

Healthy Living

Leadership Event

Eligible Divisions: Secondary & Postsecondary / Collegiate	Round 1: 50 Q test in 60 minutes	Digital Upload: NO
Solo Event: 1 competitor	Round 2: Portfolio + Presentation	



New for 2025-2026

Secondary and Postsecondary/Collegiate are now the only eligible divisions for this event. The Middle School division has its own similar event called Foundations of Healthy Living. Editorial updates have been made.

Event Summary

Healthy Living provides HOSA members the opportunity to gain the knowledge and skills required to understand healthy living and its impact on health throughout the lifespan. This competitive event consists of two rounds. Round One is a written, multiple-choice test, and the top-scoring competitors will advance to Round Two for a presentation. In addition, each competitor will focus on one personal healthy living goal and document their efforts in a personalized portfolio. This event aims to inspire members to learn more about health literacy topics and to develop healthy habits for a lifetime.

Sponsorship

HOSA-Future Health Professionals appreciates the sponsorship of this event by the [National Academy of Sports Medicine \(NASM\)](#). The National Academy of Sports Medicine (NASM) has developed a [special landing page](#) for HOSA competitors and advisors.



Dress Code

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

Competitors Must Provide:

- [Photo ID](#) for both rounds
- Two #2 lead pencils (not mechanical) with an eraser for test
- Index cards or electronic notecards (optional)
- Portfolio (hard copy for in-person presentation)

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](#).

Official References

2. NASM has created a course specifically for HOSA members and designed it specifically for this competition. The course follows the test plan listed below and includes a combination of PDFs, articles, videos, and blogs.
 - a. [Access the HOSA Healthy Living Course created by NASM](#)

Round One: Test

3. [Test Instructions](#): The written test will consist of 50 multiple-choice items in a maximum of 60 minutes.
4. **Time Remaining Announcements**: There will be NO verbal announcements for time remaining during ILC testing. All ILC testing will be completed in the Testing Center, and competitors are responsible for

monitoring their own time.

5. **Written Test Plan**

The test plan for the Healthy Living Test is:

- Nutrition - 25%
- Physical Activity - 25%
- Mental Health - 10%
- Wellness through the Lifespan - 20%
- Disease Prevention - 20%

6. The test score from Round One will be used to qualify the competitor for Round Two.

7. **Sample Test Questions**

1. When was the first protein/energy bar produced in the United States? (Module: Nutrition)
A. 1940's
B. 1950's
C. 1960's
D. 1970's
2. What percent of the body's glucose is consumed by the brain? (Module: Mental Health)
A. 10%
B. 15%
C. 20%
D. 25%
3. What spice may decrease hyperglycemia, helping to reduce heart disease? (Module: Supplementation)
A. Cinnamon
B. Oregano
C. Basil
D. Garlic

Personal Healthy Living SMART Goal

8. The goal for this event should be related to the individual's personal health within *any* dimension of wellness. This is a personal choice that should encourage the competitor to adopt healthier living habits.
9. In setting a goal, the competitor must first analyze their current health status and **should consult with a licensed health practitioner as part of the goal-setting process and before beginning this event.**
10. The goal should follow the SMART formula (see resources available in the HOSA Healthy Living Course for assistance - Specific, Measurable, Attainable, Realistic, Timely)
11. The goal should focus on the competitor's efforts to practice healthier living through building or maintaining healthy behaviors **and/or** avoiding risky behaviors. (The competitor can select any area of healthy living.)
12. If the competitor advances from one level of competition to the next (for example, Chartered Association to International Level), the goal will not change, but the competitor should continue to work on their goal and update the Healthy Living portfolio as desired.
13. Examples of goals can be found on page 5 of these guidelines.
14. The Healthy Living Goal will be from July 1, 2025, to May 15, 2026.

Healthy Living Portfolio

15. A Healthy Living Portfolio will be developed to document the competitor's specific goal and efforts to practice healthier living through healthier practices (exercise, nutrition, etc...) and/or avoiding risky behaviors.
16. The competitor uses the portfolio during the presentation as a visual aid and evidence of their

achievements.

17. The rules or restrictions for the portfolio include:

- A. **Title page** must include the event name, competitor's name & age, HOSA chapter, division, school name, [Chartered Association](#), and specific healthy living goals.
- B. **A baseline health assessment** relevant to the chosen SMART goal must be included. Competitors may research and include an existing health assessment, get one from a licensed health provider, or create their own. This assessment must measure general health and specific vital factors relevant to the chosen SMART goal. The baseline health assessment will be completed before the healthy living goal starts and before competition.
- C. **Parental permission form** must be signed (if applicable).
- D. **Evidence of Journey:** Any documentation to help support the competitor's justification and evidence of healthy living change and progress towards their identified SMART goal.
- E. **Reference Page(s):** List the literature cited to give guidance to the portfolio. American Psychological Association (APA) is the preferred resource in Health Science. *Points will be awarded for compiling a clean, legible reference page, but the formatting of the reference page is not judged.*

18. Rule #17 lists the only specific rules for the portfolio. The number of pages, use of photos, data, etc., is totally up to the competitor and is only included in the portfolio to support the competitor's presentation for judges.

Round Two: Presentation for Judges

19. The top competitors from Round One will advance to Round Two. The number of advancing competitors will be determined by the scores obtained in Round One and the space and time available for Round Two. Round Two finalists will be announced on-site at ILC per the conference agenda.

20. Round Two will consist of a four (4) minute presentation with judges

21. Use of index card notes during the presentation is permitted. Electronic notecards (on a tablet, smartphone, laptop, etc....) are permitted but may not be shown to judges. **Only the competitor's portfolio may be shown to the judges during the presentation.** Please refer to [GRRs](#).

22. The Presentation will contain the following key items:

- A. Explanation of the **Personal Healthy Living SMART Goal**.
- B. Evidence of the Journey: The competitor will explain their personal healthy living goal and use the portfolio as evidence to help show/demonstrate/discuss their progress towards achieving the goal.
- C. The more substantive the explanations, supported by documentation in the portfolio, the more accessible it is for the judges to evaluate progress toward the goal. Documentation may include data from reputable sources, photos, professional letters, etc. Documentation of medical care and progress (lab work, results of medical tests, etc.) may be included in the portfolio and shared during the presentation at the discretion of the competitor and their parents and/or legal guardian if the competitor is under 18. At their discretion, competitors may block out personal information such as SSN, insurance number, address, etc...

23. A timecard will be shown with one minute remaining during the presentation.

24. After time has been called, the competitor will be excused and leave their portfolio with judges. The judges will view the portfolio and score the applicable items on the rubric (title page, health assessment, permission form, and reference page). Event Management will return the portfolio to the competitor once the judges have completed the scoring.

Final Scoring

25. The Round One test scores will be added to Round Two to determine the final results.
26. In the case of a tie, the highest test score will be used to determine rank.

Future Opportunities

Graduating from high school or completing your postsecondary/collegiate program does not mean your HOSA journey has to end. As a HOSA member, you are eligible to become a HOSA Lifetime Alumni Member - a free and valuable opportunity to remain connected, give back, and help to shape the future of the organization. Learn more and sign up at hosa.org/alumni.

HEALTHY LIVING GOAL & ASSESSMENT

PURPOSE AND EXAMPLES

Every day, health professionals encourage patients to live healthier lives to improve their medical condition and quality of life. To be successful practitioners, health providers must know where to begin, what to ask of patients, and how to encourage patients to change their behavior.

For most people, behavior change is not easy. Setting and achieving a challenging goal is often harder than it looks - and requires time, effort, and commitment.

Take a moment to review the purpose of this event. The goal is not to tell you how to think, feel, or behave but rather to help you improve your understanding of how healthy living affects individual health **and** to let you experience the challenge of improving your own personal health.

Ultimately, your personal goal should be something you genuinely wish to achieve and be challenging yet attainable. Do you want to change a little or a lot? Should you focus on exercise? Your nutrition? Will your goal lead to improved physical health? How will you empirically and objectively measure your progress and accomplishments? Competitors in this event are **encouraged to see a licensed health provider before beginning this event** to obtain baseline data and discuss goals for improving their personal health. HOSA does not encourage any HOSA member to get involved with a fad diet, exercise program, or other program that is not under the direction of a licensed healthcare provider. These practices can be dangerous to a person's health and are not the intent of this event.

The following sample healthy living goals list is provided to get you started. Be sure that the goal you write for yourself is specific and personalized to fit your individual needs.

Sample SMART goals:

- ★ I will increase my daily hydration to 64 oz. of water by the end of the spring semester. I will do this by bringing a 20 oz. water bottle with me everywhere and filling it up every morning, noon, and early evening. I will use a calendar to help me track my consumption.
- ★ By June 15th, I can run one mile in under 8:00 minutes. I will do this by running after school with music that will help me pace my run five days a week, beginning with a 20-minute one-mile run and reducing my time by at least 15 seconds every two weeks. I will track my progress in a fitness log.
- ★ I will reduce the number of stress headaches I get from one daily to one bimonthly by taking 10 minutes each day to meditate. By May 15th, I will find and use soothing music or YouTube meditation videos to sit still in the corner of my room for 10 minutes each morning and focus on letting go of everything causing me pain. I will keep a pain diary to help me reach my goal.

A baseline health assessment is a critical starting point for any behavior change. It helps provide a current view of one's overall health status, including physical, social, and emotional wellness components. A baseline health assessment also helps provide guidance in the creation and follow-through of the plan necessary to meet one's SMART goal. Competitors may research examples online, request one from their primary health provider, or create their own. For more information on baseline health assessments, refer to materials available in this event course in item #2 above.

HEALTHY LIVING *Parent/Guardian/Advisor Permission*

This form **MUST** be included in the Healthy Living Portfolio for competitors aged 17 or younger.

Competitor Name _____ Date of Birth _____

SMART Goal: _____

Note to Parents/Advisors: *Please read these event guidelines carefully.* Participation is voluntary. HOSA members should choose to participate in this event if it is consistent with their personal and career goals.

HOSA members who wish to enter this competition are asked to provide documentation of their personal health. This may include data from physician offices or other caregivers. It may also include information that can be considered highly personal or private. Competitors in this event are **encouraged to see a licensed health provider before beginning this event** to obtain baseline data and discuss their goals for improving personal health. HOSA does not encourage any HOSA member to get involved with a fad diet, exercise program, or other program that is not under the direction of a licensed healthcare provider. These practices can be dangerous to a person's health and are not the intent of this event.

Competitors and their parents should decide what information they wish to include in the Healthy Living portfolio. Competitors should **ONLY** include information they are comfortable sharing with event judges.

By signing this form, parents/guardians:

- Agree that you have read the event guidelines.
- Verify that all the information in this portfolio is accurate and used with your permission.

Parent (Guardian) Signature: _____ Date: _____

Print Full Name and Address:

By signing this form, HOSA advisors:

- Agree that you have read the event guidelines.
- Verify that the submitted goal is realistic and based on sound research for this competitor.

Advisor Signature: _____ Date: _____

Print Advisor Name, Chapter Name, School & [Chartered Association](#):

HEALTHY LIVING

Round Two Presentation

Competitor # _____ Judge's Signature _____
 Division: SS _____ PS/C _____ Section: _____

A. Presentation: SMART Goal	Excellent 10 points	Good 8 points	Average 6 points	Fair 4 points	Poor 0 points	JUDGE SCORE
1. Goal follows SMART formula	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.	
2. Goal is consistent with practicing healthy living beyond HOSA competition	The goal fully supports the inclusion of a healthy habit or the removal of an unhealthy one. It includes a reputable method, not a "fad diet." The plan to maintain the goal past the HOSA competition is evident.	The goal includes developing a healthy habit or removing an unhealthy one. A plan to maintain it is not clearly defined.	The goal demonstrates practicing a healthy habit but may need to be more realistic 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 living goal.	
3. The goal is challenging but attainable	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. Presentation Content	Excellent 10 points	Good 8 points	Average 6 points	Fair 4 points	Poor 0 points	JUDGE SCORE
1. Competitor worked toward or maintained the goal for most of this last year	Documented and verbalized evidence that the goal was maintained for 9 -12 months this past year.	Documented and verbal evidence that the goal was maintained for 6-9 months this past year.	Documented and verbal evidence that the goal was maintained for 3-6 months this previous year.	Documented and verbal evidence that the goal was maintained for 1-3 months this previous year.	Portfolio not submitted OR no documentation /explanation was provided.	
2. Evidence provides healthy proof of progress toward the goal	The competitor provides extensive written documentation and an excellent explanation that proves progress towards meeting their healthy living goal.	The competitor provides written documentation explaining their journey towards reaching their healthy living goal.	The competitor provides moderate written documentation and an average explanation of progress toward their healthy living goal.	The competitor needs more documentation or explanation about progress towards their healthy living goal.	Portfolio not submitted OR the competitor does not provide written documentation or explanation of progress made towards the goal.	
3. Evidence provides clear, measurable baseline data at the start of this process	The documentation and verbal explanation are detailed, clearly defined, and measurable from the beginning through the completion of this process.	Documentation and verbal explanation are somewhat detailed and measurable throughout the project.	Data collected on this project needs to be completed and consistent throughout this project.	Limited evidence of baseline data collected from this project is provided.	Portfolio not submitted OR no written evidence or verbal explanation of baseline data is provided.	
B. Presentation Content	Excellent 20 points	Good 15 points	Average 10 points	Fair 5 points	Poor 0 points	JUDGE SCORE
4. Content: Verbal explanation clearly describes the journey towards achieving the goal	The competitor speaks confidently as they describe their journey toward achieving the healthy living goal. They are evidently motivated by the results of reaching their goal.	The competitor describes their journey towards achieving their healthy living goal. They speak with less conviction about reaching their goal.	The competitor slightly describes the journey towards achieving their healthy living goal. They could be more believable.	The competitor speaks about healthy living but cannot connect to their personal goals.	The competitor is not able to describe the journey toward achieving healthy living.	

B. Presentation Content	Excellent 20 points	Good 15 points	Average 10 points	Fair 5 points	Poor 0 points	JUDGE SCORE
5. Incorporation of the Portfolio during Presentation	The use of the portfolio greatly enhanced the explanation of the SMART goal and evidence towards meeting the goal. The incorporation was very smooth and thoughtful.	The use of the portfolio during the presentation helped explain the SMART goal and evidence, complementing the presentation effectively.	The competitor did an adequate job of using the portfolio during the presentation to explain the SMART goal and evidence.	The use of the portfolio only somewhat enhanced the presentation and missed key points of emphasis.	The use of the portfolio seemed to be an "afterthought" to the presentation. There was a definite disconnect.	
C. Presentation Delivery	Excellent 5 points	Good 4 points	Average 3 points	Fair 2 points	Poor 0 points	JUDGE SCORE
1. Voice Pitch, tempo, volume, quality	The competitor's voice was loud enough to hear. To enhance the speech, the competitor varied the rate and volume. Appropriate pausing was employed.	The competitor spoke loudly and clearly enough to be understood. The competitor varied the 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 only sometimes successfully.	Judges needed help 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 the presentation.	
2. Stage Presence Poise, posture, eye contact, and enthusiasm	Movements and gestures were purposeful, enhanced the delivery of the speech, and did not distract. Body language reflects comfort in interacting with the 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 in interacting with the audience—limited use of gestures to reinforce verbal messages. Facial expressions and body language are used to generate enthusiasm but seem forced.	The competitor'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 the presentation.	
3. Diction, Pronunciation and Grammar Diction= Choice of words, especially with regard to correctness, clearness, and effectiveness Pronunciation= Act or manner of uttering officially.	Delivery emphasizes and enhances the message. Clear enunciation and pronunciation. No vocal fillers (ex: "ahs," "uh/ums," or "you-knows"). The tone heightened interest and complemented the verbal message.	Delivery helps to enhance the message. Clear enunciation and pronunciation. Minimal vocal fillers (ex: "ahs," "uh/ums," or "you-knows"). Tone complimented the verbal message.	Delivery was adequate, and enunciation and pronunciation were suitable. However, noticeable verbal fillers (e.g., "ahs," "uh/us," or "you-knows") were present, and the tone seemed inconsistent at times.	Delivery quality was minimal. Regular verbal fillers (ex: "ahs," "uh/ums," or "you-knows") are present. Delivery problems disrupt messages.	Many distracting errors in pronunciation and/or articulation. Monotone or inappropriate variation of vocal characteristics. Inconsistent with verbal message.	
D. Portfolio Requirements	Excellent 5 points	Good 4 points	Average 3 points	Fair 2 points	Poor 0 points	JUDGE SCORE
1. Title Page	The title page includes the event name, competitor's name and age, HOSA chapter and division, school name, Chartered Association , and specific healthy living goal.	N/A	N/A	N/A	Portfolio not submitted OR title page does not include all requirements OR is not present.	
2. Baseline Health Assessment	A Baseline Health Assessment is included.	N/A	N/A	N/A	Portfolio not submitted OR Baseline Health Assessment is not included.	

D. Portfolio Requirements	Excellent 5 points	Good 4 points	Average 3 points	Fair 2 points	Poor 0 points	JUDGE SCORE
3. Parental/ Advisor Permission Form included if age 17 or younger	Parental/Advisor Permission Form is included if age 17 or under or does not apply to competitors.	N/A	N/A	N/A	Portfolio not submitted OR Parental/Advisor Permission Form is required but not included.	
4. Reference Page(s)	The reference page(s) is included with the portfolio.	N/A	N/A	N/A	Portfolio not submitted OR no reference page is included	
Total Points (135)						