The events listed below are the most rigorous that HOSA offers. Typically, the events on this list would be reserved for the most dedicated HOSA member tied to a health science career tech academy. To compete at a high level in these events would take the most time commitment, study and dedication.

Highly Difficult Events

- Biomedical Lab Science
- Biotechnology
- Medical Lab Science
- Clinical Nursing
- Clinical Specialty
- CPR/First Aid
- Dental Science
- Emergency Medical Technician
- Epidemiology
- Family Medicine Event
- Forensic Science
- Home Health Aide
- Medical Assisting
- Medical Law & Ethics
- Medical Math
- Nursing Assisting
- Pathophysiology
- Pharmacology
- Pharmacy Science
- Physical Therapy
- Research Poster
- Sports Medicine
- Veterinary Science

For more information regarding competitive events go to www.sdhosa.org/compete
The events listed below are considered moderately difficult. Events in this category are both individual and team based events. We have a high number of students who compete in these events.

Moderately Difficult Events

America’s Blood Ctr./HOSA Drive
Behavioral Health
Biomedical Debate
Community Awareness
Cultural Diversities & Disparities
Dental Terminology
Emotional Well-Being Challenge
Health Care Issues Exam
Health Career Photography
Healthy Lifestyle
Health Education
Health Informatics
HOSA Bowl
HOSA Service Project
Human Growth and Development
Medical Innovation
Medical Reading
Medical Terminology
Mental Health Promotion
Nutrition
Outstanding HOSA Chapter
Public Health
Public Service Announcement

For more information regarding competitive events go to www.sdhsa.org/compete
The events listed below are considered moderately easy. Students in any chapter and any level should strongly consider these events. Most of these events are presentation/project based events.

Barbara James Service
Creative Problem Solving
Extemporaneous Writing
Health Career Display
HOSA Happenings
Human Growth & Development
Job Seeking Skills
Medical Spelling
Mental Health Promotion
Outstanding HOSA Alumni
Prepared Speaking
Researched Persuasive Writing and Speaking