



Last updated: January 20th, 2026

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 kept at 60 minutes for 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).*

PLEASE NOTE THE FOLLOWING DIFFERENCES IN HOW THIS EVENT WILL BE RUN AT HOSA CANADA'S SECONDARY/POST-SECONDARY VIRTUAL CONFERENCE:

1. Written test time shortened to 40 minutes (still 50 questions). 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.

*****DISCLAIMER: virtual secondary competitor participation in any Competitive Event through the virtual membership is not ranked and not eligible to advance to the International Leadership Conference (ILC)*****

Human Growth & Development

Health Science Event

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



New for 2025 – 2026

Total number of test questions and test timing have been reduced. *DHO: Health Science* resource has been updated to latest edition. 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. In the event of a tie, the essay will be judged to break the tie. 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

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. The references below 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, S., K., Morris, L. *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 50 multiple-choice items in a maximum of 60 minutes.
4. One essay question will be administered with the original 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 261)
 - 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

8. Final Scoring

In the event of a tie, the essay will be judged to break the tie.

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.