

Extemporaneous Health Poster



New for 2023 – 2024

These guidelines are written for ILC. **States may modify events or have different event processes and deadlines.** Be sure to check with your Local/State Advisor (or state website) to determine how the event is implemented for the regional/area or state conference. Editorial updates have been made.

CALIFORNIA HOSA

RCE (Virtual Regional Competitive Events)

*ZOOM with a REQUIRED DIGITAL UPLOAD

Prior to ZOOM date, register your email at <https://apps.hosa.org>, click on Member Activity Tracking, then Registration at top, You need to know your chapter number (ask your advisor) and your email address that the advisor used. You will receive an email from HOSA to create your login password. [Watch Video tutorial](#) and review [Written Instructions](#)

- Join ZOOM for the secret topic reveal on January 20, 2024 at 9:00 am.
- ZOOM link will be emailed to students competing in this event.
- 9:00am - 9:30am Secret Topic revealed, 9:30am - 12:30pm to create a poster on the secret topic, 12:30pm - 1:00pm to upload up to 5 pictures of your poster in one pdf document to the New Digital Upload System. This is what the judges will use to judge your poster to qualify for SLC.

SLC (State Leadership Conference)

*Those who qualify from RCE will be posted on the secure website accessible by your advisor at Cal-HOSA.org.

- This event will be in person in Anaheim, CA.

Event Summary

Extemporaneous Health Poster provides Middle School members with the opportunity to gain knowledge and skills required for interpreting and communicating current health / HOSA-related issues in an artistic and creative manner. This competitive event will ask competitors to create a poster within a three (3) hour timeframe using artistic expression to showcase their ideas in response to the given secret topic. This event aims to inspire members to be proactive future health professionals and develop a creative, artistic, and informational health poster.

Dress Code

Competitors must be in official HOSA uniform, proper business attire, medical scrubs, or polo and khakis. Bonus points will be awarded for [proper dress](#).

Competitor Must Provide

- [Photo ID](#)
- Personal music player w/headphones (optional)
- Art Supplies are limited to those listed on page 4 of the guidelines
- Two #2 lead pencils (not mechanical) for evaluation

General Rules

1. Competitors in this event must be active members of HOSA in good standing.
2. **Eligible Division:** Middle School division members ONLY (in grades 6-8 during the 2023-2024 school year) are eligible to compete in this event.
3. Competitors must be familiar with and adhere to the "[General Rules and Regulations of the HOSA Competitive Events Program \(GRR\)](#)."
 - A. Per the [GRRs](#) and [Appendix H](#), HOSA members may request accommodation in any competitive event. To learn the definition of an accommodation, please read [Appendix H](#). To request accommodation for the International Leadership Conference, [submit the request form here](#) by May 15 at midnight EST.
 - B. To request accommodation for any regional/area or state level conferences, submit the request form [here](#) by your state published deadline. Accommodations must first be done at state in order to be considered for ILC.
4. The topic is a secret topic that is not disclosed until the event begins. The topic shall relate to current health issues or HOSA. Professional ethics demand that competitors DO NOT discuss or reveal the secret topic for ANY event until after the event has concluded. Violation of the ethics rules will be severely penalized per [the GRRs](#).
5. All competitors shall report to the site of the event at the time designated for each round of competition. At ILC, competitor's [photo ID](#) must be presented prior to ALL competition rounds.
6. Competitors are permitted to use headphones and a personal music player (MP3 player, iPod, music on their phone, etc.) during this event, provided that the volume is low enough so it is only audible by the user. If using a personal music player to listen to music, it cannot be touched, for any reason, once the competition begins.

The Poster

7. At the site of the event, competitors will lay out supplies, have supplies checked by the event personnel, receive the topic for the health issue and related backup materials (if applicable), and begin development of the poster when instructed. There will be one or two competitors per table.
8. HOSA shall provide white poster board [size: 22" x 28"] (1 per competitor).
9. Competitors are expected to provide all supplies appropriate to their preferred art medium. Supplies are limited to those listed on page 4. **No pre-constructed props, artwork, or potentially hazardous materials are to be used or brought to the site of the event.**
10. Each competitor shall clearly identify their competitor number, last name, and school on the back of their poster.
11. Competitors have 3 hours to complete their poster.
12. **TIME REMAINING ANNOUNCEMENTS:** There will be a verbal announcement when there are 60 minutes, 30 minutes, 15 minutes, 5 minutes, and 1 minute remaining in this event.
13. Posters must be picked up by competitors as instructed. Any posters not picked up **within the given timeframe** will become the property of HOSA-Future Health Professionals and may be discarded.

Final Scoring

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.

EXTEMPORANEOUS HEALTH POSTER – Judge’s Rating Sheet

Section # _____ Division: MIDDLE SCHOOL ONLY
 Competitor # _____ Judge’s Signature _____

	Excellent 25 points	Good 20 points	Average 15 points	Fair 10 points	Poor 0 points	
A. Contains a clear message on topic	The message of the poster covers this year’s topic and is captured in a very clear and concise manner. Many relevant items from the supporting material in the secret topic are included	The message of the poster covers this year’s topic and is mostly clear and concise. Some relevant items from the supporting material of the secret topic are included.	The poster’s message relates to the secret topic but lacks the supporting details and is not especially clear.	The message is off topic and lacks clarity. Minimal supporting materials are referenced from the secret topic.	The message is off topic. The competitor missed the objective when demonstrating this topic.	
B. Impact the poster leaves on the audience	The poster leaves an impact on the audience, they learn something, are informed or called to action by viewing the poster. A sense of urgency to take action is felt by the audience.	The poster is informational and sends a message. The audience may be inspired to be “called to action” from viewing the poster	Some impact is felt by the audience after viewing this poster.	Minimal impact is made by the audience viewing the poster.	No impact or call to action is felt by the audience after viewing the poster.	
	Excellent 20 points	Good 15 points	Average 10 points	Fair 5 points	Poor 0 points	JUDGE SCORE
C. Eye-catching / stands out in a crowd	The poster stands out from the other competitors and draws in the audience to want to learn more. It is unique, grabs your attention. You are intrigued and want to look more closely.	The poster is visually pleasing and eye-catching. The audience is intrigued and wants to know more.	Some aspects of the poster stand out. It is neat but lacks originality.	The poster does not stand out from the other submissions. It uses basic design principles.	The poster does not catch the viewer’s eye and is not appealing.	
D. Artistic Value / Artistic Skill	The poster is aesthetically pleasing, displays great use of color, texture, shapes and spacing. Artwork demonstrates the competitor has exceptional talent to express ideas through art. The coloring and lettering were captured in a unique way and built the design into the theme.	Lots of color variation, shapes, and appealing design. Shows the competitor spent time creating an artistic piece. Color and lettering were used effectively within the poster.	The poster is moderately appealing. There are a few different mediums showcased on the poster. The use of color and lettering was mostly effective on the poster design. Would like to see more variation.	The poster does not appeal to the audience in a significant way. Limited use of creative materials. Minimal color/ shapes/ design. The artist used very little color variation on the poster. The message is lost in the basic design or choice of font.	Artistic skill lacks execution and overall aesthetics. Appearance is messy, lacks color and texture, and/or effort.	
E. Overall appearance, neat and attractive.	Not only is the artwork original, the design is high quality, unique and the ability to connect to the topic is creative. The competitor added information above what was required from the event criteria.	The poster is attractive and looks professional. The design connects to the topic and includes relevant information.	The poster includes mostly relevant information and generally neat in appearance. Attention to detail may reduce overall score.	The poster needs more attention to detail. It looks as if it was prepared in a rush.	The poster is not formulated clearly, the content is hard to understand. A lack of effort was put into this poster.	
	Excellent 10 points	Good 8 points	Average 6 points	Fair 4 points	Poor 0 points	JUDGE SCORE
F. Spelling & Punctuation	Writing is neat and professional. Zero (0) errors in spelling and punctuation were found on this poster.	Writing is legible. 1-2 errors in spelling or punctuation were found on this poster.	Writing is somewhat legible. 3-4 errors in spelling or punctuation on this poster.	Writing is illegible. 5 errors in spelling or punctuation were found on this poster.	Writing is missing or illegible. More than 5 errors in spelling or punctuation were documented on this poster.	
Total Points (120)						

EXTEMPORANEOUS HEALTH POSTER Competitor Equipment Check Sheet

Competitor # _____ Division: MIDDLE SCHOOL ONLY

Competitors are expected to provide supplies appropriate to their preferred art medium. These are limited to:

- Art spray fixative or non-scented hairspray
- Chalk
- Charcoal
- Colored markers
- Crayons
- Erasers
- Ink pens
- Instruments used for drawing arcs, angles and curves (For example: T-square, protractor)
- Paper Towels/ sponges
- Pastels
- Pencils of any type/color
- Pencil sharpener (must remain intact)
- Ruler
- Wet Wipes
- White Out

In addition:

- There are NO potentially hazardous materials
- Competitor is in official HOSA uniform, proper business attire, medical scrubs, or polo and khakis.
- Competitor showed proper Photo ID

Checked by: _____
(Event Personnel Initials) (Print Name)