



## **Health Education**

### **Preliminary Round**

**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, 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, 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.

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#### **Rules and Procedures**

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 (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.
6. The presentation plan and development of presentation materials must be the original work of team members.

## The Portfolio:

6. Documentation of the lesson will be submitted to Illinois HOSA via email. Each page will be counted and numbered (up to 19 pages maximum), beginning with the title page. Send the final document to [illinoishosa32+healtheducation@gmail.com](mailto:illinoishosa32+healtheducation@gmail.com)

7. The portfolio will contain the following parts:

A. Page 1: Event Name, Title of lesson, age or grade level of target audience, number of participants in the target audience, team members, HOSA chapter (name, number, and division), school 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. Page 8: A maximum of 1 page of a timeline of the project including planning and future activities

E. Pages 9-18: 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.

G. Page 19: A References 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. One page only.

H. Portfolio must be submitted in English for judging.

## HOSA Style Sheet, Adapted from APA style

### EVERY REQUIREMENT MUST BE FOLLOWED TO RECEIVE CREDIT

This style sheet is designed to make it easier for HOSA members 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/>.

#### Written Paper Guidelines

1. Type your paper on 8.5 x 11 inch white paper, stapled in the upper left corner, double spaced, with 1" margins on all sides.
2. Do NOT use bold face anywhere on the paper, EXCEPT on the title on the cover page, and be sure your paper is in Arial, 12 pt. font.
3. For events that require it, create a cover page with the event name, title of the paper/project, competitor name, chapter name, division, school and state in the center of the page.
4. Create a running head with the title of the paper/project on the upper left-hand corner, ½ inch from the top and flush with the left margin. This running head must also number all pages consecutively on the upper right-hand corner, flush with the right margin.
5. Abstracts are NOT necessary in HOSA competitive events.
6. 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. References should be single spaced and 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 (2<sup>nd</sup> 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.

