

Extemporaneous Health Poster

Leadership Event

Eligible Divisions: Middle School	Round 1: Poster Creation	Digital Upload: YES for Cal-HOSA CE State Qualifying Event NO upload for SLC
Solo Event: 1 competitor		



New for 2025 – 2026
Editorial updates have been made

CALIFORNIA HOSA

CE State Qualifying Event (Virtual)

*ZOOM with a REQUIRED DIGITAL UPLOAD

Prior to ZOOM date: [Watch Video tutorial](#) and review [Written Instructions](#)

You will receive an email with your unique digital upload link

If you did not receive it your chapter advisor will be able to email it to you.

- Join ZOOM for the secret topic reveal on January 17, 2026 at 9:00 am.
- ZOOM link will be emailed to students competing in this event.
- 9:00-9:30am Secret Topic revealed, **9:30am – 12:30pm draw a poster per guidelines below**, and upload 3 photos of the poster by 2:00 pm to the Digital Upload System.

SLC (State Leadership Conference)

*Those who qualify for SLC will be posted on the Advisor Page at Cal-HOSA.org.

- This event will be held in person in Ontario, CA.
- Refer to **Competitive Process** below.

Revised 1-8-2026

Event Summary

Extemporaneous Health Poster enables middle school members to acquire the knowledge and skills necessary to interpret and communicate current health / HOSA-related issues artistically and creatively. This competitive event will ask competitors to create a poster within three (3) hours 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 creative, artistic, and informative health posters.

Dress Code

Proper business attire or official HOSA uniform. Bonus points will be awarded for [proper dress](#).

Competitor Must Provide

- [Photo ID](#)
- Personal music player with headphones (optional)
- Art Supplies are limited to those listed on page 4 of the guidelines

HOSA Conference Staff will provide equipment and supplies as listed in [Appendix I](#).

General Rules

1. Competitors must be familiar with and adhere to the [General Rules and Regulations](#).

2. The topic is secret and only disclosed once the event begins. The topic shall relate to current health issues or HOSA. A sample of the secret topic can be found [here](#). Professional ethics demand that competitors only discuss or reveal the secret topic for ANY event after the event has concluded. Violation of the ethics rules will be severely penalized per [the GRRs](#).
3. 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 to only be audible by the user. If a personal music player is used to listen to music, it cannot be touched for any reason once the competition begins.

The Poster

4. At the event site, competitors will lay out their supplies, have them checked by event personnel, receive the topic for the health issue and any related backup materials (if applicable), and then begin developing their poster when instructed. There will be one or two competitors per table.
5. HOSA shall provide a white poster board [size: 22" x 28"] (1 per competitor).
6. Competitors must 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 will be used or brought to the event's site.**
7. Each competitor shall identify their competitor number, last name, and school on the back of their poster.
8. Competitors have 3 hours to complete their poster.
9. **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.
10. 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

11. 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

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 the topic	The poster's message covers this year's topic and is clearly and concisely captured. Many relevant items from the supporting material in the secret topic are included.	The poster's message 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 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 impacts the audience. They learn something, are informed, or are called to action by viewing the poster. The audience feels a sense of urgency to take action.	The poster is informational and sends a message. The audience may be inspired to be "called to action" by viewing the poster.	The audience feels some impact after viewing this poster.	Minimal impact is made by the audience viewing the poster.	The audience feels no impact or call to action 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 and 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 and uses excellent color, texture, shapes, and spacing. The artwork demonstrates the competitor's exceptional talent for expressing ideas through art. The coloring and lettering were captured uniquely, and the design was built into the theme.	There is a lot of color variation, shapes, and appealing design, which shows that 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 poster design's use of color and lettering was mostly effective. However, I would like to see more variation.	The poster does not significantly appeal to the audience. It uses limited creative materials and minimal color/ shapes/ design. The artist used very little color variation on the poster, and 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, but the design is high-quality and 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 relevant primary information and is 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. There needed to be more effort put into this poster.	
	Excellent 10 points	Good 8 points	Average 6 points	Fair 4 points	Poor 0 points	JUDGE SCORE
F. Spelling & Punctuation	The writing on this poster is neat and professional. Zero (0) errors in spelling and punctuation were found.	Writing is legible. 1-2 errors in spelling or punctuation were found on this poster.	The 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 unscented 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

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