



Last updated: September 15th, 2024

Human Growth and Development

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

1. Written test time shortened to 60 minutes (still 100 questions) at FLC only. This test includes a tiebreaker portion, the details of which are specified in the guidelines below.
2. Written test will take place online and be open book at FLC only.

PLEASE NOTE HOSA CANADA'S SPRING LEADERSHIP CONFERENCE (SLC) WILL BE IN-PERSON AND THIS EVENT WILL BE RUN ACCORDING TO THE GUIDELINES IN THE FOLLOWING PAGES, EXCEPT FOR THE FOLLOWING DIFFERENCE:

1. There will be a verbal announcement when there are 30 minutes and 5 minutes remaining to complete the written test at SLC.
**Please note that NO verbal announcements will be made at the International Leadership Conference (ILC).*

Human Growth & Development

Health Science Event

Eligible Divisions: Secondary & Postsecondary / Collegiate	Round 1: 100 Q test in 90 minutes	Digital Upload: NO
Solo Event: 1 competitor		



New for 2024 – 2025
Editorial updates have been made.

Event Summary

Human Growth & Development allows members to gain knowledge and skills regarding biophysical, mental/cognitive, social, and emotional development throughout the human lifespan. This competitive event consists of a written test with a tiebreaker essay question. It aims to inspire members to learn more about growth and development across the lifespan.

Dress Code

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

Competitor Must Provide:

- [Photo ID](#)
- Two #2 lead pencils (not mechanical) with eraser

General Rules

1. Competitors must be familiar with and adhere to the [General Rules and Regulations](#).

Official References

2. The below references are used in the development of the test questions.
 - a. [Polan, Elaine and Daphne Taylor. *Journey Across the Lifespan: Human Development and Health Promotion*. F.A. Davis, Latest edition.](#)
 - b. [Simmers, L., Simmers-Nartker, Simmers-Kobelak. *DHO: Health Science*. Cengage Learning, Latest edition](#)
 - c. [Kato, Sharleen L. *Lifespan Development*. Goodheart-Willcox Publisher, Latest edition.](#)

Written Test

3. [Test Instructions](#): The written test will consist of 100 multiple-choice items in a maximum of 90 minutes.
4. One essay question will be administered with the test.
5. **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 will be responsible for monitoring their own time.

6. Test Plan

The test plan for the Human Growth and Development Test is:

- Government, Cultural, and Family Influences - 20%
- Theories of Development - 16%
- Prenatal and Infancy - 12%
- Childhood and Adolescence - 22%
- Adulthood - 15%
- Geriatrics, End of Life, and Grief - 15%

7. 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? (Simmers pp 253)
 - A. Preadolescence
 - B. Toddler
 - C. Late childhood**
 - D. Adolescence

2. What age-related eye disease causes a loss of central vision? (Kato pp 289)
 - A. Cataracts
 - B. Glaucoma
 - C. Floaters
 - D. Macular degeneration**

3. What is the term for the irregular pigmentation of aging skin caused by the uneven distribution of melanocytes? (Polan pp 220)
 - A. Keratinization
 - B. Senile lentigo**
 - C. Maldistribution
 - D. Atherosclerosis

Final Scoring

8. In case of a tie, the essay will be judged and used to break the tie.