



## HEALTH EDUCATION

---

- Purpose:** To encourage Health Science students to work as a team to plan and teach health-related concepts.
- Description of Event:** 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, slides, overhead transparencies, or any other form of media. Teams will provide instruction to a selected group of learners, and will have their instruction videotaped. For the competitive event, one set of judges will evaluate the video recording, and another set will judge the documentation notebook and an interview with team members.
- 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 category in which they are registered to compete (Secondary or Postsecondary/Collegiate).
  2. Team numbers and order of competition will be pre-assigned on a random basis.
  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 and development of related media tools must be the original work of team members.
  4. The team will determine a target audience for their lesson. The content and delivery of the lesson must be appropriate to the audience. The target audience (age or grade level) should be indicated on the notebook title page.
  5. The team will develop goals and objectives for the lesson, and a detailed lesson plan. The team will also develop an appropriate method of evaluating instruction.
  6. **NOTEBOOK:** Documentation of the lesson will be kept in an official HOSA 3-ring notebook from Awards Unlimited (NBK150). Each page will be counted, and 2-sided pages will be counted as 2 pages. Pockets with multiple pages are not allowed. Page protectors and dividers are permitted but lamination is not permitted. The notebook will contain the following sections:
    - A. **Title Page** – Title of lesson, age or grade level of target audience, team members, chapter, school address and state. One page only.
    - B. **Lesson Plan** – This section contains a maximum of 3 pages describing the goal and plan for instruction.
    - C. **Backup/Supportive Information** – A maximum of 10 pages of data and information about the selected topic.
    - D. **Written Presentation Materials** – A maximum of 20 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.

- E. **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.
  - F. **(HOSA’s Copy Only) DVD/Notebook Release Form** – One page with original signatures, attached as the last page of HOSA’s plain-paper copy of the notebook.
7. Competitors will bring a plain-paper **copy** of the notebook contents and a DVD to be kept by National HOSA to the event orientation.
- A. HOSA’s copy of the notebook should be a black & white or color photocopy on white 8 ½ x 11” paper that is stapled on the top left corner. It should NOT be hole-punched, placed in page protectors, or included in a notebook. This plain paper copy is for National HOSA’s use.
  - B. A release form (pg 8 of these guidelines) MUST be signed by the competitors and attached to HOSA’s copy of the notebook. The release form must be stapled to the last page of HOSA’s copy of the notebook and must include original signatures.
  - C. HOSA’s copy of the DVD with a one-page written outline of the presentation, and notebook, must be turned in during the event orientation.
  - D. Teams will keep the original video and do NOT need to bring it to the conference. This video is for the chapter to keep. HOSA will collect ONE DVD at the orientation for judging and will NOT return that video or DVD to the team.
  - E. The original notebook will be used during judging and will be returned to the team after the competition. (At the National level, the notebook may be returned at the Showcase.)
  - F. The DVD must be in minus R format and must be a DVD and NOT CD RW disk. It is the team’s responsibility to assure that the DVD will play on a standard DVD player or computer.
8. The maximum length of the lesson (instruction) will be forty (40) minutes. There is no limit to the number of times the lesson can be presented, however, only one of the presentations must be recorded on a DVD for this event. The video must run from the start of the lesson to the conclusion. The DVD must run the entire length of the presentation with no stopping and restarting. The video must include the natural sounds of the presentation and audience, and may not be enhanced or edited in any way. The video should show the team members and the audience.
9. DVDs and notebooks will be labeled with the name of the school, lesson topic, and team members. DVDs will be collected during the event orientation. A one-page written outline of the presentation must be included with the DVD.
10. The competition will involve two groups of judges:
- |    |                                    |                |                |
|----|------------------------------------|----------------|----------------|
| A. | Review of lesson DVD               | 10 -15 minutes | Group A Judges |
| B. | Explanation of project and process | } 12 minutes   | Group B Judges |
| C. | Notebook                           |                |                |

11. Notebooks will be retained after the interview for judging (4 minutes) and then will be returned to the team.
12. The DVD will be reviewed by the Group A judges. Group A judges will view the beginning of the lesson, then fast-forward through the presentation, randomly stopping to watch portions of the presentation and evaluating the video based on the rating sheet criteria. Judges will rate independently, and multiple DVD players or computers may be used.
13. Teams will bring their original notebook and, if needed, presentation notes written on index cards to their interview with the Group B judges at the appointed time. (Props, costumes and other items are not permitted.) They will be allowed a maximum of five (5) minutes to explain their project. They may use the contents of their notebook and their notecards as they explain the project and process. An additional three (3) minutes will be allowed for the judges to ask questions of team members. All team members must participate in both the explanation and questioning phase.

#### **Explanation of Project and Process (5 minutes)**

- Team members will explain the goal of their instructional topic, instructional planning process, and, why they did what they did.
- Team members will share the value of their lesson/topic to the chosen audience.
- Team members will explain the role that each team member played in the preparation and delivery of the lesson.
- Team members will talk about the techniques they used to determine the effectiveness/impact of their instruction.

#### **Judge Questions (3 minutes)**

- Team members will answer the judges' questions about their topic and presentation.

#### **Notebook Evaluation/Scoring (4 minutes)**

- Competitors will be excused, and the judges will complete the rating sheet for the interview and notebook.

14. During the team Explanation of Project and Process, the timekeeper will present a flash card advising the competitors of the time remaining at one (1) minute. The timekeeper will stop the presentation after five (5) minutes. During the judge questions, the timekeeper will present a flash card advising the competitors of the time remaining at one (1) minute. The timekeeper will stop the presentation after three (3) minutes.
15. In the event of a tie, a tiebreaker will be determined by the areas on the Interview/Notebook rating sheet section(s) with the highest point value in descending order.
16. Competitors in this event at the National Leadership Conference are expected to participate in the HOSA Showcase. Teams display their original notebook and share their event experiences with convention delegates.
17. Competitors must be familiar with and adhere to the **“General Rules and Regulations of the National HOSA Competitive Events Program.”**

**Required Personnel (Per Section):**

1. One Event Manager (Per Level)
2. Two Section Leaders per section
3. Two (2) – six (6) judges per section, divided into two groups. (Judges with experience in health education preferred.)
4. Two Courtesy Corps members per section
5. One time-keeper per section (if necessary)

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

1. Two rooms per section, one with a table and chairs for judges and team members, and the second room with DVD players or laptop computers for viewing DVDs.
2. Table and chairs for event personnel.
3. Pencils for judges
4. Stopwatch
5. 3 sheets of stickers with team numbers for HOSA's copy of the notebook, DVD and outline
6. Time cards with one (1) minute and stop.
- \*\*\* 7. Notebook in official HOSA 3-ring binder to be used during the judge interview
- \*\*\* 8. Notes written on index cards (optional) for use during the judge interview.
- \*\*\* 9. DVD of presentation and plain paper copy of notebook to be collected a at the event orientation
- \*\*\* 10. One-page written outline of taped presentation, submitted at the event orientation
11. Large envelopes (one per team) for holding DVDs and written documentation.

**Presentation Outline**

Teams will prepare and submit a one-page outline of their taped presentation along with their DVD using the sample format below. The purpose of the outline is to help the judges navigate through the video. The outline will not be judged, however, failure to provide the outline will result in a loss of points on the DVD rating sheet. Include the HOSA chapter, team members, and topic at the top of the outline page.

**Handwashing – 2<sup>nd</sup> Grade**

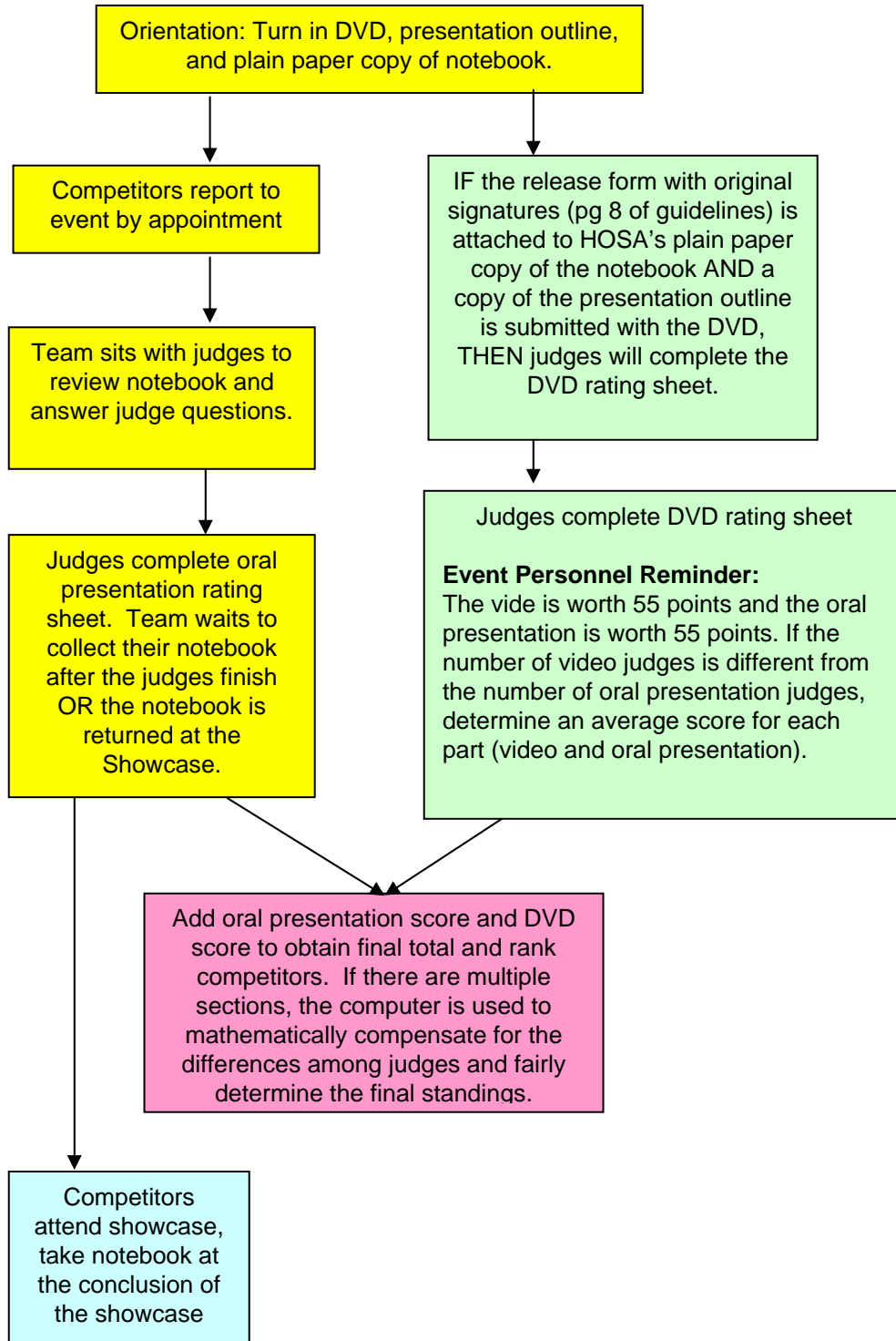
- :00 - :05 Introduction of presentation
- :05 - :10 Power Point presentation by all 4 team members
- :10 - :15 Teaching demonstration of proper handwashing
- :15 - :25 All students practice handwashing with supervision
- :25 - :32 All students used GloGerm and put their hands under the special light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

**Note to competitors:** The DVD and written materials turned in during the event orientation at the National Leadership Conference **WILL NOT** be returned to the competitor.

CHECK WITH YOUR STATE ADVISOR to determine the process used for state competition. You may be asked to make extra copies of your DVD and written materials if you qualify for national competition.

Teams are encouraged to retain all original documents and videos, and submit copies for state and national competition. At each level of competition, you must follow the guidelines and turn in the materials indicated at the event orientation. They will NOT be mailed from State to National competition.

## Event Flow Chart



## HEALTH EDUCATION *A Judges – DVD*

Section # \_\_\_\_\_

Level \_\_\_\_\_ SS \_\_\_\_\_ PS/Collegiate

Team # \_\_\_\_\_

Judge's Signature \_\_\_\_\_

Items Evaluated	Points Possible					Points Allocated
	Superior	Excellent	Good	Fair	Poor	
<b>Video (DVD)</b>						
1. <b>Opening and Closing</b> of the lesson	5	4	3	2	1	
2. <b>Transition</b> (from one part of the presentation to the next)	5	4	3	2	1	
3. <b>Effectiveness of instruction</b> (audience response)	10	8	6	4	2	
4. <b>Use/quality of</b> presentation tools	5	4	3	2	1	
5. <b>Creativity of instructional presentation</b>	10	8	6	4	2	
6. <b>Impact/quality of instructional content</b>	5	4	3	2	1	
7. <b>Organization, delivery and quality of oral presentation. (presenters)</b>	10	8	6	4	2	
8. <b>Correctly followed guidelines</b> for video presentation <ul style="list-style-type: none"> <li>• Maximum length 40 minutes</li> <li>• No starting or stopping</li> <li>• No edits</li> <li>• Properly labeled</li> <li>• Turned in at orientation</li> <li>• DVD in minus R format</li> <li>• Included a one-page timed outline</li> </ul>	5					
<b>TOTAL POINTS</b>	55	40	30	20	10	

## HEALTH EDUCATION *B Judges - Interview/Notebook*

Section # \_\_\_\_\_

Level \_\_\_\_\_ SS \_\_\_\_\_ PS/Collegiate

Team # \_\_\_\_\_

Judge's Signature \_\_\_\_\_

Items Evaluated	Points Possible					Points Allocated
	Superior	Excellent	Good	Fair	Poor	
<b>Explanation of Project and Process</b>						
1. Clarity/logic of instructional plan	5	4	3	2	1	
2. Value/usefulness of instruction to targeted audience	5	4	3	2	1	
3. Evidence of teamwork	5	4	3	2	1	
4. Evaluation of instruction	5	4	3	2	1	
5. Answers to Judges' questions	10	8	6	4	2	
<b>Notebook – Quality of:</b>						
6. Lesson Plan	5	4	3	2	1	
7. Backup/supportive information	5	4	3	2	1	
8. Written presentation materials	5	4	3	2	1	
9. Feedback tools	5	4	3	2	1	
10. Correctly followed guidelines for notebook content and presentation <ul style="list-style-type: none"> <li>• Official HOSA 3-ring notebook</li> <li>• Sections correctly labeled, correct number of pages</li> <li>• No pockets with multiple pages</li> <li>• Turned in plain paper copy of notebook at orientation following format indicated in guidelines</li> <li>• Identified target audience (age or grade level) on notebook title page.</li> <li>• HOSA's copy of notebook includes completed release form with original signatures</li> </ul>	5					
<b>TOTAL POINTS</b>	55	40	30	20	10	

# HOSA DVD/NOTEBOOK RELEASE FORM

## Health Education

Please complete this form and include it with HOSA's copy of the notebook. No videotapes will be reviewed without this information. Only one form per team, and use **only minus R DVD**. **No faxed permission forms will be accepted.**

Type or print clearly.

### Personal Information for Competitors

Name: \_\_\_\_\_

Address : \_\_\_\_\_

Telephone number : \_\_\_\_\_

Current grade/year in school: \_\_\_\_\_ E-mail address: \_\_\_\_\_

Name: \_\_\_\_\_

Address : \_\_\_\_\_

Telephone number : \_\_\_\_\_

Current grade/year in school: \_\_\_\_\_ E-mail address: \_\_\_\_\_

Name: \_\_\_\_\_

Address : \_\_\_\_\_

Telephone number : \_\_\_\_\_

Current grade/year in school: \_\_\_\_\_ E-mail address: \_\_\_\_\_

Name: \_\_\_\_\_

Address : \_\_\_\_\_

Telephone number : \_\_\_\_\_

Current grade/year in school: \_\_\_\_\_ E-mail address: \_\_\_\_\_

### Permission for Use of Video and Notebook

We understand the video made for entry in this event may be viewed by anyone associated with the event and will be stored indefinitely in HOSA's files, and that portions of the videotape and/or notebook may be used by HOSA to promote HOSA's role in preparing students for health careers.

Competitors' Signatures (Parent if competitor is under age 18.)

Date

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

### **Clarification Statement:**

HOSA will NOT use the identifiable image of any persons in the video, other than the HOSA members who participated in this event, beyond the judging of this event.