

Health Education



New for 2016 - 2017

For the 2016-2017 membership year, portfolios and notebooks with the old or new HOSA logo will both be accepted. A citation page will now be required according to the HOSA Style Sheet, included in these guidelines. The ratings sheet has been updated. Editorial updates and clarifications have been made to guidelines.

- 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, 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 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 National 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 2016-2017 membership year, portfolios and notebooks with the old or new HOSA logo will both be accepted. Each page will be counted and numbered, beginning with the title page. Two-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. Dividers are not counted in the page total. The portfolio will contain the following:

- A. Page 1: Title of lesson, age or grade level of target audience, number of participants in the target audience, team members, chapter, school address, division and state. One page only.
 - B. Pages 2-3: A maximum of 2 pages describing the lesson, including the goal and plan for instruction.
 - C. Pages 4-7: A maximum of 4 pages of data and supportive information about the selected topic.
 - D. Pages 8-11: 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: 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: 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: A Works Cited page must be prepared according to the HOSA Style sheet, included in these guidelines, for any materials used during this lesson that were not created by the team.
7. Competitors will bring two (2) plain-paper **copies** of the portfolio contents, to be kept by National HOSA, to the event appointment time.
- A. HOSA's copies of the portfolio 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, folder or portfolio. The plain paper copies are for National HOSA's use.
 - B. The original portfolio will be returned to the team before they leave the competition area.

The Competitive Process

8. For the event, teams will bring two (2) plain paper copies to turn in, AND their original portfolio and, if needed, presentation notes written on index cards or in electronic format 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 portfolio and their paper notecards as they explain the project and process. Electronic notecards (on a tablet, smart phone, laptop, etc.) may be used but not shown to judges.

Explanation of Project and Process (6 minutes) The purpose of the presentation is to communicate information about the project to the judges. The presentation **MUST** include:

- the goal of their instructional topic, instructional planning process, and, why they did what they did.
- the value of their lesson/topic to the chosen audience.
- the actual lesson highlighting the presentation outline, the use of presentation tools, and electronic media.
- the role that each team member played in the preparation and delivery of the lesson.
- the techniques they used to evaluate the effectiveness/impact of their instruction.

Portfolio Evaluation/Scoring (4 minutes)

- Competitors will be excused, and the judges will complete the rating sheet for the interview and portfolio.
9. 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.
 10. 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.
 11. By entering this event, the competitors grant permission for their portfolio contents to be used in HOSA publications and on the HOSA website.

Competitor Must Provide:

- Index cards or electronic notecards for use during explanation of project (optional)
- Event guidelines (orientation)
- Pens and #2 lead pencils with eraser
- Watch with second hand (optional)
- Official HOSA notebook or portfolio from [Awards Unlimited](#) (NBK150, NBK 250, or PBK2002) to be used during the judge interview
- Two (2) plain paper copies of the portfolio to turn in immediately prior to the judge interview.

Required Personnel (Per Section):

- One Event Manager (Per Level)
- One Section Leader per section
- Two (2) – four (4) judges per section. (Judges with experience in health education preferred.)
- One-two event assistants per section
- One time-keeper per section (if necessary)
- One QA to provide quality assurance for the event by ensuring that the guidelines are followed and all event documents are complete.

Facilities, Equipment and Materials (Per Section):

- One room per section, with a table and chairs for judges and team members.
- Table and chairs for event personnel.
- Pencils for judges
- Stopwatch
- Flash card for 1 minute remaining
- Rating sheets – one per judge per team
- Evaluation Forms – competitor, judge, and personnel
- #2 lead pencils with eraser to complete evaluations
- Box for collecting portfolio copies (optional)

Sample Presentation Outline

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

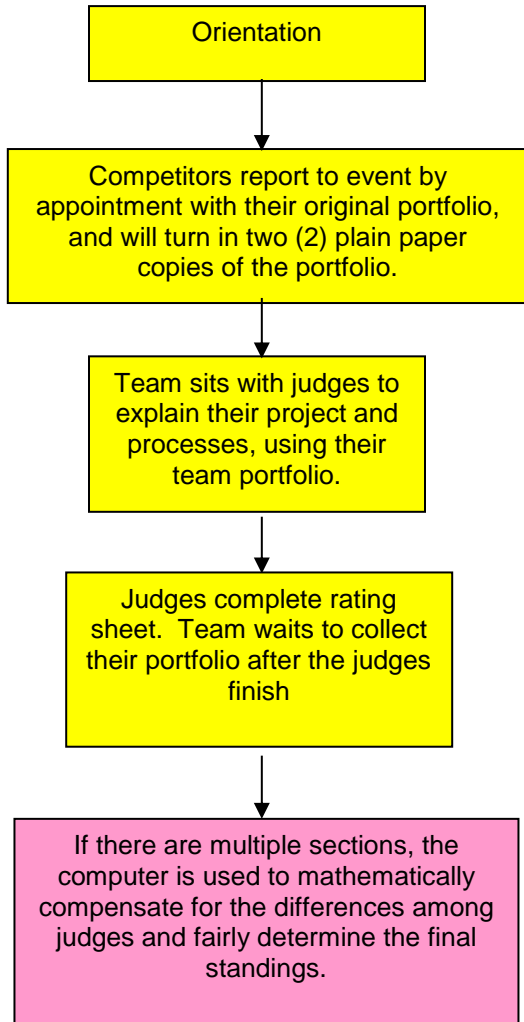
8:32 - 8:35

Thumbs-up, thumbs-down quiz (5 questions) on handwashing






8:35 - 8:40

Wrap-up and evaluation

Event Flow Chart



Icon Key

	Plagiarism or copyright violation is prohibited.
	Two paper copies of the event product must be submitted.
	Official notebook or portfolio required.
	Team event – Minimum and maximum (if greater than 2) number of team members.
	A computer is used at the ILC to provide a statistically fair method for balancing scores when multiple sections are scheduled.

HOSA Style Sheet, Adapted from APA style

This style sheet is designed to make it easier for the HOSA member in events that require APA formatting and references. Since the American Psychological Association (APA) is the most commonly used resource in the health sciences, this information is modified from the APA style. More information may be found at <https://owl.english.purdue.edu/owl/resource/560/01/>.

Your references should be double-spaced. This page is single spaced to save space.

Parenthetical Reference

Place the parenthetical reference at the end of the sentence but before the final period, using author's last name and year of publication. For example, "...in the hospital" (Belkin, 2003). For anonymous authors, the shortened version of the title replaces the author's last name in the text citation. For example, "...in a rainy day" (Meteorologist, 2012). For personal interviews or emails, cite in-text only (S. Smith, personal communication, August 15, 2014), not on your references page.

Reference Guidelines

Your ONE PAGE 'References' title should be centered and sources alphabetized by the author's last name, first initial from the left margin. Hanging indents should be used for sources requiring multiple lines. Alphabetize anonymous authors according to the first main word in the title. See examples below:

Book by Two or More Authors

Wischnitzer, S., & Wischnitzer, E. (2005). *Top 100 health care careers: Your complete guidebook to training and jobs in allied health, nursing, medicine, and more (2nd ed.)*. Indianapolis, IN: Jist Publishing.

Format of On-Line Entries*

Author or editor last name, first initial. (year, month date posted). Article or web page title. *Book, journal or website title*. Printed version information or volume (issue number), pages if applicable. Retrieved from <DOI or http information>.

Example: Web Site (Professional)

ESPN.com. (1999, Nov 10). *ESPN Internet Ventures*. Retrieved from <http://espn.go.com>.

Example: Article from a Professional Journal Online

Sitzler, B. (2015). Taking helmets off: To decrease risk. *NATA News*, 27(10), 12-14. Retrieved from <http://digital.ipcprintservices.com/publication/?i=&p=&l=&m=14775&l=1&ver=&pp>.

***Note:** If you do not have a section of information for an Internet reference, move up the URL or to the home page to find it. If it is not there, just skip it and move to the next piece of information. If there is no date listed, use (n.d.). Be sure you gather as much information possible for the above format.

HEALTH EDUCATION JUDGES' RATING SHEET

Section # _____

Division: ____MS ____SS ____ PS/Collegiate

Team # _____

Judge's Signature _____

Items Evaluated	Points Possible						Points Awarded
	Superior	-----	-----	-----	-----	Poor	
Explanation of Project and Process							
1. Clarity/logic of instructional goals and planning process	10	8	6	4	2	0	
2. Appropriateness of instruction to targeted audience	10	8	6	4	2	0	
3. Evidence of teamwork	5	4	3	2	1	0	
4. Evaluation of instruction	10	8	6	4	2	0	
5. Quality of the lesson							
• Meaningful, relevant, important	10	8	6	4	2	0	
• Engaging, interesting	5	4	3	2	1	0	
6. Creativity and originality	10	8	6	4	2	0	
Presentation Outline:							
7. Clearly shows key elements and timing of the presentation	10	8	6	4	2	0	
8. Opening/close and organization	5	4	3	2	1	0	
Portfolio – Quality of:							
9. Lesson Plan	5	4	3	2	1	0	
10. Backup/supportive information	5	4	3	2	1	0	
11. Written/electronic presentation materials	5	4	3	2	1	0	
12. Feedback tools	5	4	3	2	1	0	
TOTAL JUDGE POINTS	95	-----				0	
POINTS GIVEN BY EVENT PERSONNEL:							
• Official HOSA portfolio							
• Not exceeding max number of pages (32)							
• Turned in plain paper copies (2) of portfolio							
• Identified target audience (age or grade level) on portfolio title page.							
• Includes Works Cited page	5					0	
TOTAL POINTS	100	-----				0	