

National Geographic Learning Academic Testing Center All Events

March 2021 A NEW event has been added for VILC 2021! The AAFP Family Medicine Career Test is now included below and will be available for VILC competitors in June!

Summary The goal of the Academic Testing Center is to provide as many International Leadership Conference HOSA delegates as space permits with the opportunity to demonstrate their basic knowledge in preparation to become future health professionals.

The series of events in the Academic Testing Center are written tests based on items from the identified text specific to each event. Competitors will recognize, identify, define, interpret and apply knowledge in a 50-item multiple choice test with a tie-breaker question. The written test will measure knowledge and understanding at the recall, application and analysis levels. Higher-order thinking skills will be incorporated.

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

- Rules and Procedures**
1. Competitors in this event must be active members of HOSA-Future Health Professionals and in good standing in one of the following divisions: Secondary, Postsecondary/Collegiate, or Alumni.
 2. Competitors must be familiar with and adhere to the "[General Rules and Regulations of the HOSA Competitive Events Program \(GRR\)](#)."
 3. A tie-breaker question(s) will be administered with the original test. In case of a tie, the tie-breaker question(s) will be graded to break the tie.
 4. All competitors shall report to the site of the event at the time designated for the test in ILC publications. Competitors will bring a [photo ID](#) as well as two #2 lead pencils for test-taking.
 5. [Test Instructions](#): The competitors will be given instructions and will be notified to start the test. There will be a maximum of 60 minutes to complete the test.

Sponsors

6. Twelve (12) of the Academic Testing Center events are sponsored by National Geographic Learning. A summary page for these 12 events is available at this link: [Summary Page](#)
7. **The AAFP Family Medicine Career Test is sponsored by American Academy of Family Physicians.**
8. The *Occupational Health and Safety* test is sponsored by CareerSafe.
9. The *Leadership* test is sponsored by Corporate Education Resources, Inc.

Testing Areas and Resources

10. The **fifteen (15)** approved tests for ILC 2021 and their associated resources are as follows:

Event	Resource Title (National Geographic Learning/Cengage)	ISBN
1. Allied Health Statistics	Basic Allied Health Statistics and Analysis, 4th Edition	9781133602705
2. Anatomy and Physiology	Body Structures and Functions, 13th edition.	97813337907538
3. Biochemistry	Introduction to General, Organic and Biochemistry, 12th edition	97813337571357
4. Bioengineering	Image Processing, Analysis and Machine Vision, 4th Edition	9781133593607
5. Biology	Biology: The Unity and Diversity of Life, 15th AP Edition	97813337408592
6. Career Development	DHO Health Science Updates 8th Edition	97871305509511
7. General Chemistry	A Comprehensive Approach Chemistry AP Edition, 10th edition	9781305957732
8. Human Heredity	Human Heredity: Principles and Issues, 11th edition	9781305251052
9. Math for Health Professionals	Math for Health Care Professionals, 2nd edition	9781305509788
10. Microbiology	Microbiology: Practical Applications and Infection Prevention, 1st Edition	978113369642
11. Organic Chemistry	Introduction to General, Organic and Biochemistry, 12th edition	07813337571357
12. Physics College	College Physics AP Edition, 11th	9781305965393

Event	Resource Title	ISBN
13. AAFP Family Medicine Career Test	AAFP Compiled Resources	Collection of Online Resources (videos and links)
14. Occupational Health and Safety	CareerSafe Safety Education for America's Future	Online Resource
15. Leadership	7 Habits of Highly Effective People	B00OHXRYJQ
	The 21 Irrefutable Laws of Leadership	0785288376

11. Chapter Advisors – contact your Cengage Sales Consultant for a review copy of the reference title of your choice, for events 1-12 above. Most resources also offer online interactive study tools, virtual labs, and auto-graded practice. Find your Sales Consultant at NGL.Cengage.com/repfinder

Registration Priority and Process

12. Delegates will pre-register for the Academic Testing Center and indicate one or two preferred choices for testing. The registration process occurs in the HOSA

Conference Management System when delegates register for the 2021 International Leadership Conference. Delegates will receive an Academic Testing Center Schedule prior to the ILC.

13. If space is available at testing sessions, HOSA delegates may register on-site at ILC for additional subjects in addition to the two pre-registered tests. **VILC 2021 note: The \$60 Virtual ILC registration fee includes the opportunity to take one Academic Testing Center test. Delegates who wish to take additional Academic Testing Center tests may do so by pre-registering and paying \$20 per additional test, up to a maximum of four tests.**
14. Competitors should refer to the [General Rules and Regulations #6](#) for information on how many competitive events they can register for at ILC.

Recognition and Awards

15. A Certificate of Participation is given to every delegate who takes a test in the Academic Testing Center.

The Top Ten HOSA members in each event will be recognized on stage at the Grand Awards Ceremony, with 1st, 2nd and 3rd place receiving special recognition.

HOSA Advisors will receive a Certificate of Excellence for any HOSA members from their chapter ranking in the Top Ten.

Sample Test Questions

The remaining pages of these guidelines include sample test questions from each of the fifteen event tests.

Allied Health Statistics

1. Which of the following facilities delivers the highest level of nursing care?
 - a. Intermediate Care
 - b. **Residential Care**
 - c. Skilled Nursing Care
 - d. Rehabilitation Care
2. Which type of validity refers to how well the study adheres to accepted and established standards?
 - a. Face validity
 - b. Content validity
 - c. **Construct validity**
 - d. Criterion validity
3. Where do low numbers appear in a frequency polygon?
 - a. Bottom and to the right
 - b. Bottom and to the left
 - c. Top and to the right
 - d. **Top and to the left**

Anatomy and Physiology

1. Health care workers use a spirometer to measure the_____.
 - a. level of carbon dioxide in the blood
 - b. **lungs' capacity for air**
 - c. amount of pressure in the lungs
 - d. level of pleural fluid

2. What causes plasma like fluid to flow from the blood in the glomerulus into Bowman's capsule?
 - a. Increase in blood pressure in the capillaries
 - b. Hormonal secretions**
 - c. Stimulation from the nerves
 - d. Level of salt in the blood
3. Which of the following is the definition of a fomite?
 - a. Bacterial infection transmitted through contaminated water
 - b. Small worm that may be present in meat and which infects the intestinal tract.
 - c. Person who experiences no symptoms but can transmit an infection.
 - d. Nonliving object that is contaminated with an infectious agent**

Biochemistry

1. Which of the following compounds would have the highest boiling point?
 - a. $\text{CH}_3\text{CH}_2\text{CH}_2\text{CH}_3$
 - b. CH_3NH_2
 - c. CH_3OH
 - d. CH_2F_2**
2. Which subatomic particle is found in all isotopes of hydrogen?
 - a. Proton**
 - b. Neutron
 - c. Electron
 - d. Positron
3. $\text{CH}_3\text{C} \equiv \text{CCH}_2\text{CH}_2\text{Cl}$ is named:
 - a. 1-chloro-3-pentyne
 - b. 5-chloro-2-pentene**
 - c. 1-acetylenyl-3-chloropropane
 - d. 5-chloro-2-pentyne

Bioengineering

1. Which of the following is an important aspect that separates Biomechatronic devices from conventional orthotic and prosthetic devices?
 - a. A connection with the nerves and muscle systems to store and convert information from the device.
 - b. A connection with the nerves and muscle systems to send and receive information from the device.**
 - c. A connection with the nerves and muscles systems to receive and store information from the device.
 - d. A connection with the nerves and muscle systems to restore and remove information from the device.
2. What is the function of a galvanic detector?
 - a. Detect an electric current produced by mechanical means.
 - b. Detect an electric current produced by chemical means.**
 - c. Detect a mechanical motion produced by electrical means.
 - d. Detect an electric circuit produced by mechanical means.
3. What does CRISPR stand for?
 - a. Clustered Regulatory Interspaced Short Palindromic Repeats**
 - b. Clustered Regulatory Interspaced Small Palindromic Repeats
 - c. Clustered Regulatory Interspaced Short Protein Repeats
 - d. Clustered Regulatory Interspaced Small Protein Repeats

Biology

1. In the electromagnetic spectrum, _____.
 - a. infrared energy has the shortest wavelength
 - b. infrared radiation has more energy than red radiation
 - c. visible light provides the energy for photosynthesis
 - d. **near-infrared radiation provides the energy for photosynthesis**
2. In order for DNA molecules to undergo recombination, _____.
 - a. **they must be from the same species**
 - b. their strands must separate as in replication
 - c. they must be cut and spliced at specific nucleotide sequences
 - d. one of the two DNA strands must be degraded
3. In garden peas, one pair of alleles controls the height of the plant, and a second pair of alleles controls flower color. The allele for tall (*D*) is dominant to the allele for dwarf (*d*), and the allele for purple (*P*) is dominant to the allele for white (*p*). A tall plant with purple flowers crossed with a tall plant with white flowers produces 3/8 tall purple, 1/8 tall white, 3/8 dwarf purple, and 1/8 dwarf white. What is the genotype of the parents?
 - a. **Dd Pp x Dd pp**
 - b. Dd Pp x Dd Pp
 - c. DD Pp x dd Pp
 - d. Dd pp x dd Pp

Career Development

1. If a physician fails to use a degree of skill and learning commonly expected and the person receiving care is injured, the physician can be sued for _____.
 - a. Negligence
 - b. Defamation
 - c. **Malpractice**
 - d. Assault and battery
2. Patients confined to bed should have their position changed at least every _____.
 - a. 30 minutes
 - b. Hour
 - c. **2 hours**
 - d. 3 hours
3. $5/8 + 3/12 =$ _____.
 - a. 11/12
 - b. 13/16
 - c. 8/24
 - d. **7/8**

General Chemistry

1. Select the correct molecular structure for CO₂:
 - a. **linear**
 - b. trigonal planar
 - c. tetrahedral
 - d. Bent
2. Consider the molecular orbital description of the NO⁻ anion. Which of the following statements is false?
 - a. NO⁻ is paramagnetic.
 - b. **NO⁻ is isoelectronic with CO.**
 - c. The bond energy in NO⁺ is greater than the bond energy in NO⁻.
 - d. The bond order in NO⁻ is 2.

3. For which of the following compound(s) are *cis* and *trans* isomers possible?
- 2,3-dimethyl-2-butene**
 - 3-methyl-2-pentene
 - 4,4-dimethylcyclohexanol
 - ortho*chlorotoluene

Human Heredity

- The letters G, Q, R, and C, used to describe the appearance of chromosomes, refer to the ____.
 - position of the bands
 - staining procedure used to reveal the bands**
 - number of arms per chromosome
 - number of centromeres per chromosome
- Which of the following sequences indicates the promoter region of a gene?
 - CAAT**
 - UAAG
 - CTTT
 - ACAT
- The ability to taste PTC and other bitter chemicals is controlled by _____.
 - hormone levels that change throughout life
 - proteins on the surface of receptor cells**
 - the amount of PTC exposure as a child
 - the amount of capsaicin present in taste buds

Math for Health Professionals

- Goniometers measure
 - range of motion**
 - weight
 - surface area
 - Time
- The hospital uses a 15-drop-per-mL drip set. How will you adjust the IV to infuse 250 mL over 3 hours?
 - constant infusion
 - every minute
 - every 30 seconds
 - every 3 seconds**
- Calculate the BMI for Weight: 165 pounds; Height: 73 inches.
 - 30
 - 25
 - 18
 - 22**

Microbiology

- By what mechanism does a virus cause disease?
 - by infecting the nervous system in humans
 - by shutting down or destroying a cell**
 - by living on or in another organism
 - by infecting red blood cells
- Toxic proteins that can be secreted outside of the cell are called?
 - bactericides
 - endotoxins
 - exotoxins**
 - aspergillus

3. Which main class of disease-causing parasites contain tapeworms?
- a. **helminths**
 - b. protozoa
 - c. ectoparasites
 - d. Ergosterol

Occupational Health and Safety

1. One way of reducing fall hazards is to keep floors clean and dry. What else can be done to reduce the hazard?
- a. **Use non-slip material on floors**
 - b. Use tape on corridors
 - c. Use reflective materials on walls
 - d. Use fans
2. Daydreaming while driving is an example of which type of distraction?
- a. Visual
 - b. Auditory
 - c. Biomechanical/Manual
 - d. **Cognitive**
3. How frequently should you take breaks when driving long distances?
- a. Every 3 hours
 - b. **Every 2 hours**
 - c. Every 30 minutes
 - d. Every 4 hours

Organic Chemistry

1. Name the following: $\text{CH}_3 - \text{CH}_2 - \text{CH}_3$
- a. ethane
 - b. **propane**
 - c. butane
 - d. Pentane
2. $\text{CH}_3\text{C} \equiv \text{CCH}_2\text{CH}_2\text{Cl}$ is named:
- a. 1-chloro-3-pentyne
 - b. 5-chloro-2-pentene
 - c. 1-acetylenyl-3-chloropropane
 - d. **5-chloro-2-pentyne**
3. What is the correct (IUPAC) name of the following molecule: 2-methyl-4-t-butylpentane
- a. 2-t-butyl-4-methylpentane
 - b. **2,2,3,5-tetramethylhexane**
 - c. 2,4,5,5-tetramethylhexane
 - d. 1-sec-butyl-1,2,2-trimethylpentane

Physics College

1. How many moles of air must escape from a 15.0-m \times 9.0-m \times 6.0-m room when the temperature is raised from 10.0°C to 20.0°C? Assume the pressure remains unchanged at one atmosphere while the room is heated. ($R = 8.31 \text{ J/mol}\cdot\text{K}$)
- a. 4.9E+3 moles
 - b. **1.2E+3 moles**
 - c. 2.2E+2 moles
 - d. 7.9E+2 moles

2. A loop of area 0.384 m^2 is in a uniform 0.0565-T magnetic field. If the flux through the loop is $6.10 \times 10^{-3} \text{ T}\cdot\text{m}^2$, what angle does the normal to the plane of the loop make with the direction of the magnetic field?
 - a. 73.7°
 - b. 89.3°
 - c. 16.3°**
 - d. 76.0°

3. The escape speed from the surface of the Earth is 11.2 km/s . Estimate the escape speed for a spacecraft from the surface of the Moon. The Moon has a mass $1/81$ that of Earth and a radius 0.25 that of Earth.
 - a. 2.5 km/s**
 - b. 4.0 km/s
 - c. 5.6 km/s
 - d. 8.7 km/s

Leadership

1. While researching attitudes and behaviors, Stephen Covey studied the Pygmalion effect. Which statement best describes this concept?
 - a. A person's high expectations of self will diminish the probability of failure.
 - b. High expectations of a person leads to increased performance.**
 - c. A person's low expectations of others will decrease the chance of success.
 - d. Low expectations of a person leads to minimal performance.

2. Ralph Waldo Emerson, philosopher and poet said, "*For everything you have missed, you have gained something else; and for everything you gain, you lose something.*" Which law of leadership does this statement best represent?
 - a. Respect
 - b. Priorities
 - c. Legacy
 - d. Sacrifice**

3. Goethe said, "*Treat a man as he is, & he will remain as he is. Treat a man as he can & should be, & he will become as he can and should be.*" Which habit of highly effective people is reflected by this quote?
 - a. Sharpen the Saw**
 - b. Put First Things First
 - c. Seek First to Understand, Then to be Understood
 - d. Think Win/Win

AAFP Family Medicine Career Test

1. What is the minimum length of training for family medicine residency programs accredited by the ACGME?
 - A. 2 years
 - B. 3 years**
 - C. 4 years
 - D. 5 years

2. In relation to Dr. Barbara Starfield's conceptual framing of primary care's salutary effects, which of the following is not one of the 4 C's of primary care?
 - A. Connections**
 - B. Continuity
 - C. Coordination of care
 - D. Comprehensiveness

3. According to the physician staffing agency Merritt, Hawkins and Associates, in 2007 what percent of family physicians were in group practices of three or more physicians?
 - A. 14%
 - B. 82%
 - C. 33%
 - D. 60%**