The goal of the National Geographic Learning (NGL) Academic Testing Center – NGL Cengage sponsored event 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.

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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.

There will be a verbal announcement when there are 30 minutes, 15 minutes, 5 minutes, and 1 minute remaining to complete the test.

Eleven (11) of the NGL Academic Testing Center events are sponsored by National Geographic Learning / Cengage. A summary page of resources for these 11 NGL ATC events is available, as well as a listing of all resources provided from National Geographic Learning / Cengage for all HOSA events.
8. The eleven (11) approved tests for ILC 2022 and their associated resources are as follows:

<table>
<thead>
<tr>
<th>Event</th>
<th>Resource Title (National Geographic Learning/Cengage)</th>
<th>ISBN</th>
</tr>
</thead>
<tbody>
<tr>
<td>1. Allied Health Statistics</td>
<td>Basic Allied Health Statistics and Analysis, 5th Edition</td>
<td>97811227796965</td>
</tr>
<tr>
<td>2. Anatomy and Physiology</td>
<td>Body Structures and Functions, 14th edition</td>
<td>9780357457542</td>
</tr>
<tr>
<td>3. Biochemistry</td>
<td>Introduction to General, Organic and Biochemistry, 12th edition</td>
<td>9781337571357</td>
</tr>
<tr>
<td>4. Biology</td>
<td>Biology: The Unity and Diversity of Life, 15th AP Edition</td>
<td>9781337408592</td>
</tr>
<tr>
<td>5. Career Development</td>
<td>DHO Health Science Updates 9th Edition</td>
<td>9780357419991</td>
</tr>
<tr>
<td>8. Math for Health Professionals</td>
<td>Math for Health Professionals, 2nd edition</td>
<td>9781305509788</td>
</tr>
<tr>
<td>9. Microbiology</td>
<td>Microbiology: Practical Applications and Infection Prevention, 1st Edition</td>
<td>978113369642</td>
</tr>
<tr>
<td>10. Organic Chemistry</td>
<td>Introduction to General, Organic and Biochemistry, 12th edition</td>
<td>9781337571357</td>
</tr>
</tbody>
</table>

9. Chapter Advisors – contact your Cengage Sales Consultant for a review copy of the reference title of your choice, for events 1-11 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

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Recognition and Awards

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**Sample Test Questions**
The remaining pages of these guidelines include sample test questions from each of the eleven 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. CH₃CH₂CH₂CH₃
   b. CH₃NH₂
   c. CH₃OH
   d. CH₂F₂
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-pentene

### 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. $Dd\ Pp \times Dd\ pp$
   b. $Dd\ Pp \times Dd\ Pp$
   c. $DD\ Pp \times dd\ Pp$
   d. $Dd\ pp \times dd\ Pp$

### 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. $\frac{5}{8} + \frac{3}{12} = \frac{\text{______}}{\text{______}}$
   a. 11/12
   b. 13/16
   c. 8/24
   d. 7/8

### General Chemistry

1. Select the correct molecular structure for $\text{CO}_2$:
   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 \textit{cis} and \textit{trans} isomers possible?
   a. 2,3-dimethyl-2-butene
   b. 3-methyl-2-pentene
   c. 4,4-dimethylcyclohexanol
   d. \textit{ortho}chlorotoluene

Human Heredity
1. The letters G, Q, R, and C, used to describe the appearance of chromosomes, refer to the____.
   a. position of the bands
   b. \textit{staining procedure used to reveal the bands}
   c. number of arms per chromosome
   d. number of centromeres per chromosome

2. Which of the following sequences indicates the promoter region of a gene?
   a. CAAT
   b. UAAG
   c. CTTT
   d. ACAT

3. The ability to taste PTC and other bitter chemicals is controlled by__________.
   a. hormone levels that change throughout life
   b. \textit{proteins on the surface of receptor cells}
   c. the amount of PTC exposure as a child
   d. the amount of capsaicin present in taste buds

Math for Health Professionals
1. Goniometers measure
   a. \textit{range of motion}
   b. weight
   c. surface area
   d. Time

2. The hospital uses a 15-drop-per-mL drip set. How will you adjust the IV to infuse 250 mL over 3 hours?
   a. constant infusion
   b. every minute
   c. every 30 seconds
   d. \textit{every 3 seconds}

3. Calculate the BMI for Weight: 165 pounds; Height: 73 inches.
   a. 30
   b. 25
   c. 18
   d. 22

Microbiology
1. By what mechanism does a virus cause disease?
   a. by infecting the nervous system in humans
   b. \textit{by shutting down or destroying a cell}
   c. by living on or in another organism
   d. by infecting red blood cells
2. Toxic proteins that can be secreted outside of the cell are called?
   a. bactericides
   b. endotoxins
   c. exotoxins
   d. aspergillus

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

Organic Chemistry
1. Name the following: CH₃ –CH₂ –CH₃
   a. ethane
   b. propane
   c. butane
   d. Pentane

2. CH₃C ≡ CCH₂CH₂Cl 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 × 9.0-m × 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 J/mol·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 m² is in a uniform 0.0565-T magnetic field. If the flux through the loop is
   6.10 × 10⁻³ T·m², 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
Summary

The goal of the National Geographic Learning (NGL) Academic Testing Center – CERI sponsored event is to provide as many HOSA Members at both chartered association conferences and the International Leadership Conference as possible with the opportunity to demonstrate their basic knowledge in preparation to become future health professionals.

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New for 2021 - 2022

HOSA is pleased to announce that the National Geographic Learning Academic Testing Center events will be available for all chartered associations to use at State Leadership Conferences as well as the International Leadership Conference beginning with the membership year 2021-2022. Delegates should check with their State Advisor to determine if this event is offered by their chartered association.

ILC Eligibility: Refer to item #11 below for ILC details.
6. **Time Remaining Announcements:** There will be a verbal announcement when there are 30 minutes, 15 minutes, 5 minutes, and 1 minute remaining to complete the test.

**Testing Area and Resources**

7. The official resources for this event are:
   - *7 Habits of Highly Effective People* (ISBN = B00OHXRYJQ)
   - *The 21 Irrefutable Laws of Leadership* (ISBN = 0785288376)

8. The test plan for NGL ATC-Leadership is:
   - The 7 Habits of Highly Effective People 50%
     - Paradigms and Principles of Leadership
     - Private Victory
     - Public Victory
     - Renewal
   - The 21 Irrefutable Laws of Leadership 50%
     - Learning the laws of leadership
     - Each law of leadership can stand alone
     - Each law of leadership carry consequences
     - The foundation of leadership

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17. If a chartered association is offering this event at their chartered association conference, awards and recognition are determined by the State Advisor.

Sample Test Questions

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
Summary

The goal of the National Geographic Learning (NGL) Academic Testing Center – CareerSafe sponsored event is to provide as many HOSA Members at both chartered association conferences and the International Leadership Conference as possible with the opportunity to demonstrate their basic knowledge in preparation to become future health professionals.

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**Testing Area and Resources**

7. The official resource for this event is:
   - CareerSafe Safety Education for America’s Future

8. The test plan for ATC-Occupational Health and Safety is:
   - Biological Agents and Infection Control 16%
   - Bloodborne Pathogens 10%
   - Emergency Action Plans and Fire Prevention 4%
   - Ergonomics 10%
   - Safe Patient Handling 4%
   - Hazard Communication 12%
   - Introduction to OSHA 14%
   - Personal Protective Equipment 22%
   - Preventing Workplace Violence 8%

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Sample Test Questions

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
Summary
The goal of the National Geographic Learning (NGL) Academic Testing Center – AAFP sponsored event is to provide as many HOSA Members at both chartered association conferences and the International Leadership Conference as possible with the opportunity to demonstrate their basic knowledge in preparation to become future health professionals.

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**Testing Area and Resources**

7. The official resources for this event are [summarized on this landing page](#).

8. The test plan for NGL ATC AAFP Family Medicine Career Test:
   - Define primary care medicine and the medical specialties involved 20%
   - Describe the scope of clinical practice of family medicine 20%
   - Describe the career settings of family medicine 14%
   - Describe the lifestyle of family physicians 14%
   - Describe the educational path to a career in family medicine 14%
   - Describe the importance of primary care & its contributions to health outcomes 8%
   - Recognize important innovations in healthcare and their impact on primary care 6%
   - Describe the AAFP’s role in supporting the family medicine profession 4%

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**Sample Test Questions**

**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%**