



## HOSA COMPETITIVE CATEGORIES

HOSA WESTERN



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## EMERGENCY PREPAREDNESS

### EMT

#### TEAMS OF 2 | 50 MC Test & Practical Case Scenario

CPR can double or triple the chances of survival when provided within the first few minutes of cardiac arrest! If you're interested in learning how to administer first aid across a wide range of emergency situations, join the EMT team!

### PUBLIC HEALTH

#### TEAM OF 2-6 | 14 Minute Presentation

Did you know that 90.7% of Canadian children aged 5-17 are not meeting the Canadian Physical Activity Guidelines? If you're interested in having a positive impact in your community by sparking a meaningful conversation surrounding a prevalent health issue, then put your public speaking skills to good use through the HOSA Public Health competition!

## MORE INFO

Instagram – @HOSAWestern

[hosa.club@westernusc.ca](mailto:hosa.club@westernusc.ca)

## HEALTH PROFESSIONS

### SPORTS MEDICINE

#### INDIVIDUAL | 50 MC Test & Practical Case Scenario

Did you know that the human body has over 600 muscles? Of those muscles, it takes 43 to frown but only 17 to smile, So turn that frown upside down! If you're interested in learning more about the field of sports medicine, including common athletic injuries and the maintenance of overall physical wellbeing, then come join the team!

### DENTAL SCIENCE

#### INDIVIDUAL | 50 MC Test & Practical Case Scenario

Did you know that just like fingerprints, tooth prints are unique to each individual? If you're interested in learning about human teeth and dental concepts, this is the perfect opportunity that allows you to gain knowledge and practical skills. Come join the team and have some fun!

### VETERINARY SCIENCE

#### INDIVIDUAL | 50 MC Test & Practical Case Scenario

Did you know that a cat's nose print is as unique as a human fingerprint? Theoretically, this pattern could be used to identify any cat without the need for microchips! If you're interested in exploring a variety of topics related to animal physiology and disease, while developing the practical skills needed for a career in the veterinary field, join the Vet Sci team!

# TEAMWORK

## HOSA BOWL

### TEAM OF 3-4 | 50 MC Test & Practical Case Scenario

Did you know that the heart beats about 100,000 times per day? If you can't decide into a category, HOSA Bowl has got you covered with fast-paced Jeopardy-style trivia on topics such as Anatomy, Physiology, Medical Terminology, and many others!

## BIOMEDICAL DEBATE

### TEAM OF 3-4 | 50 MC Test & Modified-Lincoln Douglas Style Debate

William Henry Harrison is the only President in United States History to have been a medical doctor and serve as president. He died 31 days after he became president from parathyroid fever. This event is the perfect opportunity to practice presenting, reinforce your research abilities, become a better team player, and have fun!

## FORENSIC SCIENCE

### TEAM OF 2 | 50 MC Test & Practical Case Scenario

Did you know that to die, you would need to ingest 15 hundred pounds of cannabinoids in 15 minutes, which is nearly impossible! You wanna (indirectly) learn how to hide a dead body? Everything we cover will be related to crime scene investigation, autopsy analysis, dead bodies, and drugs, so if you're curious, feel free to join!

# HEALTH SCIENCE

## MEDICAL TERMINOLOGY

### INDIVIDUAL | 100 MC Test & 20 Written Questions

Did you know that the medical term for a brain freeze is Sphenopalatine Ganglioneuralgia (yes that is a real word) If you want to learn more about cool medical terms, procedures or anatomy (or just want to live out your inner Greys Anatomy dream) come join the medical terminology team!

## PHARMACOLOGY

### INDIVIDUAL | 100 MC Test & Essay Question

In the early 1900s, cocaine was sold over the counter as a local anesthetic. If you are interested in learning about drug mechanisms, interactions, routes of administration, and mathematical applications in pharmacology (drug conversions/dosages), HOSA Pharmacology is the perfect match for you!

## MEDICAL MATH

### INDIVIDUAL | 50 MC Test & 10 Written Questions

Did you know you need to consume a quart of water each day for four months to equate to the amount of blood your heart pumps in one hour? Medical math is a great opportunity to combine your interest in mathematics and health sciences, all while being a part of the awesome Western HOSA community!

# HEALTH PROFESSIONS

## BIOMEDICAL LAB SCIENCE

### INDIVIDUAL | 50 MC Test & Practical Case Scenario

Did you know the active ingredient in Aspirin was first derived from willow tree bark? If you're interested in research, look good in a lab coat, and want to compete in a test and a practical, come to Biomed Lab Sci!

## CLINICAL NURSING

### INDIVIDUAL | 50 MC Test & Practical Case Scenario

Did you know nurses walk about 5 kilometres each shift? If you are interested in a career in nursing and wish to develop your clinical and critical-thinking skills, participate in the clinical nursing event!

# HEALTH SCIENCE

## PATHOPHYSIOLOGY

### INDIVIDUAL | 100 MC Test & 1 Written Question

Did you know that blood cells are formed inside the bone marrow in a process called hematopoiesis? If you are fascinated by the human organ systems and want to learn more about the process of disease then this event is for you!