

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

Competitor Name & # \_\_\_\_\_  
 Division: MS \_\_\_\_\_ SS \_\_\_\_\_

Judge’s Name \_\_\_\_\_  
 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 appropriate items <b>MUST</b> 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"/> Submitted in English</li> <li><input type="checkbox"/> Portfolio uploaded to Tallo by published deadline (SS and PSC divisions only)</li> <li><input type="checkbox"/> Presentation video link uploaded to Tallo by published deadline (SS and PSC divisions only)</li> <li><input type="checkbox"/> Portfolio uploaded to Wufoo by published deadline (MS division only)</li> <li><input type="checkbox"/> Presentation video link uploaded to Wufoo by published deadline (MS division only)</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. <b>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.	SMART goal was not developed or only had one of the five components present.	
2. <b>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.	There is no demonstration of working towards a healthy lifestyle goal.	
3. <b>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	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 maintained 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. Presentation</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.Presentation</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>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 (120):</b>						

\* Definition of Diction – Choice of words especially with regard to correctness, clearness, and effectiveness.

\*\* Definition of Pronunciation – Act or manner of uttering officially.