

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.

TEXAS HOSA

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

Area Spring Leadership Conference The online test for Area will be given in December. 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 at Kalahari to those who advanced from each Area. 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 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

