



# HEALTH EDUCATION

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- 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 videotape, 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 decision of the team. 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.
  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. Each page will be counted. Pockets with multiple pages are not allowed. The notebook will contain the following four sections:
    - A. **Lesson Plan** – This section contains a maximum of 3 pages describing the goal and plan for instruction.
    - B. **Backup/Supportive Information** – A maximum of 10 pages of data and information about the selected topic.
    - C. **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.
    - D. **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 **copy** of the notebook and videotape to be kept by National HOSA. A release form will be signed by the competitor for publication purposes. HOSA's copy of the videotape and notebook must be turned in during the event orientation. Teams will keep the original video. The original notebook will be used during judging and will be returned to the team after the competition.

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 videotaped in VHS format for this event. The videotape must run from the start of the lesson to the conclusion. The tape must run the entire length of the presentation with no stopping and restarting. The tape must include the natural sounds of the presentation and audience, and may not be enhanced or edited in any way. The tape should show the team members and the audience.
9. Videotapes and notebooks will be labeled with the name of the school, lesson topic, and team members. Videotapes must be queued to the beginning of the instructional presentation and will be collected during the event orientation. Notebooks will be retained after the interview for judging (5 minutes) and then will be returned to the team.
10. The competition will involve two groups of judges:
 

A.	Review of lesson videotape	15-20 minutes	Group A Judges
B.	Explanation of project and process	}	
C.	Notebook		
11. The videotape will be reviewed by the Group A judges. Group A judges will view the beginning of the tape, then fast-forward through the presentation, randomly stopping to watch portions of the presentation and evaluating the tape based on the rating sheet criteria. Judges will rate independently, and multiple TV-VCRs may be used.
12. Teams will bring their original notebook to their interview with the Group B judges at the appointed time. They will be allowed a maximum of five (5) minutes to explain their project. They may use the contents of their notebook as they explain the project and process. An additional five (5) 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 (5 minutes)**

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

**Notebook Evaluation/Scoring (5 minutes)**

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

13. During the team interview, the timekeeper will call time after each 5-minute segment.
14. In the event of a tie, a tiebreaker will be determined by the areas on the rating sheet section(s) with the highest point value in descending order.
15. 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 a TV/VCR with remote control (or multiple TV/VCRs) for judging the videos.
2. Table and chairs for event personnel.
3. Pencils for judges
4. Stopwatch
5. 2 sheets of stickers with team numbers

**HEALTH EDUCATION  
JUDGE'S RATING SHEET  
*A Judges - Videotape***

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

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

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

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

Items Evaluated	Points Possible					Points Allocated
	Superior	Excellent	Good	Fair	Poor	
<b>Videotape</b>						
1. <b>Opening</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>	10	8	6	4	2	
7. <b>Closing of the lesson</b>	5	4	3	2	1	
8. <b>Organization, delivery and quality of oral presentation. (presenters)</b>	10	8	6	4	2	
<b>TOTAL POINTS</b>	60	48	36	24	12	

**HEALTH EDUCATION  
JUDGE'S RATING SHEET**

***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 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>						
2. 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	
<b>TOTAL POINTS</b>	50	40	30	20	10	

Health Occupations Students of America  
**VIDEOTAPE/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 VHS tapes. 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 videotape 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.