

2023-2024 MICHIGAN HOSA EVENT MODIFICATIONS FOR REGIONAL CONFERENCES!







New for 2023 - 2024

Tallo has been replaced with the HOSA Digital Upload System.

Judge questions have been removed to create consistency between all competitive events.

Rating sheet points have been updated.

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. These guidelines are specifically for Michigan HOSA members in preparation for the regional leadership conferences. For more information about regionals, please visit www.michiganhosa.org/regionals.

Event Summary

Research Poster provides HOSA members with the opportunity to think critically about a health-related issue in their community; pose a research question surrounding the chosen topic; and conduct research on that topic. All competitors will develop a Research Poster showcasing their findings and present their research to a panel of judges.

Dress Code

Competitors must be in official HOSA uniform or in proper business attire. Bonus points will be awarded for proper dress. At the regional level, bonus points will not be added for proper dress, but judges/event managers will make note if competitors are NOT in proper dress which could result in overall point deduction.

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Compe	titor	Must	Prov	VIGE

Uploaded poster to the HOSA Digital Upload System by May 15 for ILC competition (see advisor
regarding SLC requirements and deadlines)
Photo ID

□ Photo ID

Ш	Printed Research	ch Poster (48"	x 36"	landscape	orientation) for	ILC
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- ☐ Index cards or electronic notecards for presentation (optional)
- ☐ Two #2 lead pencils (not mechanical) for evaluation

General Rules

- Competitors in this event must be active members of HOSA and in good standing.
- 2. **Eligible Divisions:** Secondary and Postsecondary / Collegiate Divisions are eligible to compete in this event.
- 3. Competitors must be familiar with and adhere to the <u>"General Rules and Regulations of the HOSA Competitive</u> Events Program (GRR)."

- A. Per the <u>GRRs</u> and <u>Appendix H</u>, HOSA members may request accommodation in any competitive event. To learn the definition of an accommodation, please read <u>Appendix H</u>. To request accommodation for the International Leadership Conference, <u>submit the</u> request form here by May 15 at midnight EST.
 - 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.

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. Event managers will be checking photo IDs at the regional level as well. A digital copy of a photo is appropriate (i.e., picture on phone of photo ID from school portal).

The Research Question

- 4. Competitors must pose a topic and research question that can be researched in their community.
- 5. Topics must be health-related, but flexibility is given to competitors to select something of interest and of local importance and relevance.
- 6. Examples of topics:
 - A. Community Based Strategies to Reduce Mental Health Stigma
 - B. Combating Post-Partum Depression in Teen Moms
 - C. Decreasing Juvenile Incarceration Rates by increasing the Presence of Positive Male Role Models

The Research Process

- 7. Once the research question is identified, competitors will determine the best method(s) for conducting their research. Research methods may include, but are not limited to:
 - A. survey(s)
 - B. interviews
 - C. scientific study
 - D. observational ethnography
- 8. It is the competitor's responsibility to obtain informed consent for any human subjects engaged in research. More information is available from HHS.gov and their FAQ section.
- 9. The research must be conducted within the current HOSA membership year (July 2023 May 2024).

The Research Poster Content - Pre-judged Digitally

- 10. A Research Poster is developed summarizing the research question and research findings.
- 11. The best posters are self-contained and self-explanatory. Observers should be able to understand the content of your poster without the competitor being present.
- 12. The research poster will contain the following eight (8) components:

A. TITLE

- i. The title should highlight the research to be conducted by the competitor and gain attention of the viewers
- ii. The competitor's name, HOSA Division, HOSA Chapter #, School Name, and Chartered Association should be located on the Research Poster.
- iii. 100 words maximum (suggested)

B. ABSTRACT

- i. An abstract is a brief summary of the research.
- ii. Include the overall purpose of the study and the research problem(s) investigated.
- iii. Describe the basic design of the study and objectives.
- iv. Explain the major findings found as a result of analysis.
- v. Provide a brief summary of interpretations and conclusions.
- vi. 250 words maximum (suggested)

C. METHODS

- i. Describe the research methods that led to the results.
- ii. Identify the target population.
- iii. Explain how data was collected accurately.
- iv. Explain how the data was analyzed.
- v. Explain possible errors and biases in the methods
- vi. 200 words maximum (suggested)

D. RESULTS

- i. Describe qualitative and quantitative results.
- ii. Present the data analysis employed.
- iii. Explain why the results matter.
- iv. Use supportive charts and figures.
- v. 200 words maximum (suggested)

E. CONCLUSIONS

- i. Emphasize the major results and try to convince why the results are interesting.
- ii. Explain the relevance of your findings to your community and our world.
- iii. 200 words maximum (suggested)

F. REFERENCES

- i. List the literature cited that gave guidance to the project.
- ii. American Psychological Association (APA) is the preferred resource in Health Sciences.
- iii. 100 words maximum (suggested)

G. ACKNOWLEDGEMENTS

Thank anyone who helped make the project possible.

H. IMAGES

- i. Crunch the data into graphs, tables, statistics, and/or quotes that illustrate the findings. Include photos and illustrations that reflect the research. Use 2 to 5 images.
- ii. Logos from community agencies involved in the research are acceptable.

The Research Poster Template and Design - Pre-judged Digitally

- 13. Competitors will create the poster template (the file sent out to have professionally printed) in 48" x 36" landscape orientation.
- 14. <u>Any computer program</u> of your choosing is acceptable to use to create the poster template, as long as the final digital product can be saved as .pdf and final printed product is 48" x 36 " landscape orientation. Posters should be designed digitally and not hand drawn.
- 15. The-items listed in rule #12 must be included, but colors, fonts and overall design are at the discretion of the competitor.
- 16. Numerous websites are available showcasing sample poster designs and templates to show strengths and weaknesses of sample posters, as a reference for competitors.
- Tips for successful poster design. These are suggestions only, and NOT required:

A. 3 Feet Rule

- i. Poster must be readable 3 feet away
- ii. Title font size: Minimum 65 pt.
- iii. Heading font size: Minimum 48 pt.
- iv. All other text size: Minimum 24 pt., suggested 36-42 pt.
- v. Use bold to provide emphasis, but avoid underline and CAPITALS
- B. Left to Right, Top to Bottom

- i. Most readers read top left to bottom, top right to bottom, in that order
- ii. Strategically placing your content in order will help the reader to follow along and understand the content

C. Use Bullet Points

- i. Focus on highlights
- ii. Use brief statements, instead of full sentences

D. Context

- i. Write in Active language, avoid using passive language
- ii. Use third person point of view to provide readers with an objective perspective
- iii. Use text boxes to write your text. This will make editing and layout adjustments easier.
- iv. Writing should be left justified

E. Images

- i. Make sure images are high quality to avoid grainy or distorted photos
- ii. Photos typically print best at 300 dpi or greater and in TIFF format.
- iii. Use italicized captions (in minimum 18-point font) to help your readers distinguish your caption from the rest of your text. Adding captions will also help your readers to understand what your image represents.
- iv. Avoid long numeric tables

The Research Poster Printing

- 18. Once the poster template is finalized as a .pdf, competitors should determine the best place and method for printing final size of 48" x 36" (landscape orientation).
- 19. To help with printing costs, and also to be more visually appealing, avoid using dark backgrounds and patterns. Use high contrast colors on muted backgrounds instead.
- 20. Posters can be printed on matte / economy style paper and do NOT need to be printed on high gloss paper, to help save costs. Posters can be a thin paper that is easily rolled up no need for foam boards.
- 21. Competitors should check with their local advisors for assistance on where to print the poster. Often schools, colleges, universities, etc. have printing departments that have discounted printing rates. Additionally, there are many online sites available that provide affordable printing options.

REQUIRED Digital Uploads

- 22. The following item(s) **MUST** be uploaded to the HOSA Digital Upload System by May 15: For regionals, you must upload by your region's upload deadline listed on the website www.michiganhosa.org/regionals
 - a. Poster as one pdf file.

May 15 at midnight EST is the **final deadline** and there will be **NO EXCEPTIONS** to receipt of the required materials after the deadline.

- 23. Detailed instructions for uploading materials can be found at: https://hosa.org/competitive-event-digital-uploads/
- 24. State Leadership Conference (SLC) vs. HOSA's International Leadership Conference (ILC)
 State Leadership Conferences. It is the competitor's responsibility to check with their Local Advisor for all state-level processes used for competition as digital uploads may or may not be a requirement. For regionals, you must upload by your region's upload deadline listed on the website www.michiganhosa.org/regionals
 - a. International Leadership Conference.
 - If a competitor uses the HOSA Digital Upload System as a requirement at the SLC, the competitor MUST upload an ADDITIONAL time for ILC by May 15.
 - If the HOSA Digital Upload System is NOT used at the competitor's SLC, it is still the competitor's responsibility to upload the product for HOSA's ILC no later than May 15. Not

using the HOSA Digital Upload System at a competitor's State Leadership Conference is not an exception to the rule.

- 25. The FINAL ILC digital upload deadline is May 15. We STRONGLY suggest not waiting until the last minute to upload online to avoid user-challenges with the system.
- 26. For ILC, the digital materials uploaded by May 15 will be PRE-JUDGED. Competitors who do not upload materials are NOT eligible for the presentation portion of competition and will NOT be given a competition appointment time at ILC. All digital content uploaded as of May 15 is what will be used for pre-judging at ILC. At the regional level, the digital materials uploaded will be pre-judged. Competitors who do not upload materials can still participate in the presentation portion of the event but will have ZERO points for the pre-judged content.
- 27. It is the competitor's responsibility to ensure the digitally submitted poster is a large enough file to view effectively for pre-judging.

Poster Setup at ILC There will be no poster setup at the regional conferences. Competitors will be given a few minutes to lay out their poster in the event room before their presentation.

- 28. Competitors must bring their printed poster to ILC competition, to reference during the presentation and to use during the required display time.
- 29. All competitors shall report to the site of the event at the designated time. At ILC, <u>photo ID</u> must be presented prior to competing.
- 30. When instructed, the competitor will have five (5) minutes to attach their research poster to the provided standing bulletin board. HOSA will provide four (4) push pins to each competitor to be used to attach the poster to the bulletin board.
- 31. Chartered Associations and ILC event staff have the option of using different setup methods to showcase the Research Posters. This could include attaching the posters to walls, laying posters flat on tables, or other methods deemed appropriate.

Required Display Time Poster Session There will be no display time poster session at regional conferences.

- 32. All competitors in this event at the International Leadership Conference are required to attend the HOSA Display Time Poster Session, as scheduled per the conference program. Competitors will set up and stand with their posters, sharing their research with conference delegates. Failure to attend the Poster Session (Display Time) will result in a 15 point deduction, assessed in Tabulations.
- 33. Exhibits must be picked up by competitors as instructed. Any exhibits not picked up **within the given timeframe** will become the property of HOSA-Future Health Professionals and may be discarded.

Judging of the Research Poster and Presentation

- 34. Per item #27 above, posters will be pre-judged prior to ILC.
- 35. Competitors will again report to the event room at their individual assigned appointment time to present a 4-minute prepared oral presentation to the judges.
- 36. Competitors will stand next to their research poster for the presentation.
- 37. During the four (4) minute prepared presentation, a timecard will be shown with one (1) minute remaining and the presentation will be stopped at the end of the 4 minutes.

Presentation Content

38. Begin the presentation with an "elevator pitch" – a short introduction to the research that is enthusiastic, draws the judges in and sets the stage for why the research is important.

- 39. The presentation should be clearly connected to the poster content, but should not simply duplicate it. It should complement the information on the poster and engage the interest of the audience.
- 40. Highlight the salient points of the research focus on key findings and implications.
- 41. The use of index card notes during the presentation are permitted. Electronic notecards (on a tablet, smart phone, laptop, etc. are permitted) but will not be shown to judges. While notes are allowed, the most successful competitors will know the information on the poster well enough that they do not need to look at notes or the poster except to point out a feature of interest.

Final Scoring

- 42. Scores from pre-judged posters will be added to the presentation score to determine the final results.
- 43. 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.

Research Poster Judge's Rating Sheet

Section # Division:	Competitor Name & # Judge's Name
One PDF file with Research Poster Uploaded	Online: Yes No
	ay 15 will be PRE-JUDGED. Competitors who do not upload I will NOT be given a competition appointment time at 5 is what will be used for pre-judging at ILC.

A. Overview	Excellent 10 points	Good 8 points	Average 6 points	Fair 4 points	Poor 0 points	JUDGE SCORE
1.Research Question	The Research Question posed is health-related, specific, and reflects a deep understanding of an issue that needs addressing in the competitor's local community. It is evident the competitor was thorough in developing the question.	The Research Question is health- related but could benefit from being more specific and more action- oriented. There is some detail lacking to make it stand out.	addresses a health topic, but leaves the judges wanting more clarification or information to fully	The Research Question is confusing, not fully thought out, and/or not a good representation of a health issue.	The Research Question is drastically lacking substance or is not included at all.	
B. Poster	Excellent	Good	Average	Fair	Poor	JUDGE
Content	5 points	4 points	3 points	2 points	0 points	SCORE
1.Title	A title is included and the poster contains: competitor's name, Division, Chapter #, School Name, and State/Chartered Association.	N/A	N/A	N/A	Poster not submitted OR Title is missing or all requirements are not met	
2.References	At least one reference is included on the poster.	N/A	N/A	N/A	Poster not submitted OR No references are included on the poster.	
3.Acknowledgements	or community organization is acknowledged on the poster.	N/A	N/A	N/A	Poster not submitted OR No acknowledgements are made on the poster	
B. Poster	Excellent	Good	Average	Fair	Poor	JUDGE
Content	10 points	8 points	6 points	4 points	0 points	SCORE
4.Abstract	The Abstract does an excellent job summarizing the research. It clearly describes the purpose of the research, the overall methods, major findings, and a succinct summary of the conclusions. The abstract leaves the judges excited about learning more!	the conclusions. The judges are curious about learning more.	The information provided in the Abstract to summarize the purpose, methods, findings, and conclusions is limited and/or some of these components are missing.		Poster not submitted OR The Abstract is missing or did not describe all key items.	

B. Poster	Excellent	Good	Average	Fair	Poor	JUDGE
Content	10 points	8 points	6 points	4 points	0 points	SCORE
5. Methods	The research	The research	Some of the	The research	Poster not	
	methods are	methods were	research methods	methods explanation	submitted OR	
	explicitly explained,	explained. Some	were explained but	was limited and only	Th	
	including: 1) target population		included only 4 of the 5 requirements.	5 requirements.	The research methods were not	
	2) how data was	but all 5 items were	•	5 requirements.	explained or	
	collected	covered.			included and/or left	
	3) how data was				the judges with	
	analyzed				more questions	
	4) how data was				than answers.	
	shared 5) A review of					
	possible errors and					
	biases is also					
	included.					
6. Results	The results of the	The results of the	The results of the	The results of the	Poster not	
	research are	research are	research are	research are limited	submitted OR	
	presented and	presented and	presented but the	and significant gaps		
		explained but some	•	are evident. No	The results of the	
	that makes sense and can be easily	questions remain. It is clear what was	clear. There seems to be important	explanation of why the results matter.	research are not included and no	
	understood. It is	discovered but	information that	ano results matter.	description given of	
	clear what was	additional	should have been		why they matter.	
	discovered and an	explanation about	included. Minimal			
	additional	why the results	explanation about			
	explanation about why the results	matter is needed.	why results matter.			
	matter is included.					
7. Conclusions	The conclusion provides a short and	The conclusion is mostly concise and	The conclusion provides minimal	There is not a solid justification of the	Poster not submitted OR	
	solid justification of	does a good job of		research question	Submitted OK	
	the research	summarizing the	research question.	nor how results are	The competitor	
	question, explains	justification of the	Questions remain as	relevant nor if they	failed to include	
	the relevance of	research question,	to how the results	are conclusive.	conclusions or the	
	findings to the community and/or	the relevance of the results, and why	can be used or why the results are		conclusions drawn were out of scope.	
		they are conclusive.			were out or scope.	
	why the results are	More information is	001101001101			
	conclusive.	needed.				
8. Images	2-5 images (graphs,	2-5 images are	2-5 images are	2-5 images are	Poster not	
	tables, illustrations, photos, logos, etc.)	included and they do a good job of	included that adequately connect	included but their connection to the	submitted OR	
			to the research. They		0-1, or more than 5	
	Images used add	to the poster and	do not enhance nor	process is only fair.	images are	
	excellent value to	accurately	distract from the	They distract from	included	
	the overall poster,	representing the	poster.	the overall appeal of		
	complimenting the text, illustrating the	details of the research and		the poster and/or do not accurately reflect		
	findings, and	process. They		the research project.		
	reflecting key	however, lack the				
	research. They	special 'wow factor"				
	stand out above others.					
C. Poster Design		Good	Average	Fair	Poor	JUDGE
	10 points	8 points	6 points	4 points	0 points	SCORE
1. Artistic Design	The artistic quality is	The artistic quality	The poster	Basic levels of	Poster not	
	exceptional. The	is good; the design		artistic design are	submitted OR	
	design is vibrant, balanced, visually	stands out. The design elements	balanced design choices, showcasing	incorporated into the poster. Better	The design is	
	pleasing and pushes	seem to be well-	some artistic	design/color choices	simplistic and not	
	the boundaries of	thought out and	features. Some of	should be	visually appealing.	
	artistic expression.	comprehensive.	the poster lacks	incorporated to		
	The design choices		artistic details that	assure the design of		
	take the poster to the next level and		took away from the overall visual of the	the poster is pleasing to the eye.		
	has that "wow factor"		poster.	to the eye.		
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C. Poster Design	Excellent	Good	Average	Fair	Poor	JUDGE
3	10 points	8 points	6 points	4 points	0 points	SCORE
2. Appearance / Organization	The poster is exceptionally neat, organized, & error-free. Information is clearly displayed and easy to understand and follow. Content is strategically placed to enhance the research and the poster can easily be seen from 3 feet away. Poster is created on a computer (not hand drawn).	organized. The content has a logical flow with only minimal errors and does a good job enhancing the	The poster was basic and could use more organization and thought to be understood.	The poster lacked organization and/or contained several spelling errors. The flow of information seemed to be out of order and it was difficult to read the poster from 3 feet away.	Poster not submitted OR The poster is either too busy or lacks enough detail to support the content. OR poster is hand drawn.	
		btotal Point	s for Pre-Judg	ging Research	n Poster (95):	
D. Presentation	Excellent	Good	Average	Fair	Poor	JUDGE
Content	15 points	12 points	8 points	4 points	0 points	SCORE
1. Opening "Elevator Pitch"	The presentation starts with an excellent and enthusiastic elevator pitch that introduces the research, draws the judge in, & sets the stage for why the research is important.	The elevator pitch does a good job setting the stage for the rest of the presentation, but does not "wow" the judges.	The presentation starts with an elevator pitch but it is lacking enthusiasm, and an overall draw for the judges.	There is an attempt made to begin with an elevator pitch, but the overall execution is lacking.	No elevator pitch was shared during the presentation	
2. Presentation of the Research	The presentation of the research information was exceptionally organized, clear, and highlighted relevant details of the research question, methods, results, and implications of the research. The competitor could speak freely without using notes and clearly had a mastery of the subject matter.	The content and messaging of the research was presented in a clear and concise manner. Most of the appropriate connections were drawn between the methods, results, and implications. The competitor was confident in the subject matter.		Presenters shared little knowledge of the overall research process, and the information that was shared was not delivered in a clear and concise manner. The competitor seemed dependent on notes in order to speak on the subject matter.	Little to no information was presented to the judges on the research process.	
3. Connection to Poster	The presentation is clearly connected to the research poster but does not duplicate it. The presentation does an excellent job complementing the information on the poster and engages the interest of the audience in a fresh way than what is seen on the poster. The competitor appropriately points to images, graphs, and sections of the poster during the presentation.	The presentation connects to the research poster and the majority of information is not duplicative. The presentation is somewhat unique from the poster. The competitor mostly does a good job of referencing the poster during the presentation.	The competitor did an adequate job of connecting the presentation to the poster.	The competitor seems to read from the poster at times word for word, and has a hard time making the presentation unique.	The presentation seemed to be an afterthought. There was a disconnect between what was presented and the content of the poster.	

E. Presentation Delivery	Excellent 10 points	Good 8 points	Average 6 points	Fair 4 points	Poor 0 points	JUDGE SCORE
1. Voice Pitch, tempo, volume, quality 2. Stage Presence	The competitor's voice was loud enough to hear. The competitor varied rate & volume to enhance the speech. Appropriate pausing was employed. Movements &	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	The competitor could be heard most of the time. The competitor attempted to use some variety in vocal quality, but not always successfully. Stiff or unnatural	Judges had difficulty hearing /understanding much of the speech due to little variety in rate or volume.	The competitor's voice is too low or monotone. Judges struggled to stay focused during the majority of presentation. No attempt was	
Poise, posture, eye contact, and enthusiasm	gestures were purposeful and enhanced the delivery of the speech and did not	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.	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.	competitor's posture, body language, and facial expressions indicated a lack of enthusiasm for the topic. Movements were distracting.	made to use body movement or gestures to enhance the message. No interest or enthusiasm for the topic came through in presentation.	
3. Diction*, Grammar and Pronunciation**	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	
F. Poster Size	Excellent	Good	Average	Fair	Poor	JUDGE SCORE
1. Poster Size	5 points Poster is 48" x 36" landscape orientation.	4 points	3 points N/A	2 points	O points Poster is not 48" x 36" and/or landscape orientation.	
Subtotal Points for Presentation (80):						
Total Points (175):						
					,	

^{*}Definition of Diction – Choice of words especially with regard to correctness, clearness, and effectiveness.
**Definition of Pronunciation – Act or manner of uttering officially.