



Human Growth and Development

PLEASE NOTE THE FOLLOWING DIFFERENCES IN HOW THIS EVENT WILL BE RUN AT HOSA CANADA'S FALL LEADERSHIP CONFERENCE (FLC) AND SPRING LEADERSHIP CONFERENCE (SLC):

1. Written test time shortened to 60 minutes (still 100 questions) for both FLC and SLC.
2. Written test will take place online and be open book for both FLC and SLC.

Human Growth & Development

New for 2021-2022

9th Edition of DHO Health Science has been released.

Event Summary

Human Growth & Development provides members with the opportunity to gain knowledge and skills regarding biophysical, mental/cognitive, social, and emotional development in the human life span. This competitive event consists of a written test with a tie-breaker essay question. This event aims to inspire members to learn more about growth and development across the life span.

Dress Code Competitors must be in official HOSA uniform or proper business attire. Bonus points will be awarded for [proper dress](#).

General Rules

1. Competitors in this event must be active members of HOSA-Future Health Professionals and in good standing.
2. Secondary and Postsecondary/Collegiate divisions are eligible to compete in this event.
3. Competitors must be familiar with and adhere to the "[General Rules and Regulations of the HOSA Competitive Events Program \(GRR\)](#)."
4. 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.

Official References

- [Polan, Elaine and Daphne Taylor, Journey Across the Lifespan: Human Development and Health Promotion. F.A. Davis, Latest edition.](#)
- [Leifer and Fleck. Growth and Development Across the Lifespan. Saunders, Latest edition.](#)
- [Simmers, L., Simmers-Nartker, Simmers-Kobelak. DHO: Health Science. Cengage Learning, Latest edition.](#)

Written Test

5. [Test Instructions](#): The written test will consist of 100 multiple choice items in a maximum of 90 minutes.
6. **Time Remaining Announcements**: There will be a verbal announcement when there are 60 minutes, 30 minutes, 15 minutes, 5 minutes, and 1 minute remaining to complete the test.
7. One essay question will be administered with the original test. In case of a tie, the essay question will be judged and used to break the tie.
8. The test plan for Human Growth & Development is:
 - Healthy People 5%
 - Government influence on Health 6%
 - Cultural considerations 5%

- Family Influences 10%
- Theories of Development 10%
- Prenatal 7%
- Infant 5%
- Early Childhood 10%
- Middle Childhood 6%
- Adolescence 5%
- Adulthood 15%
- Advanced old age and Geriatrics 5%
- Planning for end of life 3%
- Loss, Grief and Bereavement 5%
- Communication 3%

*NOTE: **Chartered associations/regions** may use a different process for testing, to include but not limited to pre-conference testing, online testing, and testing at a computer. Check with your Area/Region/State/**Chartered Association** for the process you will be using.*

9. **Sample Test Questions**

1. What is the life stage during which muscle coordination is well developed, and individuals can engage in physical activities that require complex motor-sensory coordination?
 - A. Preadolescence
 - B. Toddler
 - C. Late childhood**
 - D. Adolescence

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2. In the Family APGAR tool, what does the P represent?
 - A. Partnership**
 - B. Parenting
 - C. Preparedness
 - D. Presentation

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3. What is the term for the irregular pigmentation of aging skin caused by the uneven distribution of melanocytes?
 - A. Keratinization
 - B. Senile lentigo**
 - C. Maldistribution
 - D. Atherosclerosis

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Final Scoring

10. The competitor should write his/her answer to the tie-breaker essay question on the tie-breaker page of the test that remains attached to the original test.

11. Final rank is determined by the test score. In case of a tie, the essay question will be used to determine the rank.

Competitor Must Provide:

- Two #2 pencils with erasers
- Photo ID