

# 2020-2021 VIRTUAL REGIONAL CONFERENCE

Michigan HOSA competitive event information for the virtual regional competition



## Healthy Lifestyle- Middle School

### Timeline:

- **November 28:** Regional Registration Deadline
- **December 4:** Login Credentials given for Online Testing (emailed to Advisors)
- **December 18:** Materials due to Google Form link by 5:00pm (link found at [www.michiganhosa.org/regionals2020](http://www.michiganhosa.org/regionals2020))
- **December 19:** Online Test (see schedule at [www.michiganhosa.org/regionals2020](http://www.michiganhosa.org/regionals2020))

### Virtual Conference Resources:

- [Healthy Lifestyle Guidelines](#)
- Virtual Healthy Lifestyle Judge's Rating Sheet (pages 4-6 below)

### Guideline Modifications:

- Judge questions have been removed; terminology has been changed from “interview with judges” to “presentation for judge” and portfolio copies and lamination requirements have been removed from the modified rubric.
- All competitors will record a video of their presentation for judges (the one they normally would give in person)
  - Very specific directions for the Recorded Video Presentations have been created.  
[Read this information in detail HERE!](#)
- Competitors will submit:
  - **Video of Presentation**
  - **Portfolio**

- Middle school competitors will upload their portfolio and video presentation to the Healthy Lifestyle- Middle School Google Form Link found at [www.michiganhosa.org/regionals2020](http://www.michiganhosa.org/regionals2020)
- Uploads must be complete by December 18th. The uploaded materials are what the judges will use to score competitors.
- **If you do not upload your materials, there is no content to be judged, therefore no score will be given.** Judges will receive materials on December 19th, so if you miss the December 18th deadline your material will not be sent to judges.
- All competitors will take the online test on December 19th as well.
- There are no elimination rounds in this event. Competitor's test score and judges rating on video and portfolio will determine final scores.

### Pro Tip:

Do not wait until the last day to upload! Try to upload your materials before the deadline. If something goes wrong, you have time to troubleshoot!

### Technology Needs:

- Tests can be taken on a smartphone, tablet or computer.
- Visit [www.michiganhosa.org/regionals2020](http://www.michiganhosa.org/regionals2020) to access the testing system. Login credentials will be emailed to your HOSA advisor by December 4th. If the competitor does not receive the credentials from the advisor by December 14th, email [hosahelp@mhc.org](mailto:hosahelp@mhc.org).
- Please [click HERE](#) for a video explaining the online testing.
- Competitors can only take the test during the time given (refer to schedule) on December 19th. After the scheduled time, the online test will be closed.
- 60 minutes will be allowed for the online test. The testing system will automatically countdown time remaining.
- If you have any issues logging in, accessing online testing, or if you did not receive password and login information, please contact MI HOSA by emailing [hosahelp@mhc.org](mailto:hosahelp@mhc.org) immediately.
- Competitors will need to upload their materials to Google Form- a smartphone, tablet, or computer are needed to upload.
- If you have any issues uploading, please email Michigan HOSA, **well before the December 18th deadline**, [hosahelp@mhc.org](mailto:hosahelp@mhc.org).

### Security & Ethics:

All competitors are required to review the HOSA Virtual Conference Security and Ethical Statement [found HERE](#).

## **Dress Code:**

As Future Health Professionals, HOSA members should present themselves in a professional manner for all recorded video presentations and/or live events as part of the Michigan HOSA Virtual Regional Conference.

## **Available Resources:**

During the COVID-19 Pandemic, many textbook companies are offering free or reduced pricing for e-learning materials. Additionally, many internet service providers are offering internet services at a reduced cost. [Please review the link HERE for additional information.](#)

**VIRTUAL HEALTHY LIFESTYLE – Judge’s Rating Sheet**  
**Presentation**

**Regionals 2020-2021 Virtual Conference**

Items required for state conference: [Video of presentation and portfolio](#)

How to submit: [Uploaded to](#) Google Form

Deadline to Submit: [December 18, 2020 by 5:00 PM](#)

Description: [Competitors will upload a copy of the portfolio to](#) Google Form. [Competitors will also record a video of their presentation for judges.](#) [Competitors will be judged on both items as uploaded to](#) Google Form

Portfolio Uploaded\*: Yes        No       

Presentation Uploaded\*: Yes        No       

\*If the materials are not uploaded, please note that applicable items on the rubric below cannot be judged.

Competitor Name & # \_\_\_\_\_

Judge’s Name \_\_\_\_\_

Division: MS \_\_\_\_\_ SS \_\_\_\_\_

PS/C \_\_\_\_\_

Digital submissions will only be judged up until the allotted timing allowed per the event guidelines. Any time in a digital submission over the allowed will not be scored and no points will be awarded for those sections of the rating sheet.

A. Portfolio	Excellent 5 points	Good 4 points	Average 3 points	Fair 2 points	Poor 0 points	JUDGE SCORE
1. Title Page	Title page includes event name, competitor's name & age, HOSA chapter and division, school name, state, and specific healthy lifestyle goal.	N/A	N/A	N/A	Portfolio not submitted OR title page does not include all requirements OR is not present.	
2. Health Lifestyle Assessment	Healthy Lifestyle Assessment is included.	N/A	N/A	N/A	Portfolio not submitted OR healthy Lifestyle Assessment is not included.	
3. Parental/Advisor Permission Form included if age 17 or younger	Parental/Advisor Permission Form is included if age 17 or under or is not applicable to competitor.	N/A	N/A	N/A	Portfolio not submitted OR Parental/Advisor Permission Form is required but not included.	
A. Portfolio	Excellent 10 points	Good 8 points	Average 6 points	Fair 4 points	Poor 0 points	JUDGE SCORE
4. Competitor worked toward or maintained goal for a significant part of this last year.	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.	Portfolio not submitted OR no documentation was provided.	
A. Portfolio	Excellent 10 points	Good 8 points	Average 6 points	Fair 4 points	Poor 0 points	JUDGE SCORE

<b>5. 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 competitor provides minimal documentation towards progress made towards their healthy lifestyle goal.	Portfolio not submitted OR the competitor does not provide written documentation of progress made towards the goal.	
<b>6. 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.	Portfolio not submitted OR no written evidence of baseline data is provided.	
<b>B.SMART Goal</b>	<b>Excellent 15 points</b>	<b>Good 12 points</b>	<b>Average 9 points</b>	<b>Fair 6 points</b>	<b>Poor 0 points</b>	<b>JUDGE SCORE</b>
<b>1. 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.	Portfolio not submitted OR SMART goal was not developed or only had one of the five components present.	
<b>2. 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.	Portfolio not submitted OR there is no demonstration of working towards a healthy lifestyle goal.	
<b>3. 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	Portfolio not submitted OR the competitor did not describe the goal they set or how they planned/are planning to achieve that goal.	
<b>C. Presentation</b>	<b>Excellent 20 points</b>	<b>Good 15 points</b>	<b>Average 10 points</b>	<b>Fair 5 points</b>	<b>Poor 0 points</b>	<b>JUDGE SCORE</b>
<b>1. Content:</b> Verbal explanation clearly describes the journey towards achieving the goal.	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.	Presentation not submitted OR the competitor is not able to describe the journey toward achieving a healthy lifestyle.	
<b>B. Presentation</b>	<b>Excellent 5 points</b>	<b>Good 4 points</b>	<b>Average 3 points</b>	<b>Fair 2 points</b>	<b>Poor 0 points</b>	<b>JUDGE SCORE</b>

<b>2. Voice</b> Pitch, tempo, volume, quality	The competitor's voice was loud enough to hear. The competitor varied rate & volume to enhance the speech. Appropriate pausing was employed.	The competitor spoke loudly and clearly enough to be understood. The competitor varied rate OR volume to enhance the speech. Pauses were attempted.	The competitor could be heard most of the time. The competitor attempted to use some variety in vocal quality, but not always successfully.	The competitor's voice is low. Judges have difficulty hearing the presentation.	Presentation not submitted OR judge had difficulty hearing and/or understanding much of the speech due to low volume. Little variety in rate or volume.	
<b>3. 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 competitor 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 competitor's posture, body language, and facial expressions indicated a lack of enthusiasm for the topic. Movements were distracting.	Presentation not submitted OR 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>4. 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.	Presentation not submitted OR many distracting errors in pronunciation and/or articulation. Monotone or inappropriate variation of vocal characteristics. Inconsistent with verbal message.	
<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.