

# Healthy Lifestyle

## ***New for 2019-2020***

Competitors are no longer required to show event guidelines at ILC. Portfolio must now include a reference page and be uploaded to Tallo (Tallo only required for SS/PSC divisions). Time remaining announcements have been added to the test. Editorial updates and clarifications have been made to guidelines. The event rubric has been updated to a new format. Scholarship information has been added to the guidelines.

**Purpose** Healthy living reduces the cost of healthcare. Health professionals who practice a healthy lifestyle can be positive role models for their patients and more credible as health experts. For many health professionals, health promotion is a part of their job description. The purpose of this event is to provide the HOSA member with an opportunity to learn healthy living concepts and apply their learning to a personal healthy lifestyle goal.

**Description** This event will consist of two rounds of competition. Round One will be a written, multiple choice test that will assess content knowledge of health literacy topics such as the physical benefit of exercise, healthy eating, and avoiding risky behaviors. Written test will measure knowledge and understanding at the recall, application or analysis levels. Higher-order thinking skills will be incorporated as appropriate. The test score from Round One will be used to qualify the competitor for Round Two, and will be used as part of the final score. Round Two will include a judge interview.

In addition, each competitor will focus on one personal goal and document his or her efforts in a personalized Healthy Lifestyle portfolio. The time period will begin on or after September 1<sup>st</sup> of the competition year, and will conclude at the specific conference at which the event is held. (ILC competitors may continue to pursue their goal and add to their portfolio until the first day of the ILC.)

**Dress Code** Competitors shall wear proper business attire or official HOSA uniform, during the orientation, written test, and judge interview. Bonus points will be awarded for [proper dress](#).

- Rules**
1. Competitors in this event must be active members of HOSA-Future Health Professionals, in good standing in the division in which they are registered to compete (Middle School, Secondary, or Post-Secondary).
  2. Competitors must be familiar with and adhere to the [“General Rules and Regulations of the HOSA Competitive Events Program \(GRR\).”](#)
  3. The test will consist of 50 multiple choice items. The test score from Round One will be used to qualify the competitor for the Round Two interview. The test score will then be added to the interview score to determine final results.

**Round One: Written Test Plan**

Health-Related Quality of Life & Well-Being.....	10%
Prevention and Wellness .....	10%
Physical activity, exercise and fitness .....	20%
Healthy eating and optimal weight.....	20%
Oral health .....	5%
Sleep.....	5%

Disease prevention .....	10%
• Diabetes	
• Cancer	
• Heart disease	
• Stroke	
• STDs	
Risky behaviors .....	10%
• Excessive alcohol use	
• Smoking and tobacco use	
• Injury and accident prevention	
Stress management and longevity .....	10%

NOTE: States/regions may use a different process for testing, to include but not limited to pre-conference testing, online testing, and testing at a computer. Check with your Area/Region/State for the process you will be using.

4. All official references are used in the development of the written test:
  - a. US Department of Health and Human Services (2015). Prevention & wellness. Retrieved from <http://www.hhs.gov/programs/prevention-and-wellness/index.html>
  - b. Centers for Disease Control and Prevention (2017). Healthy living. Retrieved from <http://www.cdc.gov/HealthyLiving/>
  - c. ChooseMyPlate.gov (n.d.). Choose my plate. Retrieved from <http://www.choosemyplate.gov/>
  - d. HealthyPeople.gov (2017). Adolescent health. Retrieved from <https://www.healthypeople.gov/2020/topics-objectives/topic/Adolescent-Health>
  - e. HealthyPeople.gov (2017). Healthy people 2020. Retrieved from <https://www.healthypeople.gov/>

*\*As a place to start, competitors are encouraged to learn about how to set SMART goals from the following sites. Other sites may also be used, at the discretion of the competitor, for their own understanding of how to set effective SMART goals.*

- f. Esposito, E. (2015). The essential guide to writing smart goals, Retrieved from <https://www.smartsheet.com/blog/essential-guide-writing-smart-goals>
  - g. DecisionSkills (2014). SMART goals- quick overview. Retrieved from <https://www.youtube.com/watch?v=1-SvuFIQjK8>
5. All competitors shall report to the site of the event orientation at the time designated. The Round One test will immediately follow the orientation. **No proxies will be allowed for the orientation.** At ILC, [photo ID](#) must be presented prior to competing in each round.
6. [Test Instructions](#): The competitors will be given instructions and will be notified to start the test. There will be a maximum of 60 minutes to complete the test. Competitors should leave the testing site promptly after submitting all testing materials and evaluations.
7. **TIME REMAINING ANNOUNCEMENTS:** There will be a verbal announcement when there are 30 minutes, 15 minutes, 5 minutes, and 1 minute remaining to complete the test.
8. A Healthy Lifestyle Portfolio will be developed. The portfolio will document the individual competitor's specific goal and efforts to practice a healthier lifestyle

through exercise, nutrition, and/or avoiding risky behaviors. In Round Two, the competitor will be judged on the progress made toward achieving his/her goal and in living a healthier lifestyle.

9. Competitors in this event are **encouraged to see a licensed health provider before beginning this event** to obtain baseline data and discuss his/her goals for improving personal health. Documentation of medical care and progress (lab work, results of medical tests, etc.) may be included in the competitor's Healthy Lifestyle Portfolio at the discretion of the competitor and their parents and/or legal guardian, if the competitor is under the age of 18. Competitors may block out personal information such as SSN, insurance number, address, etc....
10. **PERSONAL HEALTHY LIFESTYLE GOAL**
  - a. The goal for this event should be related to the individual's personal health within *any* dimension of wellness. This is a personal choice and should be something that moves the competitor toward a healthier lifestyle.
  - b. In setting a goal, the competitor must first analyze his/her current health status, and should consult with a licensed health practitioner as part of the goal-setting process.
  - c. The goal should follow the SMART formula (see resources on pg.2 for assistance- Specific, Measurable, Attainable, Realistic, Timely)
  - d. The goal should focus the competitor's efforts to practice a healthier lifestyle through building or maintaining healthy behaviors, **and/or** avoiding risky behaviors. (The competitor can select any area of healthy living.)
  - e. If the competitor advances from one level of competition to the next (for example, state to international level) the goal will not change, but the competitor should continue to work on his/her goal and update the Healthy Lifestyle portfolio as desired.
  - f. Examples of goals can be found on page 7 of these guidelines.
11. **HEALTHY LIFESTYLE PORTFOLIO**
  - a. The portfolio contains documentation of the competitor's efforts to achieve his/her goal(s). The only rules or restrictions for the portfolio, include:
    1. The first three pages will be the title page and completed Healthy Lifestyle Assessment found on pages 8-9 in these guidelines.
    2. Title page must include the event name, competitor's name & age, HOSA chapter and division, school name, state, and specific healthy lifestyle goal.
    3. Healthy Lifestyle Assessment must be included.
    4. Parental permission form must be signed (if applicable).
    5. Sheet protectors, lamination and page dividers may NOT be used.
    6. The number of pages, use of photos, etc., is totally up to the competitor, but all pages must be numbered in lower right corner.
    7. The portfolio for this event must be submitted in English for judging.
    8. The portfolio must be contained in an official HOSA portfolio or notebook from [Awards Unlimited](#) (NBK150, NBK 250, or PBK2002). For the 2019 - 2020 membership year portfolios and notebooks with the old or new HOSA logo will both be accepted.
    9. A Reference page must be prepared, for any materials used during this process, and uploaded to Tallo. One page only. *Points will be awarded for compiling a clean, legible reference page, but the formatting of the reference page is not judged.* **\*Note – only Secondary and Post-Secondary / Collegiate Divisions are required to use Tallo. Middle School division is not required to follow the Tallo upload requirements.**

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/healthyouth/healthservices/index.htm>.

- b. The *entire* portfolio is NOT JUDGED. Rather, the competitor's achievements are judged, and the portfolio provides the competitor with a visual aid and proof of his/her accomplishments during the interview with the judges.
  - c. The more substantive the documentation, the easier it will be for the judges to evaluate progress towards the goal. Documentation may include data from reputable sources, photos, letters from professionals, etc.
  - d. There are no specific rules or restrictions for the portfolio, with the exception of rule 11a. The number of pages, use of photos, data, etc.... is totally up to the competitor.
12. In addition to the Healthy Lifestyle portfolio described above, competitors 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 white paper copies will be HOSA's copies of the portfolio and will NOT be returned to the competitors. These copies will be used by the judges and will NOT be published or released.
13. Competitors who fail to bring their portfolio copies to the event will be penalized on the rating sheet.
14. **ROUND TWO:** Round Two will consist of a four (4) minute presentation with judges followed by two (2) minutes to respond to judge questions. 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.
- a. **INTRODUCTION:** The competitor will be introduced to the judge(s) and seated at a conference table with the judges.
  - b. **EXPLANATION:** The competitor will have four (4) minutes to explain his/her personal healthy living goal and show/demonstrate/discuss his/her progress toward achieving the goal. The competitor will use the portfolio during the interview as a visual aid and evidence of his/her achievements.
  - c. A time card will be held up with one-minute remaining during the explanation and again with one-minute remaining during the judge questions. The timekeeper will call time at the end of each phase of the interview.
  - d. **JUDGE QUESTIONS:** Time will be called at four minutes and the Section Leader will announce to the judges that they have up to two (2) minutes to ask questions of the competitor. The following sample questions, or similar questions, may be asked:

- What was the greatest challenge you faced in achieving your goal?
  - Did you ever think about giving up? Why didn't you?
  - What surprised you the most about this entire process?
  - If you could start this process all over again, what would you do differently?
  - What will you take from this experience to use in your future profession?
- e. **CONCLUSION:** Immediately following the interview, 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 two (2) 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. The copies become the property of HOSA-Future Health Professionals.
15. In case of a tie, the highest test score will be used to determine the rank.
16. HOSA offers numerous scholarships every year to its members interested in pursuing a variety of health careers. As you consider participating in this competitive event, please keep in mind there may be a HOSA Scholarship offered that fits your interests! For more information on the HOSA Scholarship program, please visit <http://www.hosa.org/scholarships>.

### Uploading to Tallo

\*Note – only Secondary and Post-Secondary / Collegiate Divisions are required to use Tallo. Middle School division is not required to follow the Tallo upload requirements.

Each competitor must create a profile on Tallo, an online platform that showcases talent and skills and brings students, colleges, companies, and possibilities together. Competitors will create their online profile by visiting – <https://hello.tallo.com/hosa>.

Uploading your materials to Tallo is a requirement for most states and for ILC. Failing to upload the required materials will result in significant point loss at competition. Check the event rating sheet for details on how points are awarded.

- a) The main purpose for the partnership with Tallo 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 Tallo, CANNOT access this information without explicit member permission.
- b) Every competitor must create a profile and upload a .pdf of their portfolio, including reference page, to the **Healthy Lifestyle** competitive event opportunity on Tallo. **Detailed instructions** for doing this are in “step g” below and also available at <http://www.hosa.org/tallo> as both a .pdf handout and web tutorial video.
- c) The size limit for any files uploaded to Tallo 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 Tallo is being used at the state level. If so, competitors should find out the deadlines for any regional or state conferences. State Advisor Contact information can be found here - <http://hosa.org/associations>
  - 2. The .pdf of the portfolio must be uploaded prior to the state published deadlines.

3. States will verify the material 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 Tallo by midnight PST May 15, 2020.
  2. HOSA-Future Health Professionals will verify the material 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 portfolio between conferences. IF such content changes are made, competitors should replace their original upload on Tallo with the most current version.
  3. The .pdf of the portfolio that is in Tallo on May 15, 2020 is considered final and may be used for judging at ILC 2020.
- g) Tallo Instructions
1. Join Tallo-
    - a. Go to <http://www.hosa.org/tallo>.
    - b. Click the “Create Your Profile” button and create your account.
    - c. Add HOSA to your profile-
      - i. Click the blue “Profile” tab at the top left of the screen.
      - ii. Click the blue “Edit Profile” button at the top right of the screen (underneath the account dropdown menu).
      - iii. Select “Associations” from the bar on the left side of the screen.
      - iv. Type in “HOSA-Future Health Professionals” and select from the dropdown menu.
  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, 2020) to change any content and re-upload your submissions. The material in Tallo as of May 15, 2020 is considered final for ILC.
    - d. To edit your submission-
      - i. Click the dropdown menu on the top right of your screen in Tallo.
      - ii. Click “My Opportunities” and select your event.
      - iii. Follow the instructions for editing your submission.

**Competitors Must Provide:**

- Uploaded .pdf of portfolio, including Reference page, to Tallo by published deadline (SS and PSC divisions only)
- #2 lead pencil with eraser
- Healthy Lifestyle portfolio or notebook ([Awards Unlimited](#) NBK150, NBK 250, or PBK2002)
- Two (2) plain paper copies of the portfolio contents to be turned in before the interview with judges.
- Watch with second hand (optional-Round Two only)
- Index cards or electronic notecards (optional)
- [Photo ID](#)

**FOR SPECIFICS ON EVENT MANAGEMENT SEE [MANAGING COMPETITIVE EVENTS](#)****Required Personnel**

- One Event Manager
- One Judge Manager (JM) 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 - three judges for each section in Round Two
- Proctors for testing- Approximately one proctor for 20 competitors
- One-two event assistants per section
- Timekeeper, one per section

**Facilities, Equipment and Materials (Per Section)****Round One Written Test** (Reference: All resources)

- Testing room with tables/chairs for the number of registered competitors (see [HOSA Room Set](#))
- List of competitors for check-in
- One pre-numbered test per competitor
- Scantron/answer forms- one copy per competitor
- Evaluation forms- competitor and event personnel
- #2 lead pencils with eraser to complete evaluations (event personnel)

**Round Two: Judge Interview**

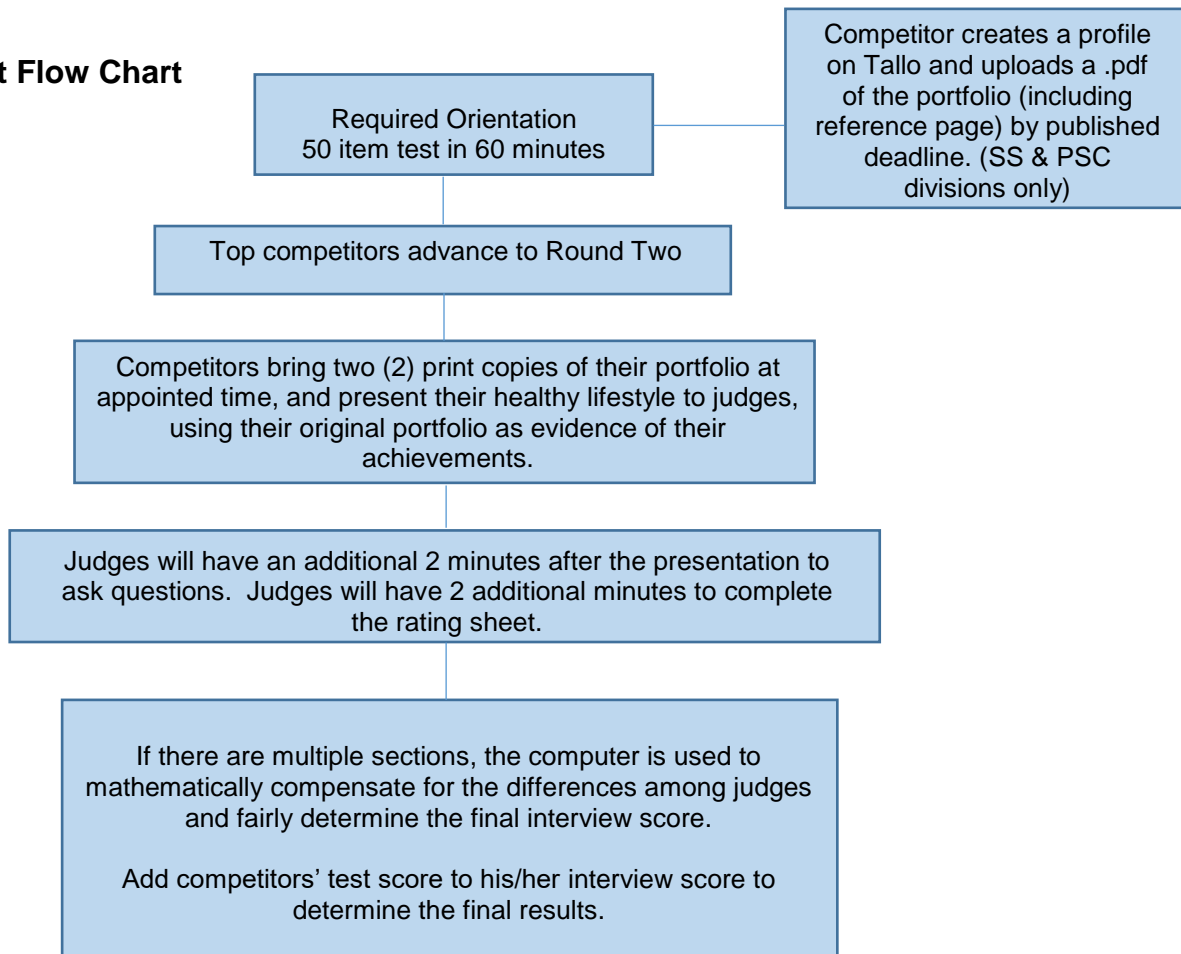
- Interview room, conference style, for each Round Two section (see [HOSA Room Set](#))
- List of competitors for check-in
- List of competitors who have uploaded materials to Tallo by deadline
- Rating sheets – one per judge per competitor
- #2 lead pencils (judges & evaluations)
- Flash card for 1-minute remaining
- Stopwatch(s)
- Evaluation forms-competitor, judge, event personnel
- Copy of guidelines for judges
- Hand sanitizer (alcohol based handrub)
- Expandable file folder or box (to collect portfolio copies)



## Sample Round One Test Questions

1. Regular intense physical activity by adults can decrease the risk of developing a hip fracture because such activity:
  - A. increases joint range of motion.
  - B. slows the loss of bone density.
  - C. builds connective tissue support around the joints.
  - D. decreases the amount of fat that is putting pressure on the hip joint.
  
2. The leading cause of premature and preventable death in the United States is \_\_\_\_\_.
  - A. tobacco use
  - B. binge drinking
  - C. choking (airway obstruction)
  - D. accidents
  
3. Which of the following does the *Dietary Guidelines for Americans* recommend that should be eaten twice a week as a main protein food?
  - A. cheese
  - B. beans
  - C. seafood
  - D. yogurt

## Event Flow Chart





# HEALTHY LIFESTYLE GOAL

## *PURPOSE AND EXAMPLES*

Every day, health professionals encourage patients to live a healthier lifestyle in an effort to improve their medical condition and quality of life. In order to be successful practitioners, health providers must know what to ask of patients, and how to encourage patients to change their behavior.

For most people, behavior change is not easy. Setting a challenging goal and achieving it is often harder than it looks - and requires time, effort and commitment.

Take a moment to review the purpose of this event. The goal is not to tell you how to think, feel or behave, but rather to help improve your understanding of how a healthy lifestyle affects individual health, **AND**, to let you experience the challenge of improving your own personal health.

Ultimately, your personal goal should be something you truly wish to achieve, and should be challenging yet attainable. Do you want to change a little, or a lot? Should you focus on exercise? Your nutrition? Will your goal really lead to improved physical health? How will you empirically and objectively measure your progress and accomplishments? Competitors in this event are **encouraged to see a licensed health provider before beginning this event** to obtain baseline data and discuss his/her goals for improving personal health. HOSA does not encourage any HOSA member getting involved with a fad diet, exercise program, or other program that is not under the direction of a licensed healthcare provider. These practices can be dangerous to a person's health and are not the intent of this event.

The following list of sample healthy lifestyle goals is provided to get you started. Be sure that the goal you write for yourself is specific and personalized to fit your individual needs.

### **Sample SMART goals:**

- ★ I will increase my daily hydration to 64 oz. of water by the end of the spring semester. I will do this by bringing a 20 oz. water bottle with me everywhere and filling it up every morning, noon, and early evening. I will use a calendar to help me track my consumption.
- ★ By June 15<sup>th</sup>, I will be able to run one mile in under 8:00 minutes. I will do this by running after school with music that will help me pace my run five days a week, beginning with a 20-minute one-mile run, and reducing my time by at least 15 seconds every two weeks. I will track my progress in a fitness log.
- ★ I will reduce the number of stress headaches I get from one daily, to one bimonthly, by taking 10 minutes during each day to meditate. By May 15<sup>th</sup>, I will find and use soothing music or YouTube meditation videos to sit still in a corner of my room for 10 minutes each morning and focus on letting go of everything that is causing me pain. I will keep a pain diary to help me reach my goal.

# HEALTHY LIFESTYLE Assessment

Complete this assessment when you begin this event (start date) and within two (2) weeks (final column) of the conference day at which this portfolio will be presented. This assessment is designed for self-understanding and is not scored by the judges. Competitors may choose to leave areas blank without risk of point deduction.

Name \_\_\_\_\_ Date \_\_\_\_\_  
 HOSA Chapter \_\_\_\_\_ State \_\_\_\_\_  
 Birth date \_\_\_\_\_ Gender \_\_\_\_\_ Height \_\_\_\_\_

Personal Health Information	On Start Date	Final
Blood pressure		
Weight		
BMI		

Why did you decide to participate in this event? \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_

Personal Assessment					Points	
<i>For each statement given, identify the most accurate answer and write the points (in parentheses) in the corresponding column on the right.</i>					On Start Date	Final
1. On average, how many minutes of aerobic exercise do you get each day?	None (0)	Less than 30 minutes (1)	30 – 60 minutes (3)	Greater than 60 minutes (5)		
2. How often do you do weight training for at least 20 minutes?	Never (0)	2 or 3 times a month (1)	Once a week (2)	Twice or more each week (3)		
3. Compared to most of your friends, how physically active are you?	Less (0)	About the same (1)	More active (3)			
4. Do you stretch or warm up before you work out?	Never (0)	Sometimes (1)	Usually (2)	Always (3)		
5. Do you participate in any organized sport (school or recreational) or physical activity (dance, etc.)?	No (0)	Yes (2)				
6. How often do you eat breakfast?	Never (0)	Rarely (1)	Most days (2)	Always (3)		
7. When you have a choice, do you choose:	Whole milk (0)	2% milk (1)	½% milk (2)	Non-fat or no animal milk (3)		
8. When you have a choice, do you choose:	A bagel (0)	White bread (1)	Multi-grain bread (2)	Wheat bread (3)		

<b>Personal Assessment</b>					<b>Points</b>	
<i>For each statement given, identify the most accurate answer and write the points (in parentheses) in the corresponding column.</i>					<b>On Start Date</b>	<b>Final</b>
9. On average, how many servings of fruit do you eat each day?	None (0)	One (1)	Two (2)	Three or more (3)		
10. On average, how many servings of vegetables do you eat each day?	None (0)	1-2 (1)	3-4 (2)	5 or more (3)		
11. In an average week, how often do you eat fast food?	7 or more times (0)	4 – 6 times (1)	2-3 times (2)	Once or less (4)		
12. How often do you drink soft drinks?	At least 3 times a day (0)	Daily (1)	Every other day (2)	Rarely (3)		
13. How much water do you drink each day?	None (1)	One glass (1)	2-3 glasses (2)	4 or more glasses (3)		
14. How often do you smoke?	Daily (0)	Rarely (1)	Never (5)			
15. How many hours of sleep do you get on school nights?	Less than 6 (0)	6 hours (1)	7 hours (2)	8 or more hours (4)		
16. On an average day, how stressed are you?	Extremely (0)	Moderately (1)	Slightly (3)	I'm not "stressed" (5)		
17. How would you describe your friends?	What friends? (0)	Depends on the day (1)	Somewhat supportive (2)	Very supportive (3)		
18. How many clubs and organized groups do you belong to at school and in your community?	None (0)	One (1)	Two (2)	Three or more (3)		
19. How do you feel about yourself?	I don't like myself (0)	I need to make some changes (2)	I like myself (3)			
20. How many hours per day, on average, do you spend using entertainment media? (TV, computer, video games)	8 or more hours (0)	5-7 hours (1)	2-4 hours (2)	Less than 2 hours per day (4)		
21. Give yourself two (2) points for every true statement: <input type="checkbox"/> <input type="checkbox"/> I regularly go to bed before 11 pm. <input type="checkbox"/> <input type="checkbox"/> I rarely eat in front of the television or my electronic device. <input type="checkbox"/> <input type="checkbox"/> I avoid being out in the sun without sunscreen. <input type="checkbox"/> <input type="checkbox"/> I floss daily and brush my teeth at least three times a day. <input type="checkbox"/> <input type="checkbox"/> I try to eat foods that are high in fiber and low in fat.						
22. Subtract two (2) points for every true statement: <input type="checkbox"/> <input type="checkbox"/> I often take unnecessary risks. <input type="checkbox"/> <input type="checkbox"/> I suffer from frequent headaches or migraines. <input type="checkbox"/> <input type="checkbox"/> I eat when I'm depressed, angry, or under stress. <input type="checkbox"/> <input type="checkbox"/> I am more than 10 pounds overweight. <input type="checkbox"/> <input type="checkbox"/> I use a tanning bed.						
<b>TOTAL POINTS</b>						

# HEALTHY LIFESTYLE

## *Parent/Guardian/Advisor Permission*

This form **MUST** be included in the Healthy Lifestyle Portfolio for competitors who are age 17 or younger.

Competitor Name \_\_\_\_\_ Date of Birth \_\_\_\_\_

SMART Goal: \_\_\_\_\_

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

**Note to Parents/Advisors:** Please read these event guidelines carefully. Participation is voluntary. HOSA members should choose to participate in this event if it is consistent with their personal and career goals.

HOSA members who wish to enter this competition are asked to provide documentation of their personal health. This may include data from physician offices or other caregivers. It may also include information that can be considered highly personal or private. Competitors in this event are **encouraged to see a licensed health provider before beginning this event** to obtain baseline data and discuss his/her goal for improving personal health. HOSA does not encourage any HOSA member getting involved with a fad diet, exercise program, or other program that is not under the direction of a licensed healthcare provider. These practices can be dangerous to a person's health and are not the intent of this event.

Competitors and their parents should decide what information they wish to include in the Healthy Lifestyle portfolio. Competitors should **ONLY** include information they are comfortable sharing with event judges.

By signing this form, parents/guardians:

- Agree that you have read the event guidelines.
- Verify that all the information in this portfolio is accurate and used with your permission.

Parent (Guardian) Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Print Full Name and Address:

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

By signing this form, HOSA advisors:

- Agree that you have read the event guidelines.
- Verify that the submitted goal is realistic and based in sound research for this competitor.

Advisor Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Print Advisor Name, Chapter Name, School & State:

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

## HEALTHY LIFESTYLE – Judge’s Rating Sheet Round Two Interview

Competitor # \_\_\_\_\_ Judge’s Signature \_\_\_\_\_  
 Division: MS \_\_\_\_\_ SS \_\_\_\_\_ PS/C \_\_\_\_\_

A. Following Guidelines	Excellent	Good	Average	Fair	Poor	JUDGE SCORE
<p>No partial points are given in Section A.</p> <p>All NINE items MUST be completed to receive 30 points.</p> <p>If any portion is missing, Section A is scored a 0.</p> <p>For more information on the all/none points, please visit:  <a href="http://www.hosa.org/judge">http://www.hosa.org/judge</a></p>	<p><b>A. Points for following Guidelines:</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Title page includes event name, competitor’s name &amp; age, HOSA chapter and division, school name, state, and specific healthy lifestyle goal.</li> <li><input type="checkbox"/> Healthy Lifestyle Assessment included (may or may not be complete to award points)</li> <li><input type="checkbox"/> Parent/Advisor Permission included if age 17 and younger (points awarded if included or if not applicable)</li> <li><input type="checkbox"/> Official HOSA portfolio used</li> <li><input type="checkbox"/> Two (2) portfolio copies provided</li> <li><input type="checkbox"/> Sheet protectors, lamination, dividers are NOT used</li> <li><input type="checkbox"/> Submitted in English</li> <li><input type="checkbox"/> Portfolio uploaded to Tallo by published deadline (SS and PSC divisions only)</li> <li><input type="checkbox"/> Nothing except portfolio shown to judges</li> </ul> <p style="text-align: center;"><b>All or nothing:</b></p> <p style="text-align: center;"><b>30 points</b></p> <p style="text-align: center;"><b>or</b></p> <p style="text-align: center;"><b>0 points</b></p>					
B. Personal Healthy Lifestyle Goal	Excellent 10 points	Good 8 points	Average 6 points	Fair 4 points	Poor 2 points	JUDGE SCORE
1. <b>Goal follows SMART formula</b>	SMART goal is clearly defined with all five components: Specific, Measurable, Attainable, Realistic, and Timely	SMART goal has four of the five components present.	SMART goal has three of the five components present.	SMART goal has two of the five components present.	SMART goal was not developed or only had one of the five components present.	
2. <b>Goal is consistent with practicing a healthy lifestyle beyond HOSA competition</b>	The goal fully supports the inclusion of a healthy habit or the removal of an unhealthy one. The goal includes a reputable method, not a “fad diet”. The plan to maintain the goal past the HOSA competition is evident.	The goal includes the development of a healthy habit or the removal of an unhealthy one. A plan to maintain is not clearly defined.	The goal demonstrates practicing a healthy habit but may be unrealistic to maintain on a long-term basis.	There is minimal evidence or ability to demonstrate that the goal could be incorporated as a long-term healthy habit.	There is no demonstration of working towards a healthy lifestyle goal.	
3. <b>The goal is challenging but attainable.</b>	The competitor set a challenging goal and is working/has worked hard to achieve that goal.	N/A	The competitor set a goal and is working/has worked to achieve that goal, but the goal is not particularly challenging.	N/A	The competitor did not describe the goal they set or how they planned/are planning to achieve that goal.	

<b>B. Healthy Lifestyle Goal</b>	<b>Excellent 10 points</b>	<b>Good 8 points</b>	<b>Average 6 points</b>	<b>Fair 4 points</b>	<b>Poor 2 points</b>	<b>JUDGE SCORE</b>
<b>4. Competitor worked toward or maintain goal for a significant part of this last year.</b>	Documented evidence that the goal was maintained for 9 - 12 months of this past year.	Documented evidence that the goal was maintained for 6-9 months of this past year.	Documented evidence that the goal was maintained for 3-6 months of this previous year.	Documented evidence that the goal was maintained for 1-3 months of this previous year.	No documentation from this previous year was provided.	
<b>C. EVIDENCE</b>	<b>Excellent 10 points</b>	<b>Good 8 points</b>	<b>Average 6 points</b>	<b>Fair 4 points</b>	<b>Poor 2 points</b>	<b>JUDGE SCORE</b>
<b>1. Verbal explanation clearly describes the journey towards achieving the goal.</b>	The competitor speaks with confidence as they describe their journey toward achieving the healthy lifestyle goal. It is evident that they are motivated by the results of reaching their goal.	The competitor describes their journey towards achieving their healthy lifestyle goal. They speak with less conviction about reaching their goal.	The competitor slightly describes the journey towards achieving their healthy lifestyle goal. They are not very believable.	The competitor speaks about healthy lifestyles but is unable to connect to their personal goals.	The participant is not able to describe the journey toward achieving a healthy lifestyle.	
<b>2. Written evidence and documentation provides healthy proof of progress toward the goal.</b>	The competitor provides extensive written documentation that provides proof of progress towards meeting their healthy lifestyle goal.	The competitor provides written documentation of their journey towards reaching their healthy lifestyle goal.	The competitor provides a moderate amount of written documentation towards progress made towards their healthy lifestyle goal.	The participant provides minimal documentation towards progress made towards their healthy lifestyle goal.	The participant does not provide written documentation of progress made towards the goal.	
<b>3. Written evidence provides clear, measurable baseline data at the start of this process.</b>	Documentation is detailed, clearly defined and measurable from the beginning through the completion of this process.	Documentation is somewhat detailed and measurable throughout the project.	Data collected on this project is incomplete and inconsistent throughout this project.	Limited evidence of baseline data collected from this project is provided.	No written evidence of baseline data is provided.	
<b>D. INTERVIEW</b>	<b>Excellent 5 points</b>	<b>Good 4 points</b>	<b>Average 3 points</b>	<b>Fair 2 points</b>	<b>Poor 1 points</b>	<b>JUDGE SCORE</b>
<b>1. Voice</b> Pitch, tempo, volume, quality	The speaker's voice was loud enough to hear. The speaker varied rate & volume to enhance the speech. Appropriate pausing was employed.	The speaker spoke loudly and clearly enough to be understood. The speaker varied rate OR volume to enhance the speech. Pauses were attempted.	The speaker could be heard most of the time. The speaker attempted to use some variety in vocal quality, but not always successfully.	The Speaker's voice is low. Judges have difficulty hearing the presentation.	Judge had difficulty hearing and/or understanding much of the speech due to low volume. Little variety in rate or volume.	
<b>2. Stage Presence</b> Poise, posture, eye contact, and enthusiasm	Movements & gestures were purposeful and enhanced the delivery of the speech and did not distract. Body language reflects comfort interacting with audience. Facial expressions and body language consistently generated a strong interest and enthusiasm for the topic.	The speaker maintained adequate posture and non-distracting movement during the speech. Some gestures were used. Facial expressions and body language sometimes generated an interest and enthusiasm for the topic.	Stiff or unnatural use of nonverbal behaviors. Body language reflects some discomfort interacting with audience. Limited use of gestures to reinforce verbal message. Facial expressions and body language are used to try to generate enthusiasm but seem somewhat forced.	The speaker's posture, body language, and facial expressions indicated a lack of enthusiasm for the topic. Movements were distracting.	No attempt was made to use body movement or gestures to enhance the message. No interest or enthusiasm for the topic came through in presentation.	

<b>D. INTERVIEW</b>	<b>Excellent 5 points</b>	<b>Good 4 points</b>	<b>Average 3 points</b>	<b>Fair 2 points</b>	<b>Poor 1 points</b>	<b>JUDGE SCORE</b>
<b>3. Diction*, Pronunciation** and Grammar</b>	Delivery emphasizes and enhances message. Clear enunciation and pronunciation. No vocal fillers (ex: "ahs," "uh/ums," or "you-knows"). Tone heightened interest and complemented the verbal message.	Delivery helps to enhance message. Clear enunciation and pronunciation. Minimal vocal fillers (ex: "ahs," "uh/ums," or "you-knows"). Tone complemented the verbal message	Delivery adequate. Enunciation and pronunciation suitable. Noticeable verbal fillers (ex: "ahs," "uh/ums," or "you-knows") present. Tone seemed inconsistent at times.	Delivery quality minimal. Regular verbal fillers (ex: "ahs," "uh/ums," or "you-knows") present. Delivery problems cause disruption to message.	Many distracting errors in pronunciation and/or articulation. Monotone or inappropriate variation of vocal characteristics. Inconsistent with verbal message.	
<b>4. Answers to judge questions reflect a deep understanding of healthy living concepts</b>	Participant has an in-depth understanding of healthy living concepts and is able to articulate appropriate responses to the judges.	The candidate answered questions on their healthy living concepts but did not indicate an in-depth understanding.	Student understands healthy living concepts but did not connect them clearly to their interview responses.	The participant's responses to judge's questions were unclear on their understanding of healthy living concepts.	Student did not demonstrate the understanding of healthy living concepts.	
<b>3. Effective use of portfolio to support the presentation</b>	Competitor utilizes portfolio as intended to support the presentation of the healthy lifestyle goal.	The competitor uses the portfolio to support the presentation in most areas.	Limited use of the portfolio was implemented to support the presentation.	Minimal use of the portfolio was provided.	The participant did not use a portfolio to support their presentation.	
<b>Total Points (125):</b>						

\* Definition of Diction – Choice of words especially with regard to correctness, clearness, and effectiveness.

\*\* Definition of Pronunciation – Act or manner of uttering officially.