

Human Growth & Development

Event Category: Health Science.....

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



New for 2026-2027

Editorial changes have been made.

TEXAS HOSA

Make sure to read the *Texas General Rules and Regulations* for the updated “**Electronic Device Policy**”

Area Spring Leadership Conference This event only has one round. The online test for Area will be given in December. Make sure to read the “Texas HOSA Handbook- Section G” for online testing procedure. The top 3 individual scores from each Area will advance to the State Leadership Conference.

Texas State Leadership Conference

The State written exam will be given in person in Irving, Tx to those who advanced from each Area. No study materials permitted. The top 3 individual scores from State will advance to ILC.

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.

General Event Information

General Rules	Competitors must be familiar with and adhere to the General Rules and Regulations .
Dress Code	Proper business attire or official HOSA uniform. Bonus points will be awarded for proper dress .
Competitors Must Provide	• Photo ID • Two #2 lead pencils (not mechanical) with an eraser • Neon colored foam earplugs, NOT earbuds, for noise control (optional) HOSA Conference Staff will provide equipment and supplies listed in Appendix I .
Official References	The references below are used in the development of the test questions: • Polan, Elaine and Daphne Taylor. <i>Journey Across the Lifespan: Human Development and Health Promotion</i>. F.A. Davis, Latest edition. • Simmers, L., Simmers-Nartker, Simmers-Kobelak, S., K., Morris, L. <i>DHO: Health Science</i>. Cengage Learning, Latest edition • Kato, Sharleen L. <i>Lifespan Development</i>. Goodheart-Willcox Publisher, Latest edition.

ROUND ONE- Test

Test Instructions	All competitors will be given a test and test answer sheet. The written test will consist of 50 multiple choice questions in a maximum of 60 minutes. See test instructions here . An essay tiebreaker question will be administered with the original test. Essay tiebreakers will be completed on the back of the test answer sheet.
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 are responsible for monitoring their own time.
Written Test Plan Written 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%
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

Final Scoring

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

Future Opportunities

The HOSA Scholarship program has funding available for HOSA members who have an interest in various health careers! The application process begins January 1, 2027, and can be found here: <https://hosa.org/scholarships/>.

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.