Healthy Living
Arizona HOSA EVENT GUIDELINES
Individual Event

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THIS EVENT HAS AN ONLINE TEST
ASK YOUR LOCAL ADVISOR FOR SPECIFIC TESTING DATE AND INFORMATION

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Conference	Available	Required Upload Deadline	Details at a Glance
Regional Leadership Conference	NO	N/A	N/A
Online Test	YES	NONE	Competitors will take an Online Test at their site during the testing window. Top performers will advance on to SLC.
State Leadership Conference	YES	NONE	Competitors will complete the ***PORTFOLIO*** and compete following the ***ROUND 2 - Presentation*** Guidelines. Top scores will advance to ILC.
International Leadership Conference	YES	NONE	Competitors will compete in Round 1 - top scores will advance and compete in Round 2.

Dress Code: Competitors must be in official HOSA uniform or in proper business attire. For full details see the HOSA Dress Code Appendix D.

Competitors MUST bring to STATE, and INTERNATIONAL Leadership Conference:
1. Photo ID
2. Two #2 pencils (not mechanical) with an eraser for testing
3. Index cards or electronic note cards (optional)
4. Portfolio (hard copy for in person presentation)

Regional Leadership Conference Event Flow (see official guidelines for rubric and more information):
1. This event is NOT held at the Regional Leadership Conferences

Online Testing Event Flow (See Round 1 in Official Guidelines for the test plan)
1. Meet with local advisor to be registered for the Online Test portion
   a. Advisors must also arrange for a Proctor and register them as well as a Proctor*
2. Arrange a date, time, and location with your advisor and proctor to take the exam during the testing window**
3. Exam is given on a computer at your school
   a. 60 minute time limit from when you log in and press start
   b. Access information will only be sent to registered proctors
4. Advisors will be notified of those with qualifying scores to be advanced to the state leadership conference in a timely manner.

5. If you qualified for this event - register for the State Leadership Conference
6. If you did not qualify for this event - choose a new event to attend the State Leadership Conference for

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It is expected that students will have a completed portfolio per the event guidelines to present to the judges at SLC.
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State Leadership Conference Event Flow (see official guidelines for rubric and more information):
1. Competitors will arrive at State Leadership Conference and Check - In at the event room with the Event Manager.
2. Each Competitor will provide a photo ID to the Event Manager during check-in
3. Event staff will provide the competitor with their scheduled appointment time
    a. Competitor should stay at the event room until assigned time in case the event runs early
4. Event staff will bring the competitors into the event room at the time of their presentation
5. Event staff will introduce the competitor to the judges and competitor should shake hands with the judges
6. The presentation will last for a MAXIMUM of four (4) minutes (a 1 minute warning will be given)
    a. Competitors may use index or electronic note cards, but are not to show notes to judges.
    b. The use of the portfolio is encouraged as part of the presentation to explain the Personal Healthy Living SMART Goal.
7. Competitors should shake hands with the judges at the end again and leave their portfolio behind for final judging.
8. Competitors will wait outside the presentation room for their portfolio to be returned to them prior to leaving.
9. Competitor should complete the event survey and leave the competition area

International Leadership Conference Event Flow - SEE OFFICIAL GUIDELINES FOR ALL INFORMATION

Frequently Asked Questions
1. Can I bring notes to help me stay on topic when explaining how I developed my SMART goal? YES, the competitor may use index cards or electronic note cards, but are not allowed to show them to the judges, or leave them behind.
2. I arrived a few minutes late. Can I still start? Yes. However, once the judges have completed scheduled presentations they are not required to wait for you to arrive.
3. Do I get a secret topic for this event? NO, the official references are provided in the general guidelines for everyone. You are also required to document your SMART goal and include that in your portfolio.
4. What is the NASM resource? NASM has created a course specifically for HOSA members and designed specifically for this competition. The course follows the test plan listed below and includes a combination of PDFs, articles, videos, and blogs. It is recommended but not mandatory.

*Proctors MUST not be a current HOSA Advisor for ANY Chapter. Proctors must sign the confidentiality agreement form, submit it to Arizona HOSA, AND be registered in the HOSA Registration System as a Proctor PRIOR to any Online Testing information being released. Online Testing Information for Advisors can be found on the [Arizona HOSA Online Testing webpage](#).

** The Online Testing Window is established by Arizona HOSA and posted on the Arizona HOSA Calendar of Events Page. All testing must be completed within this time frame to be eligible for the State Leadership Conference.