

SECTION 22: PROJECT REQUIREMENTS

Healthy Living, Family, and Home

Athletics-Healthy Living-First Aid-Medicine Science

YOU'RE THE ATHLETE 300

Guidelines: This project is for youth who participate in sports, and adults who work with them. Learn the fundamentals of being a well-rounded athlete. The project provides up-to-date, research-based information and lots of fun activities to help you develop important knowledge, attitudes, skills, and aspirations in: Sportsmanship, Time Management, Goal Setting, Nutrition & Sports, Strength & Conditioning, Leadership, Conflict Resolution, and Careers in Athletics. Project activities are designed so that you may apply them in developing your own personal sports-specific interests. Project activities may be completed individually, with team members, or with other groups. Project may be repeated.

Judging Requirements: Bring your completed project book and an educational display.

Fair Exhibit: Display of knowledge gained.

STAYING HEALTHY 351

Guidelines: Explore about health as it relates to you. Learn to keep fit, increase your brain power, express yourself in positive ways. Plan your project starting with page 2. Complete as least six activities, with a minimum of at least one from each chapter. Give an action demonstration. A project helper is suggested. See page 2 of the project book.

Judging Requirements: Youth must participate in two Leadership or Citizenship Activities each year. Bring your completed project book. Bring a display or poster highlighting an aspect of the project you learned about and your project book. Be prepared to answer questions about what you discovered about yourself.

Fair Exhibit: Display of knowledge gained.

KEEPING FIT 352

Guidelines: Develop a personal fitness plan to gain the benefits of exercise and test your fitness knowledge. Follow the "Project Guidelines" listed on page 2. Complete Steps 1-4 as indicated in the project book. Explore all 12 Interest Areas. Become involved in at least two Leadership/Citizenship Activities listed in Step 3. Complete all records and questions in areas selected. Develop a scrapbook of topics related to keeping fit (may include pictures, articles, journal or video). Develop a display or poster illustrating an aspect of the project you learned about and enjoyed the most.

Judging Requirements: Bring completed project book, scrapbook, and display or poster

Fair Exhibit: Display of knowledge gained and scrapbook.

FIRST AID IN ACTION 353

Guidelines: An ideal project for 3rd-5th grade youth. Learn about first aid and create your own family first aid kit. Follow the Project Completion Guidelines on page 2. Explore all 12 Project Interest Areas. Become involved in at least 2 Leadership/Citizenship Activities as listed in Step 3. Complete any of the activities and questions selected. Organize information and/or materials gathered for project work in the manner of your choice.

Judging Requirements: Bring completed project book. Display of poster of an aspect of the project.

Fair Exhibit: Display of knowledge gained.

MEDICINE SCIENCE & SAFETY 354

Guidelines: This is a beginner-level project for youth who are interested in learning about how to properly make decisions about medicine with help and how to stay safe around medicine. These are other important questions are answered with five hands-on activities that get right to the point. Follow the core messages and become a good example for others. Learn about careers in pharmacy too!

Judging Requirements: Take part in at least 2 learning experiences, complete at least 2 leadership/citizenship activities, and a project review. Bring completed book and display of knowledge gained.

Fair Display: Display of knowledge gained.

SECTION 22: PROJECT REQUIREMENTS

Healthy Living, Family, and Home

Tracking Health and Fitness-Substance Abuse-Mental Health-Laundry

TRACKING YOUR HEALTH & FITNESS 355

Guidelines: This is an intermediate-level project for youth who are interested in learning about health and fitness and how to track vital measures. Take vitals by hand or with a fitness tracking device. If you want, you can even build your own device with a Physbot kit available from extensionpubs.osu.edu. No matter what you use, you will come away with very useful life skills.

Judging Requirements: Take part in at least 2 learning experiences, complete at least 2 leadership/citizenship activities and a project review. Bring completed book and display of knowledge gained.

Fair Display: Display of knowledge gained.

ALCOHOL & DRUG ABUSE 357

Guidelines: This is an advanced-level project for youth who are interested in learning about this growing problem.

Judging Requirements: Take part in at least 2 learning experiences, complete at least 2 leadership/citizenship activities and a project review. Bring completed book and display of knowledge gained.

Fair Display: Display of knowledge gained.

TRUTH ABOUT TOBACCO 358

Guidelines: In this advanced-level project youth learn more than just physical effects of tobacco use, but how tobacco products are made, marketed, and consumed in America. Take part in at least 2 Learning Experiences, complete at least 2 Leadership/Citizenship Activities and complete a project review.

Judging Requirements: Bring completed book and display of knowledge gained.

Fair Exhibit: Display of knowledge gained.

YOUR THOUGHTS MATTER 359

Guidelines: In this advanced-level project youth are asked to complete ten activities that cover mental health behaviors and disorders. It includes positive steps for removing stigma, learning resilience, and practicing self-care. This project is eligible for state fair on Healthy Living Days. Complete all Learning Activities and all Talking It Over questions. Take part in at least 2 Learning Experiences, complete at least 2 Leadership/Citizenship Activities and complete a project review.

Judging Requirements: Bring completed book and display of knowledge gained.

Fair Exhibit: Display of knowledge gained.

THE LAUNDRY PROJECT 405

Guidelines: Appropriate for members of all ages with no experience in doing laundry. Learn about laundry machines and products, how to be environmentally friendly in the laundry room, and how to sort and clean laundry items. Conduct an experiment to learn how heat affects different types of fibers. Complete all eleven activities and all the More Challenges. Take part in at least two learning experiences. Become involved in at least two leadership/citizenship activities. Complete a project review.

Judging Requirements: Project will be interviewed and judged at county judging. Bring completed project book and display of knowledge gained.

Fair Exhibit: Display of knowledge gained.

SUPERHERO YOU 434 (New in 2022)

Guidelines: Appropriate for members of all ages. In this project, you will work to discover answers to questions like who are you? What makes you unique? Have fun and learn about your self-identity. Complete all activities. Take part in at least two learning experiences. Become involved in at least two leadership/citizenship activities. Complete a project review.

Judging Requirements: Project will be interviewed and judged at county judging. Bring completed project book and display of knowledge gained.

Fair Exhibit: Display of knowledge gained.

SECTION 22: PROJECT REQUIREMENTS

Healthy Living, Family, and Home

Genealogy- Interior Design-Collectibles

FAMILY HISTORY TREASURE HUNT 442

Guidelines: A project appropriate for all ages. Project may be repeated up to five times to complete all activities in the book. 4-H member will learn skills used to research family history, increase knowledge or personal identity and an appreciation of family heritage, improve family communications, build family strengths, and learn to search and document genealogical information. Complete all 4 steps in What to Do (depending on number of years project is taken). Complete at least 1 other learning experience, at least 1 leadership/citizenship activity, a project review, and records.

Judging Requirements: Bring completed project book, Correspondence log, research journal, pedigree charts, and family group sheets with documentation. Keeping a scrapbook with photocopies is helpful.

Fair Exhibit: Project book, research journal, selected records and a poster of knowledge gained, Ancestor Chart or Family Record.

IT'S MY HOME 491

Guidelines: Beginner Level. Ages 8-10. Members learn basic design elements, organization, upcycling, and service learning. Complete all 9 activities, including Talking It Over questions, 2 learning experiences, 2 leadership/citizenship activities, and complete the Member Project Review. You must show one of the items in the book you have chosen to do and show your completed book to the judge. Be able to explain all of the steps required for completion. Scrapbooks are excellent records of progression.

Judging Requirements: Bring your completed project book. Make a display of items from the room chosen for this project. This includes: at least one item made from the book visuals to show how it makes the room more pleasing, and practical living spaces.

Fair Exhibit: Display of items developed for judging, scrapbook if developed.

MAKE OVER MY SPACE 494

Guidelines: This is an Intermediate level project. Make a change in your bedroom or a common room in your home. This project is about room makeovers and is intended for members with little or no design experience but who are old enough to complete a significant interior decorating project independently.

Judging Requirements: Before and after photo display of room makeover and completed project book.

Fair Exhibit: Photo display.

YOUR FIRST HOME AWAY FROM HOME 495 (ONLINE)

Guidelines: Advanced Level. Ages 14 and older. Prepare for your first home-away-from-home. Use knowledge, ideas, and principles related to housing, furnishings, management and equipment in planning your first room at college, apartment, house, etc. Begin selecting or constructing items you need for your first home. Keep records. Available at: ohio4h.org/publications

Judging Requirements: Bring your completed project book. Bring project records and an exhibit (items selected or made for your first home, records, pictures, etc.) showing how you've used the knowledge, ideas and principles related to housing, furnishings, management and equipment in planning your first home away from home.

Fair Exhibit: Display of knowledge gained.

4-H members taking the collectible project are encouraged to participate in the open class competition at the Fulton County Fair.

MY FAVORITE THINGS 496

Guidelines: Beginners. May be repeated if specialization is selected, new goals set, and additional resources and activities are outlined as a supplement. Complete all guidelines.

Judging Requirements: Bring part or all (if practical) of collection with completed project book to judging.

Fair Exhibit: The collection or display made about collecting.

SECTION 22: PROJECT REQUIREMENTS

Healthy Living, Family, and Home Bicycling

BICYCLING FOR FUN LEVEL 1 517

Guidelines: Designed for grade 3-5. Wearing an ANSI certified bicycle helmet is strongly recommended. Designate a bicycle project helper. Complete at least 7 activities each year (project may be taken two years). Complete the Bicycling for Fun Achievement Program in second year. Complete Project Goals, Before and After, and Project Highlights sections. Complete two learning experiences and two leadership/citizenship activities.

Judging Requirements: 16" x 20" poster on knowledge gained from project book. Bring completed project book to judging; be prepared to answer questions from book. **This project does not have a state fair competition.**

Fair Exhibit: Display of knowledge gained.

WHEELS IN MOTION LEVEL 2 518

Guidelines: Designed for grades 6-8. Complete the Project Goals before and after and Project Highlights section of book. Wearing an ANSI certified bicycle helmet is strongly recommended. Complete at least 7 activities each year (project may be taken two years). Complete the Bicycling for Fun Achievement Program in second year. Complete Project Goals, Before and After, and Project Highlights sections. Complete two learning experiences and two leadership/citizenship activities.

Judging Requirements: 16" x 20" poster on bicycle adjustment or maintenance, project book, knowledge of terms and adjustments. Bring completed project book to judging. Be prepared to answer questions from the book. **This project does not have a state fair competition.**

Fair Exhibit: Display of knowledge gained.