

Montana HOSA State Leadership Conference Directions for Technical Skill Video Submissions

The technical skill video plus your online test score is being used as a qualifier for who will get to move on to the in-person skills round at the State Leadership Conference (SLC). This handout is meant to give competitors guidance for how to videotape these skill presentations. Refer to the “Mystery Skill” list beginning on page 3 for a list of the specific events that require a videotaped presentation upload and which skill or skills you are required to record as the “mystery scenario”. Videos must be uploaded by February 13, 2026.

All uploads (video and supplemental materials) will be uploaded to National HOSA system. There are two ways to do this:

- 1.) If advisors used student emails when registering members, students can create an account with that email with HATS (HOSA Activity Tracking System). Students with an email address entered during registration, may also get an email from HOSA with a private upload link unique to that student and may receive reminders about uploading.
- 2.) If advisors were not able to use student emails due to school privacy rules or other reasons, advisors will need to log-in and find and give members their unique upload link.

All of these directions with video tutorials and handouts can be found at <https://hosa.org/competitive-event-digital-uploads/> **NOTE:** the list from National on this site of events requiring digital uploads is **DIFFERENT** than Montana HOSA. Please be sure to use our lists of what events have upload requirements.

Video Requirements:

All Videos Must:

- a. Be continuous, non-stop footage of the entire presentation without editing/splicing, use of green screens, virtual backdrops, or on-screen text.
- b. No fancy equipment is needed; presentation content will be judged, not the quality of the video production. Shooting a “selfie video” on your smartphone, or using your tablet/computer are all acceptable.
- c. Speak to judges and patients (if applicable) as if they are actually in front of you during the competitive event recording.
- d. Do not read from the rubric or guidelines. We want to see mastery of your skill just as if you were doing this in person at state.
- e. Be sure to record yourself doing the full skill as listed in the rubric. Note: Montana HOSA website/youtube videos sometimes show a condensed version of the skill- you are required to film the whole skill as shown on the skill rubric/skill sheet.
- f. Competitors must be visible in the video recording.
- g. Try as best you can to film footage angles so judges can clearly see you are doing the skill properly; best practice is to verbalize your skill as you do it to ensure judges know what you are doing even if they can’t always “see” with the camera angle.
- h. Videos should meet the time guidelines in the rubric
- i. Videos must be uploaded to the form to the National HOSA Website. Directions to upload can be found [here](#). Note: there are two options to upload, please see notes at the beginning of this document.
- j. Dress Code: As Future Health Professionals, HOSA members should present themselves in a professional manner for all recorded presentations and/or live events and follow the appropriate dress code for their event.
- k. File must be named by school name followed by competitor(s) last name followed by abbreviation of event name (Ex: CareerCenterMeierEMT or CareerCenterMeierBLS). See abbreviations used in table below.

Video Tips:

- a. Try to hold the recording device steady during the recording
- b. Try to remove distracting items in the background. Solid color walls as backdrops will work best, but are not necessary, as only the presentation content of the video is judged.
- c. Record the presentation from a quiet location and test the audio before-hand
- d. If you don’t like your first take – try again! You have time to perfect your presentation & submit the link to your BEST video! Just remember, videos must be one continuous shot.

Submission Tips:

- a. Video uploads are large files, so you can either try to compress the video to upload or if it is easier, you will be given the option to submit a link to your video hosting it on a site of your choosing such as: Google Drive, Drop box, Youtube, ect.
- b. Note: if submitting a link you are responsible for double checking your share settings to make sure the video is sharable to Montana HOSA. **Videos that are not able to be accessed by the deadline due to shared settings will not be accepted.**

Mystery Skill List for Technical Skill Video Submissions:

Below is a table that includes each of the technical skills that requires a video submission as part of the competition process. (orange highlighted events do not have a skill video due on February 13). Each event name links to a page on our Montana HOSA [website](#) where you can find: information about the conference; short sheet guidelines that include rubrics for the skills mentioned below, as well as, information about the written exam; and video explanations and demonstrations for some of the skills. Please be sure to follow the guidelines and tips on page 1 of this document in addition to the guidelines for your individual skill. Reach out to Montana HOSA at montanahosa@katiemeier.co or 406-868-9445 if you have any questions or difficulties with recording or submission. Submissions are due by 11:59pm on February 13, 2026 (NOTE: technical support may not be available after business hours- please don't wait until the final hours to submit).. If you have difficulties with simulating equipment, please reach out for ideas.

Note: Even in the team events, EACH competitor is responsible for creating and uploading a video under their name.

Health Science Events:

Event Name	Mystery Skill(s) Rubric to Record	Special Notes
Biotechnology (BT)	Skill VI: Bacterial Transformation	<ul style="list-style-type: none">- Chemical such as pGlo and transformation solution may be simulated with any other liquid- may also use simulation with bacterial colonies using plated agar or even plated jello to simulate and save money- if using simulated materials may also use simulation for biohazard containers
Clinical Lab Science (CLS)	Skill IV: ABO Grouping	Be sure to use simulated blood for safety in demonstrating this skill. For step (h) please voice the agglutination that would occur if the patient had type B blood.

<u>Clinical Specialty</u> (CS)	The skill is one you are creating and will be submitted with the portfolio by the March 13 deadline- see website for more information	
<u>Dental Science</u> (DS)	Skill VIII: Donning and doffing PPE	Should use a manikin or tooth set. You could make a tooth set with clay or do it on yourself- please just do not do this on another person.
<u>Family Medicine Physician</u>	This event will have you submit the interview verification form by the March 13 deadline- see website for more information	
<u>Home Health Aide</u> (HHA)	Skill IV: Changing a Dry Dressing.	Use either a manikin, family member, or friend as your patient.

<u>Medical Assisting</u> (MA)	Skill VI: Screen for visual acuity	Use either a family member or friend as your patient (remember to follow proper masking guidelines); if you don't have an occluder, you could make a fake one out of paper; downloadable eye charts can be found on our <u>website</u> (Don't have access to a printer? Hand print something similar); verbalize recording findings in patient's chart
<u>Nursing Assisting</u> (NA) And same for Personal Care (PC)	Skill IV: Making and occupied bed	Use either a manikin, family member, or friend as your patient (remember to follow proper masking guidelines); you don't have to use a hospital bed- it can be a regular bed; verbalize lowering and raising head and foot, as well, as railings if you do not have these

Occupational Therapy (OT)	Skill I: Instruct a patient how to put on shirt with one hand	Use a family member of friend as your patient
Pharmacy Science (PS)	Skill IV: Compounding an oral solution	<ul style="list-style-type: none"> - Use the master formula sheet here for your recipe: here - Use candy like smarties for your tablets and water for your liquid
Phlebotomy (PH)	Skill VII: Accidental arterial stick	<ul style="list-style-type: none"> -Use either a training manikin or a family member or friend as your patient. You do NOT stick them with a needle -Do not leave tourniquet on for extended length of time if using a human- may verbalize removing a tourniquet rather than leaving on someone
Physical Therapy (PT)	Skill III: Ambulating With a Cane	Use either a manikin, family member, or friend as your patient. We hope you have access to a cane for practicing these skills properly, but if not, can you replicate a cane for this video? Please have your patient use a 2 point gait with LEFT leg being the affected leg.
Respiratory Therapy (RT)	Skill V: Assessment of a Newborn	<ul style="list-style-type: none"> -Use a manikin or doll for this. - Have a friend or family member play the role of the judge sharing the things the judge would say
Sports Medicine (SM)	Skill IIIA: Taping ankle	Use either a family member or friend as your patient
Veterinary Science (VS)	Skill I: Identification of breeds	In the video, show judges pictures of 21 of the listed breeds, including 3 from each category. This can be done holding pictures up to the video camera as you talk or in

		a screen share type program but your face must be seen and it should be clear that you are not reading from a script.
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Emergency Preparedness Events:

Event Name	Mystery Skill(s) Rubric to Record	Special Notes
CERT Skills (CERT)	Skill V: Splinting a closed fracture	<p>-Both competitors should be filmed separately doing the assessment.</p> <p>-Use either a manikin, family member, or friend as your patient. Splint right lower leg.</p> <p>-Use any appropriate splinting materials.</p>
CPR 1st Aid (CPR)	<p>Rescuer 1- Skill IIIA Infant BLS- rescuer 1 initiates and Skill IIIB- Infant BLS Rescuer 2 Assists</p> <p>Rescuer 2- Skill X Administer Naloxone AND Skill IIIB Infant BLS Rescuer 2 Assists</p>	<p>Film as 2 separate videos: 1 of the first aid scenario and 1 of the CPR scenario with rescuer 2 coming in after 3 rounds of rescuer 1 doing CPR alone</p> <p>Note - please try to show breath rise with breaths as new in 2026 we are going back to providing mouth to mask to the CPR manikins</p> <p>Use either a manikin, family member, or friend as your patient for the first aid skill BUT MUST HAVE Naloxone TRAINER to use or make a fake one showing all the parts necessary for the video</p>

		Have someone available to help read the parts the judge would “say” on the rubric.
Life Support Skills (LSS)	Skill III: Infant BLS	Note - please try to show breath rise with breaths as new in 2026 we are going back to providing mouth to mask to the CPR manikins
EMT (EMT)	Skill VII: Oxygen Administration by NRB	-Both competitors should be filmed separately (2 videos) doing the skill. -Will need access to a manikin and equipment necessary to demonstrate all skills
Epidemiology	Online test only - NO SKILL VIDEO	
Mental Health Promotion (MHP)	This is a presentation style event that will follow the March 13 deadline instructions- see website for more information	
Public Health (PH)	This is a presentation style event that will follow the March 13 deadline instructions- see website for more information	