



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.
- 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 2 pages describing the goal and plan for instruction.
 - C. **Backup/Supportive Information** – A maximum of 4 pages of data and information about the selected topic.
 - D. **Presentation 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. **Written Presentation 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. **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.
7. Competitors will bring a plain-paper **copy** of the notebook contents 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. 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.)
8. Notebooks will be labeled with the name of the school, lesson topic, and team members.
9. For the event, teams will bring their original notebook and, if needed, presentation notes written on index cards to their interview with the judges at the appointed time. (Props, costumes and other items are not permitted.) They will be allowed a maximum of six (6) minutes to explain their project. They may use the contents of their notebook and their notecards as they explain the project and process.

Explanation of Project and Process (6 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 describe the actual lesson using the presentation outline, including the use of presentation tools/media.
- 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.

Notebook Evaluation/Scoring (4 minutes)

- Competitors will be excused, and the judges will complete the rating sheet for the interview and notebook.
10. 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 six (6) minutes.
11. 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.

12. 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.
13. 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) – four (4) judges per section. (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. One room per section, with a table and chairs for judges and team members.
2. Table and chairs for event personnel.
3. Pencils for judges
4. Stopwatch
5. 1 sheet of stickers with team numbers for HOSA’s copy of the notebook
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.

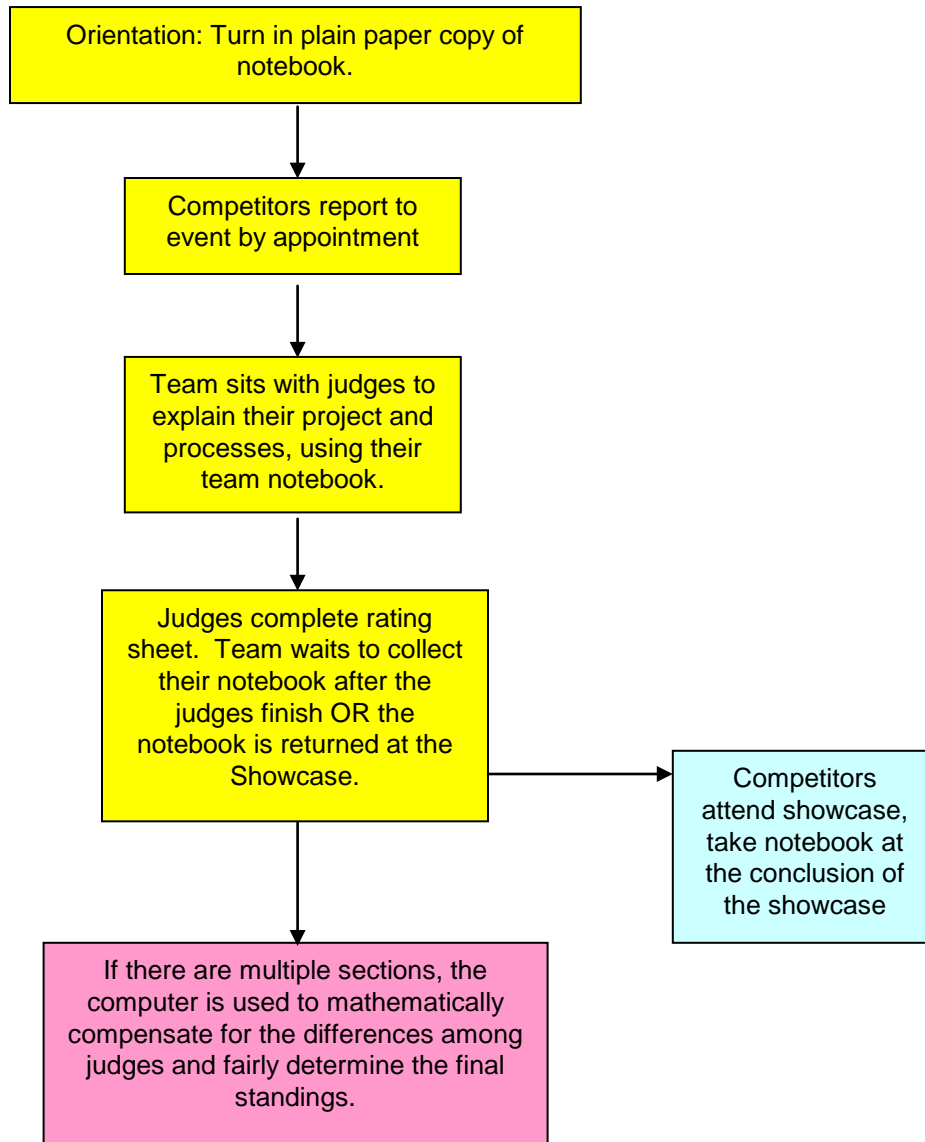
Presentation Outline

Teams will include an outline (maximum of 4 pages) of their lesson as part D of their notebook, 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



HEALTH EDUCATION JUDGES' RATING SHEET

Section # _____

Level _____ SS _____ PS/Collegiate

Team # _____

Judge's Signature _____

Items Evaluated	Points Possible					Points Allocated
	Superior	Excellent	Good	Fair	Poor	
Explanation of Project and Process						
1. Clarity/logic of instructional plan	10	8	6	4	2	
2. Value/usefulness of instruction to targeted audience	10	8	6	4	2	
3. Evidence of teamwork	5	4	3	2	1	
4. Evaluation of instruction	10	8	6	4	2	
5. Quality of the lesson (meaningful, engaging, relevant)	15	12	9	6	3	
6. Creativity	10	8	6	4	2	
Presentation Outline:						
7. Clearly shows key elements and timing of the presentation	10	8	6	4	2	
8. Opening/close and organization	5	4	3	2	1	
Notebook – Quality of:						
9. Lesson Plan	5	4	3	2	1	
10. Backup/supportive information	5	4	3	2	1	
11. Written presentation materials	5	4	3	2	1	
12. Feedback tools	5	4	3	2	1	
13. Correctly followed guidelines for notebook content and presentation <ul style="list-style-type: none"> • Official HOSA 3-ring notebook • Sections correctly labeled, correct number of pages • No pockets with multiple pages • Turned in plain paper copy of notebook at orientation following format indicated in guidelines • Identified target audience (age or grade level) on notebook title page. 	5					
TOTAL POINTS	100	76	57	38	19	