to:
 - With regard to remote learning, potential academic offences in a digital context include, but are not limited to:

- Accessing unauthorized resources (search engines, chat rooms, Reddit, etc.)
- Using technological aids (e.g. software) beyond what is listed as permitted in an assessment
- Posting exam questions to message boards or social media
- Creating, accessing, and sharing assessment questions and answers in virtual “course groups”
- Working collaboratively, in-person or online, with others on an assessment that is expected to be completed individually

Dress code: None.

Additional FLC information:

Only the written test will be taking place for this conference. Competitors are to complete the written test during FLC dates. Please do not attempt to take the quiz after December 12th at 9pm EST, otherwise your attempt may not be considered!

In the case of a tie, the highest average score from a predetermined set of questions from the test will determine team rankings.

Tips on preparing for this event:

- Begin by conducting some general research on the topic to familiarize yourself with it
- Know your key terms
- Set goals
- Do not cram! Try to learn the material in parts. Try one hour every day, or whatever division works best for you
- Connect information to real-life to get better comprehension



Creative Problem Solving

Dates to remember:

FLC: December 6th-12th

Submissions: Individuals are not required to submit materials for this event.

Note: Don't forget to check for emails with important updates from HOSA Canada execs in the days leading up to FLC.

About the event:

At FLC, teams of 3-4 HOSA members will write a test. The written test will be 50 multiple choice items along with a maximum of 60 minutes allotted. This event aims to inspire members to be proactive future health professionals and utilize higher-order thinking to solve complex challenges.

Official references:

- Adair, John. Decision Making & Problem Solving (Creating Success). Kogan Page. Latest edition.
- Fogler, HS, LeBlanc, S., Rizzo, B. Strategies for Creative Problem Solving. Prentice Hall. Latest edition.
- Michalko, Michael. Creative Thinkering: Putting Your Imagination to Work. New World Library. Latest edition.

Written test:

The written test will take place through HOSA Internationals' testing portal. Prior to your testing date, you will receive an email with your login credentials. The ID and password are case-sensitive, so make sure you are entering in the exact credentials that were sent to you. Once you have logged in to your exam, the time will start. Instructions will appear first for two minutes, and then the exam will begin. Make sure that you are ready to begin as soon as you log in! For a video demonstration, click [here](#).

Rules:

- HOSA Canada treats cases of academic dishonesty very seriously
- You are expected to participate honestly, respectfully, responsibility, and fairly in this academic community
- Potential offences include, but are not limited to:
 - With regard to remote learning, potential academic offences in a digital context include, but are not limited to:

- Accessing unauthorized resources (search engines, chat rooms, Reddit, etc.)
- Using technological aids (e.g. software) beyond what is listed as permitted in an assessment
- Posting exam questions to message boards or social media
- Creating, accessing, and sharing assessment questions and answers in virtual “course groups”
- Working collaboratively, in-person or online, with others on an assessment that is expected to be completed individually

FLC Information:

Competitors are to complete written tests during FLC dates. Please do not attempt to take the quiz after December 12th at 9pm EST, otherwise your attempt may not be considered!

In the case of a tie, the highest average score from a predetermined set of questions from the test will determine team rankings.

Please note that competitors will not be giving round two presentations for FLC.

Dress code: None.

Tips on preparing for this event:

- Begin by conducting some general research on the topic to familiarize yourself with it
- Know your key terms
- Set goals
- Do not cram! Try to learn the material in parts. Try one hour every day, or whatever division works best for you
- Connect information to real-life to get better comprehension
- Practice solving problems together

Dental Science

Dates to remember:

FLC: December 6th-12th

Submissions: Individuals are not required to submit any materials for this event.

Note: Don't forget to check for emails with important updates from HOSA Canada execs in the days leading up to FLC.

About the event:

Dental Science involves a written test that provides members with the opportunity to gain knowledge and skills required for dental careers.

Written Test:

- The written test will be 50 multiple choice items along with a maximum of 60 minutes allotted

Official References:

- [Boyd, Linda. Dental Instruments: A Pocket Guide. Saunders, Latest edition.](#)
- [Phinney & Halstead. Dental Assisting: A Comprehensive Approach. Cengage, Latest edition.](#)

How the event will be run:

Written Test:

The written test will take place through HOSA Internationals' testing portal. Prior to your testing date, you will receive an email with your login credentials. The ID and password are case-sensitive, so make sure you are entering in the exact credentials that were sent to you. Once you have logged in to your exam, the time will start. Instructions will appear first for two minutes, and then the exam will begin. Make sure that you are ready to begin as soon as you log in! For a video demonstration, click [here](#).

Rules:

- HOSA Canada treats cases of academic dishonesty very seriously
- You are expected to participate honestly, respectfully, responsibly, and fairly in this academic community
- Potential offences include, but are not limited to:
 - With regard to remote learning, potential academic offences in a digital context include, but are not limited to:

- Accessing unauthorized resources (search engines, chat rooms, Reddit, etc.)
- Using technological aids (e.g. software) beyond what is listed as permitted in an assessment
- Posting exam questions to message boards or social media
- Creating, accessing, and sharing assessment questions and answers in virtual “course groups”
- Working collaboratively, in-person or online, with others on an assessment that is expected to be completed individually

FLC Information:

Only the written test will be taking place for this conference. Competitors are to complete the written test during FLC dates. Please do not attempt to take the quiz after December 12th at 9pm EST, otherwise your attempt may not be considered!

In the case of a tie, the highest average score from a predetermined set of questions from the test will determine team rankings.

Tips on preparing for this event:

- Begin by conducting some general research on the topic to familiarize yourself with it
- Know your key terms
- Set goals
- Do not cram! Try to learn the material in parts. Try one hour every day, or whatever division works best for you
- Connect information to real-life to get better comprehension



Dental Terminology

Dates to remember:

FLC: December 6th-12th

Submissions: Individuals are not required to submit any materials for this event.

Note: Don't forget to check for emails with important updates from HOSA Canada execs in the days leading up to FLC.

About the event:

Written Test:

- Dental Terminology involves a written test that provides members with the opportunity to gain knowledge and skills regarding language common to all dental careers and specialties
- The written test will be 100 multiple choice items along with one essay question with a maximum of 90 minutes allotted for both

Official References:

- [Dofka, Charline M. Dental Terminology. Cengage Learning. Latest edition.](#)
- [Stedman's Medical Dictionary for Dental Professions. Lippincott, Williams and Wilkins, Latest edition.](#)

How the event will be run:

Written Test:

The written test will take place through HOSA Internationals' testing portal. Prior to your testing date, you will receive an email with your login credentials. The ID and password are case-sensitive, so make sure you are entering in the exact credentials that were sent to you. Once you have logged in to your exam, the time will start. Instructions will appear first for two minutes, and then the exam will begin. Make sure that you are ready to begin as soon as you log in! For a video demonstration, click [here](#).

Rules:

- HOSA Canada treats cases of academic dishonesty very seriously
- You are expected to participate honestly, respectfully, responsibly, and fairly in this academic community
- Potential offences include, but are not limited to:
 - With regard to remote learning, potential academic offences in a digital context include, but are not limited to:

- Accessing unauthorized resources (search engines, chat rooms, Reddit, etc.)
- Using technological aids (e.g. software) beyond what is listed as permitted in an assessment
- Posting exam questions to message boards or social media
- Creating, accessing, and sharing assessment questions and answers in virtual “course groups”
- Working collaboratively, in-person or online, with others on an assessment that is expected to be completed individually

FLC Information:

Competitors are to complete the written test during FLC dates. Please do not attempt to take the quiz after December 12th at 9pm EST, otherwise your attempt may not be considered!

Tips on preparing for this event:

- Begin by conducting some general research on the topic to familiarize yourself with it
- Know your key terms
- Set goals
- Do not cram! Try to learn the material in parts. Try one hour every day, or whatever division works best for you
- Connect information to real-life to get better comprehension



Emergency Medical Technician

Dates to remember:

FLC: December 6th-12th

Submissions: Individuals are not required to submit any materials for this event.

Note: Don't forget to check for emails with important updates from HOSA Canada execs in the days leading up to FLC.

About the event:

Emergency Medical Technician involves a written test that provides team members with the opportunity to gain knowledge and skills required for emergency medical care. The written test will be 50 multiple choice items along with a maximum of 60 minutes allotted. Teams will consist of exactly 2 members.

Official references:

- Emergency Care and Transportation of the Sick and Injured. Series Editor: Andrew N. Pollak, MD, FAAOS. Published by Jones & Bartlett Learning. Latest edition.
- American Heart Association, Basic Life Support, Latest edition.
- Limmer, Daniel. Emergency Care. Published by Prentice Hall, a "Brady" book, Latest edition.
- NREMT Skill Sheets (as posted as of September 1, 2020;
<https://www.nremt.org/rwd/public/document/emt>)

How the event will be run:

Written test:

The written test will take place through HOSA Internationals' testing portal. Prior to your testing date, you will receive an email with your login credentials. The ID and password are case-sensitive, so make sure you are entering in the exact credentials that were sent to you. Once you have logged in to your exam, the time will start. Instructions will appear first for two minutes, and then the exam will begin. Make sure that you are ready to begin as soon as you log in! For a video demonstration, click [here](#).

Rules:

- HOSA Canada treats cases of academic dishonesty very seriously
- You are expected to participate honestly, respectfully, responsibly, and fairly in this academic community
- Potential offences include, but are not limited to:

- With regard to remote learning, potential academic offences in a digital context include, but are not limited to:
 - Accessing unauthorized resources (search engines, chat rooms, Reddit, etc.)
 - Using technological aids (e.g. software) beyond what is listed as permitted in an assessment
 - Posting exam questions to message boards or social media
 - Creating, accessing, and sharing assessment questions and answers in virtual “course groups”
 - Working collaboratively, in-person or online, with others on an assessment that is expected to be completed individually

Additional FLC information:

Only the written test will be taking place for this conference. Competitors are to complete the written test during FLC dates. Please do not attempt to take the quiz after December 12th at 9pm EST, otherwise your attempt may not be considered!

In the case of a tie, the highest average score from a predetermined set of questions from the test will determine team rankings.

Tips on preparing for this event:

- Begin by conducting some general research on the topic to familiarize yourself with it
- Know your key terms
- Set goals
- Do not cram! Try to learn the material in parts. Try one hour every day, or whatever division works best for you
- Connect information to real-life to get better comprehension

Epidemiology

Dates to remember:

FLC: December 6th-12th

Submissions: Individuals are not required to submit any materials for this event.

Note: Don't forget to check for emails with important updates from HOSA Canada execs in the days leading up to FLC.

About the event:

Epidemiology involves a written test that provides members with the opportunity to study the effects of health and disease in populations, to improve their scientific literacy, and to provide insights into public health careers. The written test will be 75 multiple choice items. A maximum of 90 minutes will be allotted.

Official references:

- These can be found on pages 1-2 of the event guidelines:
<http://hosacanada.org/CompetitiveEvents/EP-16-17.pdf>

How the event will be run:

Written test:

The written test will take place through HOSA Internationals' testing portal. Prior to your testing date, you will receive an email with your login credentials. The ID and password are case-sensitive, so make sure you are entering in the exact credentials that were sent to you. Once you have logged in to your exam, the time will start. Instructions will appear first for two minutes, and then the exam will begin. Make sure that you are ready to begin as soon as you log in! For a video demonstration, click [here](#).

Rules:

- HOSA Canada treats cases of academic dishonesty very seriously
- You are expected to participate honestly, respectfully, responsibly, and fairly in this academic community
- Potential offences include, but are not limited to:
 - With regard to remote learning, potential academic offences in a digital context include, but are not limited to:
 - Accessing unauthorized resources (search engines, chat rooms, Reddit, etc.)

- Using technological aids (e.g. software) beyond what is listed as permitted in an assessment
- Posting exam questions to message boards or social media
- Creating, accessing, and sharing assessment questions and answers in virtual “course groups”
- Working collaboratively, in-person or online, with others on an assessment that is expected to be completed individually

Additional FLC information:

Competitors are to complete the written test during FLC dates. Please do not attempt to take the quiz after December 12th at 9pm EST, otherwise your attempt may not be considered!

Tips on preparing for this event:

- Begin by conducting some general research on the topic to familiarize yourself with it
- Know your key terms
- Set goals
- Do not cram! Try to learn the material in parts. Try one hour every day, or whatever division works best for you
- Connect information to real-life to get better comprehension



Forensic Science

Dates to remember:

FLC: December 6th-12th

Submissions: Individuals are not required to submit materials for this event (please see below).

Note: Don't forget to check for emails with important updates from HOSA Canada execs in the days leading up to FLC.

About the event:

At FLC, teams of 2 HOSA members will write a test that evaluates the team's understanding of forensic science. This event aims to inspire members to be proactive future health professionals and critically examine elements of a forensic case. The written test will be 50 multiple choice items along with a maximum of 60 minutes allotted.

Official resources:

- Bertino, A., Bertino. P. (Latest Ed) Forensic Science Fundamentals. National Geographic Learning/South-Western Cengage Learning.
- Bell, S. (Latest Ed). Forensic Science. Taylor & Francis Group/CRC Press.

Written test:

The written test will take place through HOSA Internationals' testing portal. Prior to your testing date, you will receive an email with your login credentials. The ID and password are case-sensitive, so make sure you are entering in the exact credentials that were sent to you. Once you have logged in to your exam, the time will start. Instructions will appear first for two minutes, and then the exam will begin. Make sure that you are ready to begin as soon as you log in! For a video demonstration, click [here](#).

Rules:

- HOSA Canada treats cases of academic dishonesty very seriously
- You are expected to participate honestly, respectfully, responsibly, and fairly in this academic community
- Potential offences include, but are not limited to:
 - With regard to remote learning, potential academic offences in a digital context include, but are not limited to:
 - Accessing unauthorized resources (search engines, chat rooms, Reddit, etc.)

- Using technological aids (e.g. software) beyond what is listed as permitted in an assessment
- Posting exam questions to message boards or social media
- Creating, accessing, and sharing assessment questions and answers in virtual “course groups”
- Working collaboratively, in-person or online, with others on an assessment that is expected to be completed individually

Additional FLC information:

Competitors are to complete written tests during FLC dates. Please do not attempt to take the quiz after December 12th at 9pm EST, otherwise your attempt may not be considered! Please note that competitors will not be submitting round two case studies for FLC.

In the case of a tie, the highest average score from a predetermined set of questions from the test will determine team rankings.

Tips on preparing for this event:

- Begin by conducting some general research on the topic to familiarize yourself with it. Aim to eventually develop a strong background in Medical Terminology, Anatomy and Physiology, and Pathophysiology
- Know your key terms
- Set goals
- Do not cram! Try to learn the material in parts. Try one hour every day, or whatever division works best for you
- Connect information to real-life to get better comprehension



Health Policy Analysis

Dates to remember:

FLC: December 6th-12th

Submissions: Individuals are required to submit materials for this event.

Note: Don't forget to check for emails with important updates from HOSA Canada execs in the days leading up to FLC.

About the event:

At HOSA Canada, we believe that policy analysis is an invaluable tool for the future leaders of the healthcare industry, especially in Canada with its single-payer system. A policy brief is a summary of an issue, the presentation of available solutions and a recommendation on the best course of action given analysis of relevant factors.

HOSA members may compete in this event in addition to the regular competitive event in which they are also competing. This competition is not restricted to HOSA members, but the registration fee and conference fee (\$100 total) will be deducted from their winnings if they are a part of the winning team.

The winning submission each of the secondary and post-secondary division will receive an award of \$1,000; runners-up will receive \$500. Submissions from secondary students and post-secondary students will be judged and awarded separately. Limit 4 members per team; prize money will be split evenly between team members.

- Submissions will be evaluated holistically based on depth of research and analysis, feasibility, and appropriateness for intended audience.
- Word limit for the principal body of the work is 1000, excluding citations, references, title, etc. Citations are to be formatted in APA style.

Rules:

- HOSA Canada treats cases of academic dishonesty very seriously
- You are expected to participate honestly, respectfully, responsibly, and fairly in this academic community
- Potential offences include, but are not limited to:
 - With regard to remote learning, potential academic offences in a digital context include, but are not limited to:
 - Accessing unauthorized resources (search engines, chat rooms, Reddit, etc.)

- Using technological aids (e.g. software) beyond what is listed as permitted in an assessment
- Posting exam questions to message boards or social media
- Creating, accessing, and sharing assessment questions and answers in virtual “course groups”
- Working collaboratively, in-person or online, with others on an assessment that is expected to be completed individually

Policy brief:

Structure:

- Problem
- Context
- Attempted solutions (if any)
- Available policy options
- Recommendation

Problem:

- Gap between current status and objectives OR emerging problem not being addressed OR implementation of new knowledge/practice
- Economic impact and implications (costs if unresolved and benefits if resolved)

(Note: can also include societal implications- consider what has the most impact on your audience. Decision-makers have hundreds of issues to worry about but only so much time. Why should this issue be prioritized? Align this issue/solution with their goals.)

Context:

- Scientific literature on factors affecting the issue (On how it may worsen or be improved)
- Is the issue a symptom of a larger, systemic problem? (If so, is it economically feasible to tackle that problem given existing constraints)

Attempted solutions:

- Effectiveness of attempted solutions (incl. cost-effectiveness)
- Issues of ~ and if/how they might be rectified

Available alternatives:

- Should be specific as possible and actionable
- Supported by evidence
- Evaluate what other entities (corporations, NGO's, countries, etc.) have implemented towards resolving the issue at hand

Recommendation:

- Must flow from argument
- Timeline and other relevant details for implementation (5 W's)

FLC information:

Competitors are required to submit the following items to ACTO by December 5th at 11:59pm EST:

- Policy brief

Tips on preparing for this event:

- Use active voice
- When editing, go through each sentence and see if it can be reworded or reordered in such a way that optimizes meaning per word (economy of words)
- Tailor brief to audience (the target decision-maker(s) that read(s) this brief)
 - Level of technical knowledge
 - Impact of issue, relevancy to their goals
 - Political/organizational influences/constraints
 - General openness to change
- State limitations of current knowledge and overall proposal
- Google something if you don't know it; if not on Google, try other search engines or directory of scholarly articles at your institution (postsecondary)
- For more information, please refer to event guidelines found [here](#)



HOSA Bowl

Dates to remember:

FLC: December 6th-12th

Submissions: Individuals are not required to submit materials for this event.

Note: Don't forget to check for emails with important updates from HOSA Canada execs in the days leading up to FLC.

About the event:

HOSA Bowl at FLC will involve a written test that provides members with the opportunity to gain knowledge and skills on various topics and situations in health, HOSA, and parliamentary procedure. The written test will be 50 multiple choice items along with a maximum of 60 minutes allotted. Teams will consist of exactly 4 members.

Official resources:

- Simmers, L, Simmers-Nartker, K., and Simmers-Kobelak, S., DHO: Health Science. Cengage Learning, Latest edition.
- Ehrlich, A., and Schroeder, C.. Medical Terminology for Health Professions, Cengage Learning. Latest Edition.
- Taber's Cyclopedic Medical Dictionary, Edited by Donald Venes, M.D., F.A. Davis Company. Latest edition.
- NIH Medline Plus Magazine: Summer, Fall and Spring editions.
- Robert's Rules of Order Newly Revised In Brief, Latest edition.

Written test:

The written test will take place through HOSA Internationals' testing portal. Prior to your testing date, you will receive an email with your login credentials. The ID and password are case-sensitive, so make sure you are entering in the exact credentials that were sent to you. Once you have logged in to your exam, the time will start. Instructions will appear first for two minutes, and then the exam will begin. Make sure that you are ready to begin as soon as you log in! For a video demonstration, click [here](#).

Rules:

- HOSA Canada treats cases of academic dishonesty very seriously
- You are expected to participate honestly, respectfully, responsibility, and fairly in this academic community
- Potential offences include, but are not limited to:

- With regard to remote learning, potential academic offences in a digital context include, but are not limited to:
 - Accessing unauthorized resources (search engines, chat rooms, Reddit, etc.)
 - Using technological aids (e.g. software) beyond what is listed as permitted in an assessment
 - Posting exam questions to message boards or social media
 - Creating, accessing, and sharing assessment questions and answers in virtual “course groups”
 - Working collaboratively, in-person or online, with others on an assessment that is expected to be completed individually

Additional FLC information:

Competitors are to complete written tests during FLC dates. Please do not attempt to take the quiz after December 12th at 9pm EST, otherwise your attempt may not be considered!

In the case of a tie, the highest average score from a predetermined set of questions from the test will determine team rankings.

Please note there is no round two component to the competition for FLC.

Tips on preparing for this event:

- Begin by conducting some general research on the topic to familiarize yourself with it
- Know your key terms
- Set goals
- Do not cram! Try to learn the material in parts. Try one hour every day, or whatever division works best for you
- Connect information to real-life to get better comprehension

Human Growth and Development

Dates to remember:

FLC: December 6th-12th

Submissions: Individuals are not required to submit any materials for this event.

Note: Don't forget to check for emails with important updates from HOSA Canada execs in the days leading up to FLC.

About the event:

Written Test:

- Human Growth and Development involves a written test that provides members with the opportunity to gain knowledge and skills regarding biophysical, mental/cognitive, social, and emotional development in the human lifespan
- The written test will be 100 multiple choice items along with one essay question with a maximum of 90 minutes allotted for both

Official References:

- [Polan, Elaine and Daphne Taylor, Journey Across the Lifespan: Human Development and Health Promotion. F.A. Davis, Latest edition.](#)
- [Leifer and Fleck. Growth and Development Across the Lifespan. Saunders, Latest edition.](#)
- [Simmers, L., Simmers-Nartker, Simmers-Kobelak. DHO: Health Science. Cengage Learning, Latest edition.](#)

How the event will be run:

Written Test:

The written test will take place through HOSA Internationals' testing portal. Prior to your testing date, you will receive an email with your login credentials. The ID and password are case-sensitive, so make sure you are entering in the exact credentials that were sent to you. Once you have logged in to your exam, the time will start. Instructions will appear first for two minutes, and then the exam will begin. Make sure that you are ready to begin as soon as you log in! For a video demonstration, click [here](#).

Rules:

- HOSA Canada treats cases of academic dishonesty very seriously
- You are expected to participate honestly, respectfully, responsibility, and fairly in this academic community

- Potential offences include, but are not limited to:
 - With regard to remote learning, potential academic offences in a digital context include, but are not limited to:
 - Accessing unauthorized resources (search engines, chat rooms, Reddit, etc.)
 - Using technological aids (e.g. software) beyond what is listed as permitted in an assessment
 - Posting exam questions to message boards or social media
 - Creating, accessing, and sharing assessment questions and answers in virtual “course groups”
 - Working collaboratively, in-person or online, with others on an assessment that is expected to be completed individually

FLC Information:

Competitors are to complete the written test during FLC dates. Please do not attempt to take the quiz after December 12th at 9pm EST, otherwise your attempt may not be considered!

Tips on preparing for this event:

- Begin by conducting some general research on the topic to familiarize yourself with it
- Know your key terms
- Set goals
- Do not cram! Try to learn the material in parts. Try one hour every day, or whatever division works best for you
- Connect information to real-life to get better comprehension

Medical Innovation

Dates to remember:

FLC: December 6th-12th

Submissions: Individuals are required to submit materials for this event (please see below).

Note: Don't forget to check for emails with important updates from HOSA Canada execs in the days leading up to FLC.

About the event:

In this event, teams of 2-4 HOSA members develop a new medical innovation which they present to judges. For FLC, competitors will build a prototype of their innovation and then record a 60-second video demonstration of their vision for this innovation. They will be required to submit this through ACTO by December 5th at 11:59pm. This event aims to inspire members to be proactive future health professionals by sharing their medical innovation, understanding, and outcomes with others.

Please note that competitors will not be presenting their medical innovations for FLC.

- Prior to competing, the team will create an **original** innovation of their own idea and design. The innovation should be something that could lead to an advancement in medicine or the delivery of healthcare. They will build a prototype of their innovation, provide supporting evidence for why this innovation is needed, and then record a video demonstration of their vision for this innovation
- Topics could include, but are not limited to:
 - Medical or healthcare innovation
 - Emerging technologies in health
 - Advances in medicine
- Useful websites:
 - <https://www.igiant.org/>
 - <https://www.jnj.com/innovation>
- Innovations in this event must be original ideas. It is the competitor's responsibility to perform due diligence to determine whether or not their idea/innovation already exists in publication or patent.

Rules:

- HOSA Canada treats cases of academic dishonesty very seriously
- You are expected to participate honestly, respectfully, responsibly, and fairly in this academic community
- Potential offences include, but are not limited to:

- With regard to remote learning, potential academic offences in a digital context include, but are not limited to:
 - Accessing unauthorized resources (search engines, chat rooms, Reddit, etc.)
 - Using technological aids (e.g. software) beyond what is listed as permitted in an assessment
 - Posting exam questions to message boards or social media
 - Creating, accessing, and sharing assessment questions and answers in virtual “course groups”
 - Working collaboratively, in-person or online, with others on an assessment that is expected to be completed individually

Dress code:

Competitors must wear official HOSA uniform or proper business attire. Points will be awarded for proper dress.

Tips on preparing for this event:

- Begin by conducting some general research on the topic to familiarize yourself with it
- Create an outline the video before beginning recording
- Divide your work into small tasks and set deadlines to monitor progress
- For more information, please refer to the event guidelines found [here](#)



Medical Law and Ethics

Dates to remember:

FLC: December 6th-12th

Submissions: Individuals are not required to submit any materials for this event.

Note: Don't forget to check for emails with important updates from HOSA Canada execs in the days leading up to FLC.

About the event:

Written Test:

- Medical Law and Ethics involves a written test that provides members with the opportunity to gain knowledge and skills regarding medical law, ethics and bioethics
- The written test will be 100 multiple choice items along with one essay question with a maximum of 90 minutes allotted for both

Official References:

- [Lewis, Tamparo and Tatro. Medical Law, Ethics and Bioethics. F.A. Davis, Latest edition.](#)
 - An updated 12th chapter of this book has been released ahead of the new edition coming next year. For HOSA membership year 2020-2021 the updated 12th chapter of this book, as accessed [HERE](#), will be used for test questions at ILC 2021.
- [Fregman, Bonnie. Medical Law and Ethics. Prentice Hall, Latest edition.](#)

How the event will be run:

Written Test:

The written test will take place through HOSA Internationals' testing portal. Prior to your testing date, you will receive an email with your login credentials. The ID and password are case-sensitive, so make sure you are entering in the exact credentials that were sent to you. Once you have logged in to your exam, the time will start. Instructions will appear first for two minutes, and then the exam will begin. Make sure that you are ready to begin as soon as you log in! For a video demonstration, click [here](#).

Rules:

- HOSA Canada treats cases of academic dishonesty very seriously
- You are expected to participate honestly, respectfully, responsibly, and fairly in this academic community

- Potential offences include, but are not limited to:
 - With regard to remote learning, potential academic offences in a digital context include, but are not limited to:
 - Accessing unauthorized resources (search engines, chat rooms, Reddit, etc.)
 - Using technological aids (e.g. software) beyond what is listed as permitted in an assessment
 - Posting exam questions to message boards or social media
 - Creating, accessing, and sharing assessment questions and answers in virtual “course groups”
 - Working collaboratively, in-person or online, with others on an assessment that is expected to be completed individually

FLC Information:

Competitors are to complete the written test during FLC dates. Please do not attempt to take the quiz after December 12th at 9pm EST, otherwise your attempt may not be considered!

Tips on preparing for this event:

- Begin by conducting some general research on the topic to familiarize yourself with it
- Know your key terms
- Set goals
- Do not cram! Try to learn the material in parts. Try one hour every day, or whatever division works best for you
- Connect information to real-life to get better comprehension

Medical Math

Dates to remember:

FLC: December 6th-12th

Submissions: Individuals are not required to submit any materials for this event.

Note: Don't forget to check for emails with important updates from HOSA Canada execs in the days leading up to FLC.

About the event:

Written Test:

- Medical Math involves a written test that provides members with the opportunity to gain knowledge and skills required to identify, solve, and apply mathematical principles
- The written test will be 100 multiple choice questions with a maximum of 90 minutes

Official References:

- [Simmers, L., Simmers-Nartker, Simmers-Kobelak. DHO: Health Science. Cengage Learning, Latest edition.](#)
- [Olsen, et al, Medical Dosage Calculations. Pearson Latest edition.](#)
- [Craig, Gloria p., Clinical Calculations Made Easy. Wolters Kluwer, Latest edition.](#)
- [Helms, Joel R., Mathematics for Health Sciences: A Comprehensive Approach. Cengage Learning. Latest edition.](#)

How the event will be run:

Written Test:

The written test will take place through HOSA Internationals' testing portal. Prior to your testing date, you will receive an email with your login credentials. The ID and password are case-sensitive, so make sure you are entering in the exact credentials that were sent to you. Once you have logged in to your exam, the time will start. Instructions will appear first for two minutes, and then the exam will begin. Make sure that you are ready to begin as soon as you log in! For a video demonstration, click [here](#).

Rules:

- HOSA Canada treats cases of academic dishonesty very seriously
- You are expected to participate honestly, respectfully, responsibility, and fairly in this academic community
- Potential offences include, but are not limited to:

- With regard to remote learning, potential academic offences in a digital context include, but are not limited to:
 - Accessing unauthorized resources (search engines, chat rooms, Reddit, etc.)
 - Using technological aids (e.g. software) beyond what is listed as permitted in an assessment
 - Posting exam questions to message boards or social media
 - Creating, accessing, and sharing assessment questions and answers in virtual “course groups”
 - Working collaboratively, in-person or online, with others on an assessment that is expected to be completed individually

FLC Information:

Competitors are to complete the written test during FLC dates. Please do not attempt to take the quiz after December 12th at 9pm EST, otherwise your attempt may not be considered!

Tips on preparing for this event:

- Begin by conducting some general research on the topic to familiarize yourself with it
- Know your key terms
- Set goals
- Do not cram! Try to learn the material in parts. Try one hour every day, or whatever division works best for you
- Connect information to real-life to get better comprehension



Medical Spelling

Dates to remember:

FLC: December 6th-12th

Submissions: Individuals are not required to submit any materials for this event.

Note: Don't forget to check for emails with important updates from HOSA Canada execs in the days leading up to FLC.

About the event:

Medical Spelling involves a written test and "spelldown" that provides members with the opportunity to gain knowledge and skills regarding definitions and spelling of medical terms

Written Test:

- The written test will be 50 multiple choice items with a maximum of 60 minutes allotted

Official References:

- [Taber's Cyclopedic Medical Dictionary. Edited by Donald Venes and Clayton L. Thomas, M.D. F.A. Davis Company, Latest edition.](#)

How the event will be run:

Written Test:

The written test will take place through HOSA Internationals' testing portal. Prior to your testing date, you will receive an email with your login credentials. The ID and password are case-sensitive, so make sure you are entering in the exact credentials that were sent to you. Once you have logged in to your exam, the time will start. Instructions will appear first for two minutes, and then the exam will begin. Make sure that you are ready to begin as soon as you log in! For a video demonstration, click [here](#).

Rules:

- HOSA Canada treats cases of academic dishonesty very seriously
- You are expected to participate honestly, respectfully, responsibility, and fairly in this academic community
- Potential offences include, but are not limited to:
 - With regard to remote learning, potential academic offences in a digital context include, but are not limited to:

- Accessing unauthorized resources (search engines, chat rooms, Reddit, etc.)
- Using technological aids (e.g. software) beyond what is listed as permitted in an assessment
- Posting exam questions to message boards or social media
- Creating, accessing, and sharing assessment questions and answers in virtual “course groups”
- Working collaboratively, in-person or online, with others on an assessment that is expected to be completed individually

FLC Information:

Only the written test will be taking place for this conference. Competitors are to complete the written test during FLC dates. Please do not attempt to take the quiz after December 12th at 9pm EST, otherwise your attempt may not be considered!

In the case of a tie, the highest average score from a predetermined set of questions from the test will determine team rankings.

Tips on preparing for this event:

- Begin by conducting some general research on the topic to familiarize yourself with it
- Know your key terms
- Set goals
- Do not cram! Try to learn the material in parts. Try one hour every day, or whatever division works best for you
- Connect information to real-life to get better comprehension

Medical Terminology

Dates to remember:

FLC: December 6th-12th

Submissions: Individuals are not required to submit any materials for this event.

Note: Don't forget to check for emails with important updates from HOSA Canada execs in the days leading up to FLC.

About the event:

Written Test:

- Medical Terminology involves a written test that provides members with the opportunity to gain knowledge and skills regarding prefixes, suffixes, roots and anatomy, physiology, pathophysiology and occupations related to the health field
- The written test will be 100 multiple choice items with a maximum of 90 minutes allotted

Official References:

- [Ehrlich, Ann. Medical Terminology for Health Professions, Cengage Learning. Latest edition. \(Spiral Bound version\)](#)
- [Tabers Cyclopedic Medical Dictionary. Edited by Donald Venes and Clayton L. Thomas, M.D. F.A. Davis Company, Latest edition.](#)
- [Stedman's Medical Terminology. Wolters Kluwer. Latest Edition.](#)
- [Dean Vaughn's Medical Terminology by Body Systems, Peterson's Publishing, Latest Release \(Online version\)](#)

How the event will be run:

Written Test:

The written test will take place through HOSA Internationals' testing portal. Prior to your testing date, you will receive an email with your login credentials. The ID and password are case-sensitive, so make sure you are entering in the exact credentials that were sent to you. Once you have logged in to your exam, the time will start. Instructions will appear first for two minutes, and then the exam will begin. Make sure that you are ready to begin as soon as you log in! For a video demonstration, click [here](#).

Rules:

- HOSA Canada treats cases of academic dishonesty very seriously

- You are expected to participate honestly, respectfully, responsibly, and fairly in this academic community
- Potential offences include, but are not limited to:
 - With regard to remote learning, potential academic offences in a digital context include, but are not limited to:
 - Accessing unauthorized resources (search engines, chat rooms, Reddit, etc.)
 - Using technological aids (e.g. software) beyond what is listed as permitted in an assessment
 - Posting exam questions to message boards or social media
 - Creating, accessing, and sharing assessment questions and answers in virtual “course groups”
 - Working collaboratively, in-person or online, with others on an assessment that is expected to be completed individually

FLC Information:

Competitors are to complete the written test during FLC dates. Please do not attempt to take the quiz after December 12th at 9pm EST, otherwise your attempt may not be considered!

Tips on preparing for this event:

- Begin by conducting some general research on the topic to familiarize yourself with it
- Know your key terms
- Set goals
- Do not cram! Try to learn the material in parts. Try one hour every day, or whatever division works best for you
- Connect information to real-life to get better comprehension

Nutrition

Dates to remember:

FLC: December 6th-12th

Submissions: Individuals are not required to submit any materials for this event.

Note: Don't forget to check for emails with important updates from HOSA Canada execs in the days leading up to FLC.

About the event:

Written Test:

- Nutrition involves a written test that provides members with the opportunity to explore and learn about the relationship of health and wellness and to assess knowledge common in this health field
- The written test will be 100 multiple choice items along with one essay question with a maximum of 90 minutes allotted for both

Official References:

- [Rox, Ruth. Nutrition and Diet Therapy, Cengage Learning. Latest edition.](#)
- [Nix, Staci. Williams' Basic Nutrition and Diet Therapy, Elsevier Science/Mosby, Inc. Latest edition.](#)

How the event will be run:

Written Test:

The written test will take place through HOSA Internationals' testing portal. Prior to your testing date, you will receive an email with your login credentials. The ID and password are case-sensitive, so make sure you are entering in the exact credentials that were sent to you. Once you have logged in to your exam, the time will start. Instructions will appear first for two minutes, and then the exam will begin. Make sure that you are ready to begin as soon as you log in! For a video demonstration, click [here](#).

Rules:

- HOSA Canada treats cases of academic dishonesty very seriously
- You are expected to participate honestly, respectfully, responsibly, and fairly in this academic community
- Potential offences include, but are not limited to:

- With regard to remote learning, potential academic offences in a digital context include, but are not limited to:
 - Accessing unauthorized resources (search engines, chat rooms, Reddit, etc.)
 - Using technological aids (e.g. software) beyond what is listed as permitted in an assessment
 - Posting exam questions to message boards or social media
 - Creating, accessing, and sharing assessment questions and answers in virtual “course groups”
 - Working collaboratively, in-person or online, with others on an assessment that is expected to be completed individually

FLC Information:

Competitors are to complete the written test during FLC dates. Please do not attempt to take the quiz after December 12th at 9pm EST, otherwise your attempt may not be considered!

Tips on preparing for this event:

- Begin by conducting some general research on the topic to familiarize yourself with it
- Know your key terms
- Set goals
- Do not cram! Try to learn the material in parts. Try one hour every day, or whatever division works best for you
- Connect information to real-life to get better comprehension

Pathophysiology

Dates to remember:

FLC: December 6th-12th

Submissions: Individuals are not required to submit any materials for this event.

Note: Don't forget to check for emails with important updates from HOSA Canada execs in the days leading up to FLC.

About the event:

Written Test:

- Pathophysiology involves a written test that provides members with the opportunity to gain knowledge and skills regarding pathophysiology concepts
- The written test will be 100 multiple choice items along with one essay question with a maximum of 90 minutes allotted for both

Official References:

- [Frazier. Essentials of Human Diseases and Conditions. Elsevier, Latest edition.](#)
- [Zelman, Mark; Raymond, Jill; Holdaway, Paul; Dafnis, Elaine; Mulvihill, Mary Lou. Human Diseases a Systemic Approach. Pearson. Latest edition.](#)

How the event will be run:

Written Test:

The written test will take place through HOSA Internationals' testing portal. Prior to your testing date, you will receive an email with your login credentials. The ID and password are case-sensitive, so make sure you are entering in the exact credentials that were sent to you. Once you have logged in to your exam, the time will start. Instructions will appear first for two minutes, and then the exam will begin. Make sure that you are ready to begin as soon as you log in! For a video demonstration, click [here](#).

Rules:

- HOSA Canada treats cases of academic dishonesty very seriously
- You are expected to participate honestly, respectfully, responsibly, and fairly in this academic community
- Potential offences include, but are not limited to:
 - With regard to remote learning, potential academic offences in a digital context include, but are not limited to:

- Accessing unauthorized resources (search engines, chat rooms, Reddit, etc.)
- Using technological aids (e.g. software) beyond what is listed as permitted in an assessment
- Posting exam questions to message boards or social media
- Creating, accessing, and sharing assessment questions and answers in virtual “course groups”
- Working collaboratively, in-person or online, with others on an assessment that is expected to be completed individually

FLC Information:

Competitors are to complete the written test during FLC dates. Please do not attempt to take the quiz after December 12th at 9pm EST, otherwise your attempt may not be considered!

Tips on preparing for this event:

- Begin by conducting some general research on the topic to familiarize yourself with it
- Know your key terms
- Set goals
- Do not cram! Try to learn the material in parts. Try one hour every day, or whatever division works best for you
- Connect information to real-life to get better comprehension



Pharmacy Science

Dates to remember:

FLC: December 6th-12th

Submissions: Individuals are not required to submit any materials for this event.

Note: Don't forget to check for emails with important updates from HOSA Canada execs in the days leading up to FLC.

About the event:

Pharmacy Science involves a written test that provides members with the opportunity to gain knowledge and skills required for dental career.

Written Test:

- The written test will be 50 multiple choice items along with a maximum of 60 minutes allotted

Official References:

- [Johnston, Mike. The Pharmacy Technician: Foundations and Practices. Pearson, Latest edition.](#)
- [American Academy of Allergy, Asthma, and Immunology. Symptoms and Diagnosis tab](#) (as posted as of September 1, 2018)
- [McCartney, Lisa. Sterile Compounding and Aseptic Technique: Concepts, Training, and Assessment for Pharmacy Technician. Paradigm, Latest edition.](#)
- [Moini, Jahangir. The Pharmacy Technician: A Comprehensive Approach. Cengage Learning, 3rd edition.](#)

How the event will be run:

Written Test:

The written test will take place through HOSA Internationals' testing portal. Prior to your testing date, you will receive an email with your login credentials. The ID and password are case-sensitive, so make sure you are entering in the exact credentials that were sent to you. Once you have logged in to your exam, the time will start. Instructions will appear first for two minutes, and then the exam will begin. Make sure that you are ready to begin as soon as you log in! For a video demonstration, click [here](#).

Rules:

- HOSA Canada treats cases of academic dishonesty very seriously

- You are expected to participate honestly, respectfully, responsibly, and fairly in this academic community
- Potential offences include, but are not limited to:
 - With regard to remote learning, potential academic offences in a digital context include, but are not limited to:
 - Accessing unauthorized resources (search engines, chat rooms, Reddit, etc.)
 - Using technological aids (e.g. software) beyond what is listed as permitted in an assessment
 - Posting exam questions to message boards or social media
 - Creating, accessing, and sharing assessment questions and answers in virtual “course groups”
 - Working collaboratively, in-person or online, with others on an assessment that is expected to be completed individually

FLC Information:

Only the written test will be taking place for this conference. Competitors are to complete the written test during FLC dates. Please do not attempt to take the quiz after December 12th at 9pm EST, otherwise your attempt may not be considered!

In the case of a tie, the highest average score from a predetermined set of questions from the test will determine team rankings.

Tips on preparing for this event:

- Begin by conducting some general research on the topic to familiarize yourself with it
- Know your key terms
- Set goals
- Do not cram! Try to learn the material in parts. Try one hour every day, or whatever division works best for you
- Connect information to real-life to get better comprehension

Physical Therapy

Dates to remember:

FLC: December 6th-12th

Submissions: Individuals are not required to submit any materials for this event.

Note: Don't forget to check for emails with important updates from HOSA Canada execs in the days leading up to FLC.

About the event:

Physical Therapy involves a written test that provides members with the opportunity to gain knowledge and skills required for assisting patients with recovery.

Written Test:

- The written test will be 50 multiple choice items along with a maximum of 60 minutes allotted

Official References:

- [Simmers, L., Simmers-Narker, Simmers-Kobelak. DHO: Health Science. Cengage Learning, Latest edition.](#)
- [Pierson and Fairchild. Principles and Techniques of Patient Care. Elsevier, Latest edition.](#)
- [Pagliarulo, Michael A. Introduction to Physical Therapy. Elsevier. Latest edition.](#)

How the event will be run:

Written Test:

The written test will take place through HOSA Internationals' testing portal. Prior to your testing date, you will receive an email with your login credentials. The ID and password are case-sensitive, so make sure you are entering in the exact credentials that were sent to you. Once you have logged in to your exam, the time will start. Instructions will appear first for two minutes, and then the exam will begin. Make sure that you are ready to begin as soon as you log in! For a video demonstration, click [here](#).

Rules:

- HOSA Canada treats cases of academic dishonesty very seriously
- You are expected to participate honestly, respectfully, responsibility, and fairly in this academic community
- Potential offences include, but are not limited to:

- With regard to remote learning, potential academic offences in a digital context include, but are not limited to:
 - Accessing unauthorized resources (search engines, chat rooms, Reddit, etc.)
 - Using technological aids (e.g. software) beyond what is listed as permitted in an assessment
 - Posting exam questions to message boards or social media
 - Creating, accessing, and sharing assessment questions and answers in virtual “course groups”
 - Working collaboratively, in-person or online, with others on an assessment that is expected to be completed individually

FLC Information:

Only the written test will be taking place for this conference. Competitors are to complete the written test during FLC dates. Please do not attempt to take the quiz after December 12th at 9pm EST, otherwise your attempt may not be considered!

In the case of a tie, the highest average score from a predetermined set of questions from the test will determine team rankings.

Tips on preparing for this event:

- Begin by conducting some general research on the topic to familiarize yourself with it
- Know your key terms
- Set goals
- Do not cram! Try to learn the material in parts. Try one hour every day, or whatever division works best for you
- Connect information to real-life to get better comprehension



Public Health

Dates to remember:

FLC: December 6th-12th

Submissions: Teams are not required to submit any materials for this event.

Note: Don't forget to check for emails with important updates from HOSA Canada execs in the days leading up to FLC.

About the event:

Presentations:

- PH involves creating a presentation that informs the public about an important public health issue in teams of 2-6 members
- Presentations will be a maximum of 9 minutes in length
- Tools such as posters, music, props, costumes, etc. may be used to help develop and deliver a creative and effective presentation. Essentially, anything goes. The more creative, powerful, and effective the presentation, the better. There is no limit to the presentation tools or techniques
- Teams should determine their target audience and make a plan for how, when, and where they would deliver their presentation to community members
 - o Note: Bonus points will be awarded to teams that present to relevant stakeholders in the community such as a hospital board, city and county commissioners, school boards, the Mayor's office, public health department, etc. or other community groups who can be part of influencing change in the areas they highlight.

Topic:

- This year's topic is **Reducing Health Disparities: Social Determinants of Health Can Help!**
- From the event guidelines:

“According to www.healthypeople.gov, we know that poverty limits access to healthy foods and safe neighborhoods and that more education is a predictor of better health. We also know that differences in health are striking in communities with poor Social Determinants of Health (SDOH). Things such as unstable housing, low income, unsafe neighborhoods, prevalence of discrimination and racism, healthcare access issues, or substandard education lead to health inequities. By applying what we know about SDOH, we can not only improve individual and population health but also advance health equity.



In your public health presentation, your team should educate the public on ways to improve the social determinants of health in your community. How can your HOSA chapter play a role? What can HOSA do to address the social determinants of health in your community?”

- For more info on this year’s topic, visit:
 - <https://www.cdc.gov/socialdeterminants/index.htm>
 - <https://www.healthypeople.gov/2020/topics-objectives/topic/social-determinants-of-health>

How the event will be run:

For FLC, instead of giving two presentations (a short and a full one) over the course of two rounds, teams will only be delivering their full Round Two presentation. Presentations will be delivered over Zoom. Teams will be emailed time slots so that they may choose when to give their presentation as well as Zoom invitations for conference day.

Rules:

- Prior to beginning the full presentation for judges, the team will state when and to which audience the full presentation was given (i.e., The following presentation was completed at the Mayor’s office on May 1, 2021). As stated previously, bonus points will be awarded to teams that present to community members.
- Index card notes during the presentation are permitted. Electronic notecards (on a tablet, smart phone, laptop, etc.) are permitted
- The full presentation will be a maximum of nine (9) minutes in length. A timecard will be shown with one (1) minute remaining, and the presentation will be stopped after 9 minutes
- Teams will not be given time to set up their presentations. They are expected to do so prior to joining the Zoom video call
- Judges will have 3 minutes to complete rating sheets
- All team members must take an active (speaking) role in the presentation
- In the event of a tie, a tie breaker will be determined by the areas on the rating sheet section(s) with the highest point value in descending order
- The judges’ rating sheet can be found on pages 6-8 of [this document](#)

Dress code:

Competitors may wear official HOSA uniform, proper business attire, costumes, or any attire appropriate to the presentation. There will not be a dress bonus for the presentation since teams may wear whatever they wish to wear.

Tips on preparing for this event:

- Begin by conducting some general research on the topic to familiarize yourself with it

- Determine your target audience and make a plan for how, when, and where you would deliver your presentation
- Create an outline for the oral portion of your presentation and a task list
- Divide tasks amongst team members and set completion deadlines
- Practice presentation delivery
- For more information, please refer to the event guidelines, found [here](#)



Researched Persuasive Speaking

Dates to remember:

FLC: December 6th-12th

Submissions: Individuals are required to submit materials for this event (please see below).

Note: Don't forget to check for emails with important updates from HOSA Canada execs in the days leading up to FLC.

About the event:

Researched Persuasive Writing and Speaking involves researching a health issue, preparing written documentation supporting a thesis, and giving an oral presentation. For FLC, competitors write a research paper that argues either in favour of or against the annual health topic provided. Please note that competitors will not be presenting their speeches for FLC.

Topic for 2020-2021:

Technology Use: Does it Make Us More or Less Connected?

Research paper:

- The research paper will include four pages:
 - Title page (page 1)
 - Must include event name, competitor name, school name, title of paper (which includes topic stance)
 - Everything on the title page must be centered
 - Creative design/pictures may be used but will not have any bearing on score
 - Body of paper (pages 2,3)
 - Pages must be one-sided and typed
 - 12 pt. Arial font, double-spaced, in English
 - 1 inch margins on 8 and ½ x 11 inch paper
 - Running header with last name, event name, and page number top right side of each page
 - Reference page (page 4)
 - List the literature cited. American Psychological Association (APA) is the preferred resource in Health Sciences. One page only. Points will be awarded for compiling a clean, legible reference page, but the formatting of the reference page is not judged.

How the event will be run:



Research paper upload:

Individuals are to submit their research paper through ACTO by December 5th at 11:59pm EST. It must be uploaded as a single PDF document.

Rules:

- HOSA Canada treats cases of academic dishonesty very seriously
- You are expected to participate honestly, respectfully, responsibly, and fairly in this academic community
- Potential offences include, but are not limited to:
 - With regard to remote learning, potential academic offences in a digital context include, but are not limited to:
 - Accessing unauthorized resources (search engines, chat rooms, Reddit, etc.)
 - Using technological aids (e.g. software) beyond what is listed as permitted in an assessment
 - Working collaboratively, in-person or online, with others on an assessment that is expected to be completed individually

Tips on preparing for this event:

- Begin by conducting some general research on the topic to familiarize yourself with it
- Create an outline for the research paper and oral portion of your presentation and a task list
- Connect information to real-life to get better comprehension

Sports Medicine

Dates to remember:

FLC: December 6th-12th

Submissions: Individuals are not required to submit any materials for this event.

Note: Don't forget to check for emails with important updates from HOSA Canada execs in the days leading up to FLC.

About the event:

Sports Medicine involves a written test that provides members with the opportunity to gain knowledge and skills required for patient care in a sports medical setting.

Written Test:

- The written test will be 50 multiple choice items along with a maximum of 60 minutes allotted

Official References:

- [Beam, Joel W. Orthopedic Taping, Wrapping, Bracing, and Padding. F.A. Davis, Latest edition.](#)
- [France, Bob. Introduction to Sports Medicine and Athletic Training. Cengage, Latest edition.](#)
- [Prentice, William E. The Role of the Athletic Trainer in Sports Medicine: An Introduction for the Secondary School Student, Mcgraw Hill, Latest edition.](#)

How the event will be run:

Written Test:

The written test will take place through HOSA Internationals' testing portal. Prior to your testing date, you will receive an email with your login credentials. The ID and password are case-sensitive, so make sure you are entering in the exact credentials that were sent to you. Once you have logged in to your exam, the time will start. Instructions will appear first for two minutes, and then the exam will begin. Make sure that you are ready to begin as soon as you log in! For a video demonstration, click [here](#).

Rules:

- HOSA Canada treats cases of academic dishonesty very seriously
- You are expected to participate honestly, respectfully, responsibility, and fairly in this academic community

- Potential offences include, but are not limited to:
 - With regard to remote learning, potential academic offences in a digital context include, but are not limited to:
 - Accessing unauthorized resources (search engines, chat rooms, Reddit, etc.)
 - Using technological aids (e.g. software) beyond what is listed as permitted in an assessment
 - Posting exam questions to message boards or social media
 - Creating, accessing, and sharing assessment questions and answers in virtual “course groups”
 - Working collaboratively, in-person or online, with others on an assessment that is expected to be completed individually

FLC Information:

Only the written test will be taking place for this conference. Competitors are to complete the written test during FLC dates. Please do not attempt to take the quiz after December 12th at 9pm EST, otherwise your attempt may not be considered!

In the case of a tie, the highest average score from a predetermined set of questions from the test will determine team rankings.

Tips on preparing for this event:

- Begin by conducting some general research on the topic to familiarize yourself with it
- Know your key terms
- Set goals
- Do not cram! Try to learn the material in parts. Try one hour every day, or whatever division works best for you
- Connect information to real-life to get better comprehension

Veterinary Science

Dates to remember:

FLC: December 6th-12th

Submissions: Individuals are not required to submit any materials for this event.

Note: Don't forget to check for emails with important updates from HOSA Canada execs in the days leading up to FLC.

About the event:

Veterinary Science involves a written test that provides members with the opportunity to gain knowledge and skills required for diagnosis and treatment of animals.

Written Test:

- The written test will be 50 multiple choice items along with a maximum of 60 minutes allotted

Official References:

- [Lawhead, James and Baker, MeeCee. Introduction to Veterinary Science. Cengage Learning, Latest edition.](#)
- [Sirois, Margi. Principles and Practice of Veterinary Technology. Elsevier Mosby, Latest edition.](#)
- Reference for Skill VII: [Prepare a Feline for Exam AAFP and ISFM Feline-Friendly Handling Guidelines](#)
- References for Companion Animal Breeds/Species Identification: (as posted as of September 1, 2020)
 - Dogs = [American Kennel Club](#)
 - Cats - [The Cat Fanciers' Association](#)

How the event will be run:

Written Test:

The written test will take place through HOSA Internationals' testing portal. Prior to your testing date, you will receive an email with your login credentials. The ID and password are case-sensitive, so make sure you are entering in the exact credentials that were sent to you. Once you have logged in to your exam, the time will start. Instructions will appear first for two minutes, and then the exam will begin. Make sure that you are ready to begin as soon as you log in! For a video demonstration, click [here](#).

Rules:

- HOSA Canada treats cases of academic dishonesty very seriously
- You are expected to participate honestly, respectfully, responsibly, and fairly in this academic community
- Potential offences include, but are not limited to:
 - With regard to remote learning, potential academic offences in a digital context include, but are not limited to:
 - Accessing unauthorized resources (search engines, chat rooms, Reddit, etc.)
 - Using technological aids (e.g. software) beyond what is listed as permitted in an assessment
 - Posting exam questions to message boards or social media
 - Creating, accessing, and sharing assessment questions and answers in virtual “course groups”
 - Working collaboratively, in-person or online, with others on an assessment that is expected to be completed individually

FLC Information:

Competitors are to complete the written test during FLC dates. Please do not attempt to take the quiz after December 12th at 9pm EST, otherwise your attempt may not be considered!

In the case of a tie, the highest average score from a predetermined set of questions from the test will determine team rankings.

Tips on preparing for this event:

- Begin by conducting some general research on the topic to familiarize yourself with it
- Know your key terms
- Set goals
- Do not cram! Try to learn the material in parts. Try one hour every day, or whatever division works best for you
- Connect information to real-life to get better comprehension