# Health Education

**Purpose**      To encourage HOSA members to work as a team to plan and teach health-related concepts.

**Description**      This event involves a team of 2-4 members who select a health-related concept or instructional objective, then prepare a lesson, provide instruction, and evaluate results. The instruction must include the use of presentation tools such as a student-made video, computer demonstration software, or any other form of media. Teams will provide instruction to a targeted group of learners during the school year, then present their work to a panel of judges.

**Dress Code**      Competitors must be in official HOSA uniform or in proper business attire. Bonus points will be awarded for proper dress. All team members must be properly dressed to receive bonus points.

**Rules and Procedures**

1.      Competitors in this event must be active members of HOSA in good standing in the membership division in which they are registered to compete (Middle School, Secondary or Postsecondary/Collegiate).

2.      Competitors must be familiar with and adhere to the "General Rules and Regulations of the HOSA Competitive Events Program (GRR)."

3.      The specific topic and goal of instruction will be the decision of the team and may not be repeated from previous years. The topic must be health-related. The instructional plan must be the original work of team members. Team members may create their own media tools, or may use prepared media (video, software and/or print) as part of their lesson.

4.      The team will determine a target audience for their lesson AND must present their lesson to a real audience. The content and delivery of the lesson must be appropriate to this audience. The target audience (age or grade level) should be indicated on the portfolio title page.

5.      The team will develop goals and objectives for the lesson, along with a detailed lesson plan. The team will also develop an appropriate method of evaluating instruction.

**The Portfolio**

6.      Documentation of the lesson will be kept in an official HOSA notebook or portfolio from Awards Unlimited (NBK150, NBK 250, or PBK2002). For the 2018-2019 membership year, portfolios and notebooks with the old or new HOSA logo will both be accepted. Each page will be counted and numbered (up to 32 pages maximum), beginning with the title page. Two-sided pages will be counted as 2 pages. Binder pockets with multiple pages are not allowed.

7. The portfolio will contain the following parts:

   A. **Page 1 (Title Page):** Event Name, Title of lesson, age or grade level of target audience, number of participants in the target audience, team member names, HOSA chapter (name/number, and division), school and state. One page only.

   B. **Pages 2-3 (Lesson Plan Narrative):** A maximum of 2 pages describing the lesson, including the goal and plan for instruction.

   C. **Pages 4-7 (Supportive Information):** A maximum of 4 pages of data and supportive information about the selected topic.

   D. **Pages 8-11 (Lesson Outline):** A maximum of 4 pages of a timed outline that shows the segments of the lesson. This outline may include photographs of the lesson, and will help judges evaluate the opening, organization, delivery, and close of the instructional presentation.

   E. **Pages 12-21 (Materials):** A maximum of 10 pages of written materials related to or used in the lesson. These materials may include, but are not limited to, lesson handouts, scripts, worksheets, and multimedia printouts.

   F. **Pages 22-31 (Feedback Tools):** A maximum of 10 pages of lesson evaluation tools or feedback. These materials may include tests, written evaluations, surveys, or any other written feedback used to evaluate audience learning.

   G. **Page 32 (Reference Page):** A Reference page must be prepared for any materials used during this lesson. One page only. *Points will be awarded for compiling a clean, legible reference page, but the formatting of the reference page is not judged.*

      Since the American Psychological Association (APA) is the most commonly used resource in the Health Sciences, this information is modified from the APA style to help HOSA members familiarize themselves with it. More information on APA formatting may be found at the Purdue Online Writing Lab (OWL).

      Your ONE PAGE 'References' title should be centered and sources alphabetized by the author's last name, first initial from the left margin. References should be single spaced and hanging indents should be used for sources requiring multiple lines. Alphabetize anonymous authors according to the web site or first main word in the title. ***Example***: Web Site (Professional):

      CDC.gov. (2017, Feb 15). Health services for teens. *Adolescent and School Health*. Retrieved from https://www.cdc.gov/healthyyouth/healthservices/index.htm.

   H. Portfolio pages will be evaluated up to and including the maximum pages per rule 7 A-G. Pages above the maximum allowance will not be evaluated and no points will be given for information in excess pages.

   I. Sheet protectors, lamination and page dividers may NOT be used.

   J. Portfolio must be submitted in English for judging.

8. In addition to the official portfolio described above, teams must bring two (2) copies of the portfolio pages printed on 8 ½ x 11 white paper, stapled at the top left corner, to turn in immediately prior to competing. The judges will use the official portfolio and copies for judging. Official portfolio will then be returned to the competitor, but the copies will become the property of HOSA.

**The Competitive Process**

9. **Presentation with Judges –** All team members will report to the event site for the event orientation. Teams will then report at their appointed time with their official portfolio and two (2) additional plain paper copies. Proxies must have the appropriate paperwork submitted.

A. The presentation is to be no more than six (6) minutes. The timekeeper will announce the time when there is one (1) minute remaining in the presentation. The timekeeper will stop the presentation after six (6) total minutes and the team will be excused.

B. **The purpose of the presentation is to communicate information about the project to the judges. The presentation MUST include:**
   1. the goal of their instructional topic, instructional planning process, and, why they did what they did.
   2. the value of their lesson/topic to the chosen audience.
   3. the actual lesson highlighting the presentation outline, the use of presentation tools, and electronic media.
   4. the role that each team member played in the preparation and delivery of the lesson.
   5. the techniques they used to evaluate the effectiveness/impact of their instruction.

C. Teams should explain to the judges, with the documentation in their portfolio, item numbers 1-5 in rule 9B. All team members must take an active role in the presentation.

D. Teams will refer to their portfolio during the presentation. No other materials, props, posters or presentation tools are permitted. Use of index card notes during the presentation are permitted. Electronic notecards (on a tablet, smart phone, laptop, etc…) are permitted, but may not be shown to judges.

E. **Scoring (4 minutes):** Competitors will be excused, and the judges will complete the rating sheet for the presentation and portfolio.

10. Immediately following the presentation, the official portfolio and the 2 copies will be left with the judges, and the competitors will be directed to wait in the holding/evaluation room. The judges will have four (4) minutes to evaluate the portfolio and complete the rating sheets. After the judges are finished with the original portfolio, it will be returned to the competitors at which time they are free to leave.

11. 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.

12. By entering this event, the competitors grant permission for their portfolio contents to be used in HOSA publications and on the HOSA website.

**Uploading to STEM Premier**

The competitor must create a profile on STEM Premier, an online platform that showcases talent and skills and brings students, colleges, companies, and possibilities together. Competitors will create their online profile by visiting – www.stempremier.com/hosa.
a) The main purpose for the partnership with STEM Premier is two-fold: (1) to provide the HOSA member with a permanent, professional online portfolio to share with universities and future employers and (2) to obtain valuable analytical membership

data for HOSA, including demographic, academic, and career interest information. Entities, outside of HOSA, CANNOT access this information without explicit member permission.

b) Competitors must create a profile and upload a .pdf of their portfolio to the **Health Education** competitive event opportunity on STEM Premier. Detailed instructions for doing this are in step g below or available at www.hosa.org/STEMPremier.

c) The size limit for any files uploaded to STEM Premier is 2.5 MB. To avoid an upload error, please be sure to save your .pdf as a compressed file or reduce the size of your embedded images. For instructions on how to do this, please visit: http://www.hosa.org/filesize.

d) Regional and State Process:
1. Competitors should check with their state advisor to see if STEM Premier is being used at the state level. If so, competitors should find out the deadlines for any regional or state conferences.
2. The .pdf of the portfolio must be uploaded prior to the state published deadlines.
3. States will verify the .pdf of the portfolio has been uploaded prior to any regional or state conferences.

e) ILC Process:
1. For those who advance to the ILC, the .pdf of the portfolio must be uploaded to STEM Premier by May 15, 2019.
2. HOSA-Future Health Professionals will verify the .pdf of the portfolio has been uploaded prior to the International Leadership Conference.

f) Changing Content:
1. If a competitor uploads the .pdf of the portfolio for the regional and/or state level, it does not need to be resubmitted for ILC. Uploading the .pdf of the portfolio ONCE is sufficient for all three levels of competition (regional, state, ILC).
2. **However,** competitors ARE allowed to change the content of their .pdf of between conferences. IF such content changes are made, competitors should replace their original upload on STEM Premier with the most current version of their .pdf of the portfolio.
3. The .pdf of the portfolio that is in STEM Premier on May 15, 2019 is considered final and may be used for judging at ILC 2019.

g) STEM Premier Instructions
1. Join STEM Premier-
   a. Go to www.stempremier.com/hosa.
   b. Click the "Start Your Free Profile" button and create your account.
   c. Add HOSA to your profile-
      i. Click the white "Profile" tab at the top left of the screen.
      ii. Click the blue "Edit Profile" button at the top right of the screen (underneath where your profile picture is located).
      iii. Select "Associations" from the bar on the left side of the screen.
      iv. Search for and add "HOSA-Future Health Professionals".
2. Search for HOSA Competitive Event-
   a. Select "Opportunities" at the top of your screen when logged in.
   b. In the "Organization Name" search box type in "HOSA"; wait for the list of pre-populated organizations to appear, and then select your state association from the drop-down box (Example: HOSA-Future Health Professionals | California). Click the blue "Search" box.
   c. Select your competitive event from the list that appears to the right (Make sure that you have selected the proper state!).

3. Submit Materials and Apply for Competitive Event-
   a. Follow the steps and provide required information for your event.
   b. Click "Apply Now" when ready to submit.
   c. You have until the state deadline (contact state advisor) or ILC deadline (May 15, 2019) to change any content and re-upload your submissions. The material in STEM Premier as of May 15, 2019 is considered final for ILC.
   d. To edit your submission-
      i. Click the profile picture on the top right of your screen in STEM Premier.
      ii. Click "My Opportunities" and select your event.
      iii. Follow the instructions for editing your submission.

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**Competitor Must Provide**
- ☐ A .pdf of the portfolio uploaded to STEM Premier by *each team member* by published deadline.
- ☐ Event guidelines (orientation)
- ☐ Photo ID
- ☐ #2 lead pencils with eraser (for evaluation)
- ☐ Official HOSA notebook or portfolio from Awards Unlimited (NBK150, NBK 250, or PBK2002) to be used during the presentation
- ☐ Two (2) plain paper copies of the portfolio to turn in immediately prior to the presentation.
- ☐ Notes on index cards or in electronic format for use during the presentation (optional)
- ☐ Watch with second hand (optional)

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## FOR SPECIFICS ON EVENT MANAGEMENT SEE MANAGING COMPETITIVE EVENTS

**Required Personnel**

- ☐ One Event Manager
- ☐ One QA to provide quality assurance for the event by ensuring that the guidelines are followed and all event documents are complete.
- ☐ One Section Leader per section
- ☐ Two to three judges per section.
- ☐ One-two event assistants per section
- ☐ One time-keeper per section

**Facilities, Equipment and Materials (Per Section)**

- ☐ One room per section, with a table and chairs for judges. (see HOSA Room Set)
- ☐ List of competitors for check-in
- ☐ Stopwatch
- ☐ Flash card for 1 minute remaining
- ☐ Rating sheets – one per judge per team
- ☐ Evaluation Forms – competitor, judge, and personnel
- ☐ #2 lead pencils (judges & evaluations)
- ☐ Box for collecting portfolio copies (optional)
- ☐ Copy of guidelines for judges
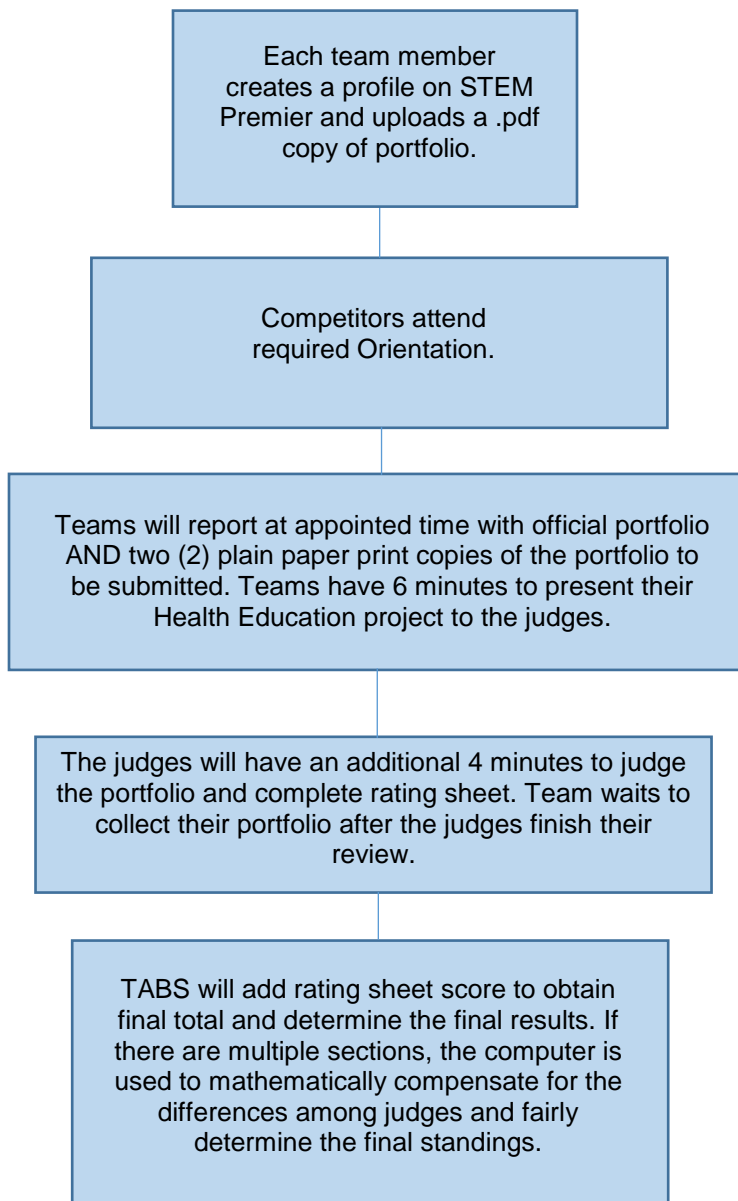- ☐ Hand sanitizer (alcohol based handrub)

## Sample Presentation Outline

Teams will include an outline (maximum of 4 pages) of their lesson as part 7D of their portfolio, using the format below. The outline may include more detailed descriptions AND pictures.

**Handwashing – 2nd Grade**

| | |
|---|---|
| 8:00 - 8:05 | Introduction of presentation |
| 8:05 - 8:10 | Power Point presentation by all 4 team members |
| 8:10 - 8:15 | Teaching demonstration of proper handwashing |
| 8:15 - 8:25 | All students practice handwashing with supervision |
| 8:25 - 8:32 | All students used GloGerm and put their hands under the special light to evaluate their handwashing results |
| 8:32 - 8:35 | Thumbs-up, thumbs-down quiz (5 questions) on handwashing |
| 8:35 - 8:40 | Wrap-up and evaluation |

# Event Flow Chart

Each team member creates a profile on STEM Premier and uploads a .pdf copy of portfolio.

Competitors attend required Orientation.

Teams will report at appointed time with official portfolio AND two (2) plain paper print copies of the portfolio to be submitted. Teams have 6 minutes to present their Health Education project to the judges.

The judges will have an additional 4 minutes to judge the portfolio and complete rating sheet. Team waits to collect their portfolio after the judges finish their review.

TABS will add rating sheet score to obtain final total and determine the final results. If there are multiple sections, the computer is used to mathematically compensate for the differences among judges and fairly determine the final standings.

# HEALTH EDUCATION
**JUDGES' RATING SHEET**

Section #_____     Division: _____MS _____ SS _____ PS/Collegiate

Team # _____     Judge's Signature _____

| Items Evaluated | Points Possible<br>Superior ---------------------------- Poor | | | | | | Points Awarded |
|---|---|---|---|---|---|---|---|
| **No partial points are given in Section A. All six items <u>must</u> be completed to receive 45 points. If any portion is missing, Section A is scored a 0.** | | | | | | | |
| **A – Points for Following Guidelines**<br>☐ Official HOSA portfolio used, not exceeding max number of pages (32), in English.<br>☐ Two (2) plain paper copies of portfolio, matching original portfolio, are submitted.<br>☐ **Title Page** – Title of lesson, age or grade level of target audience, number in audience, team member names, chapter (name/ number, and division), school address and state. One page only.<br>☐ NO sheet protectors, page dividers or lamination used.<br>☐ Reference page is included.<br>☐ A .pdf of the portfolio was uploaded to STEM Premier (by EACH team member) by the published deadline. | 45 | | | 0 | | | |
| **B - Quality of Portfolio** | | | | | | | |
| 1. **Lesson Plan Narrative** –max of 2 pages describing the goal and plan for instruction. | 10 | 8 | 6 | 4 | 2 | 0 | |
| 2. **Supportive Information** – max of 4 pages of data and information about the selected topic. | 10 | 8 | 6 | 4 | 2 | 0 | |
| 3. **Lesson Outline** – max of 4 pages of a timed outline that clearly shows key elements and timing of the lesson. This outline may include photographs of the lesson, and will help judges evaluate the opening, organization, delivery, and close of the instructional presentation. | 10 | 8 | 6 | 4 | 2 | 0 | |
| 4. **Materials** A maximum of 10 pages of written materials related to or used in the lesson. These materials may include, but are not limited to, lesson handouts, scripts, worksheets, and multimedia printouts. | 10 | 8 | 6 | 4 | 2 | 0 | |
| 5. **Feedback Tools** –A maximum of 10 pages of lesson evaluation tools or feedback. These materials may include tests, written evaluations, surveys, or any other written feedback used to evaluate audience learning. | 10 | 8 | 6 | 4 | 2 | 0 | |
| 6. Spelling, grammar, punctuation, neatness | 5 | 4 | 3 | 2 | 1 | 0 | |

| C - Presentation to Judges: Project and Process | | | | | | |
|---|---|---|---|---|---|---|
| 1. Professional delivery (poise, tempo, quality) | 5 | 4 | 3 | 2 | 1 | 0 |
| 2. Clarity/logic of instructional goals and planning process - why the team did what they did | 5 | 4 | 3 | 2 | 1 | 0 |
| 3. Use of presentation outline to describe inclusion of original and/or appropriate media/software | 5 | 4 | 3 | 2 | 1 | 0 |
| 4. All team members took an active role in the presentation for judges today | 5 | 4 | 3 | 2 | 1 | 0 |
| 5. Nothing, but portfolio, shown to judges | 5 | 4 | 3 | 2 | 1 | 0 |
| 6. Quality of the lesson | | | | | | |
|    a. Lesson is health related. | 5 | 4 | 3 | 2 | 1 | 0 |
|    b. Meaningful, relevant, importance to audience | 5 | 4 | 3 | 2 | 1 | 0 |
|    c. Engaging, interesting | 5 | 4 | 3 | 2 | 1 | 0 |
|    d. Evaluation of instruction/feedback tools | 5 | 4 | 3 | 2 | 1 | 0 |
|    e. Appropriateness of instruction to targeted audience | 5 | 4 | 3 | 2 | 1 | 0 |
|    f. Lesson creativity and originality | 5 | 4 | 3 | 2 | 1 | 0 |
| **TOTAL POINTS** | **155 --------------------- 0** | | | | | |