

## HL – Healthy Lifestyle

<b>Local Advisor “Event Manager”</b>		
<b>Event Location</b>	Tuesday, March	(Please see schedule for time and location)
<b>Personnel</b>	2 judges:	(Judges will act as timekeepers)
<b>Event Supplies</b>	Notepads, calculators, stopwatch, and pens/pencils for judges, 8 minute intervals, flash cards with 1 minute remaining, and stop	
<b>Event Supplies brought by Competitor</b>	<ul style="list-style-type: none"> <li>- Healthy Lifestyle Notebook in binder &amp; 2 plain copies of the notebook to be turned into the judges</li> <li>- Notes on index cards for electronic notecards for interview (optional)</li> </ul>	
<b>Registration</b>	Secondary =	
<b>Dress Code</b>	Official HOSA Uniform or Proper Business Attire	
<b>Orientation</b>	<ul style="list-style-type: none"> <li>- Explain the event to the students and how it will work</li> <li>- Ask for student questions</li> <li>- Distribute appointment times to all students (8 minute intervals) starting at 4:35pm</li> </ul>	
<b>Timing Overview</b>	<ul style="list-style-type: none"> <li>- 6 minute interview (4 for competitor explanation, 2 for judge questions)</li> <li>- 2 minutes for judges to complete rating sheets</li> </ul>	
<b>Round # 1</b>	Online test that students have taken prior to arriving at SLC.	
<b>Round # 2</b>	<ul style="list-style-type: none"> <li>- For this event, students will set a personal goal and document his or her efforts in a personalized Healthy Lifestyle notebook. The notebook will document the individual competitor’s specific goal(s) and efforts to practice a healthier lifestyle through exercise, nutrition, and/or avoiding risky behaviors. The competitor will be judged on the progress made toward achieving his/her goal(s) and in living a healthier lifestyle.</li> <li>- Competitors shall report to the orientation for the event where they will receive their appointment time and turn in 2 copies of their healthy lifestyle notebook for the judges.</li> <li>- At their appointed time, each competitor will enter the event room.</li> <li>- Competitors will have a 6 minute interview with the judges that is broken down as follows:</li> <li>- The competitor will have 4 minutes to explain his/her personal healthy living goal and show/demonstrate/discuss his/her progress toward achieving the goal. The notebook will be used by the competitor during the interview as a visual aid and evidence of his/her achievements.</li> <li>- The judges will have an additional 2 minutes after the competitor leaves the room to complete the rating sheet.</li> </ul>	

Special Notes	<p>PERSONAL HEALTHY LIFESTYLE GOAL</p> <ul style="list-style-type: none"> <li>- The goal for this event should be related to the student's <u>personal health</u>. This is a personal choice &amp; should be something that moves the competitor towards a healthier lifestyle.</li> <li>- In setting a goal, the competitor must first analyze his/her current health status, and may consult with a licensed healthcare practitioner as part of the goal-setting process.</li> <li>- The goal should be challenging yet attainable. The more challenging the goal, the more impressive the achievement will be to the judges.</li> <li>- The goal should focus the competitor's efforts to practice a healthier lifestyle through exercise, nutrition, <b>and/or</b> avoiding risky behaviors. (Examples of goals can be found below)</li> </ul> <p>HEALTHY LIFESTYLE NOTEBOOK</p> <ul style="list-style-type: none"> <li>- The notebook contains documentation of the competitor's efforts to achieve his/her goal(s).</li> <li>- <b>The notebook is NOT JUDGED. Rather, the competitor's achievements are judged, and the notebook provides the competitor with a visual aid and proof of his/her accomplishments during the interview with the judges.</b></li> <li>- 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.</li> <li>- The portfolio contains documentation of the competitor's efforts to achieve his/her goal(s). The only rules or restrictions on the portfolio include:</li> </ul> <ol style="list-style-type: none"> <li>1. The first three pages will be the title page and completed Healthy Lifestyle Assessment found on pages 8-9 in these guidelines.</li> <li>2. Title page must include the event name, competitor's name &amp; age, HOSA chapter and division, school name, state, and specific healthy lifestyle goal.</li> <li>3. Healthy Lifestyle Assessment must be included.</li> <li>4. Parental permission form must be signed (if applicable).</li> <li>5. Sheet protectors, lamination and page dividers may NOT be used.</li> <li>6. The number of pages, use of photos, etc., is totally up to the competitor.</li> </ol>
Scoring	Please fill-out the rating sheet and return to HOSA Headquarters.

## HEALTHY LIFESTYLE GOAL PURPOSE AND EXAMPLES

Every day, healthcare 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, healthcare 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 alone, or perhaps consider diet **AND** exercise? Will your goal really lead to improved physical health? How will you empirically and objectively measure your progress and accomplishments?

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

Sample goals:

- ★ Improve physical health with healthy eating and getting 150 minutes of exercise every week.
- ★ Run a half marathon.
- ★ Stop my two risky behaviors – smoking and fast food.
- ★ Limit my time in front of the television to 1 hour every day, and fill that extra time with homework and other positive activities.
- ★ Wear a pedometer and gradually work up 10,000 steps every day.
- ★ Increase my muscle strength by 20%.
- ★ Improve my physical health by learning how to dance.
- ★ Resolve my hypertension and lower my cholesterol by 20%.

# 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><b>No partial points are given in Section A.</b></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"/> 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"/> 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. Goal follows SMART formula	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. Goal is consistent with practicing a healthy lifestyle beyond HOSA competition	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. The goal is challenging but attainable.	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.