

Human Growth and Development



New for 2023 – 2024

Test plan has been revised. These guidelines are written for ILC. States may modify events or have different event processes and deadlines. Be sure to check with your Local/State Advisor (or state website) to determine how the event is implemented for the regional/area or state conference. Editorial updates have been made.

Event Summary

Human Growth & Development provides members with the opportunity to gain knowledge and skills regarding biophysical, mental/cognitive, social, and emotional development in the human lifespan. This competitive event consists of a written test with a tiebreaker essay question. This event aims to inspire members to learn more about growth and development across the life span.

Dress Code

Competitors must be in official HOSA uniform or proper business attire. 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 in this event must be active members of HOSA-Future Health Professionals and in good standing.
2. **Eligible Divisions:** Secondary and Postsecondary/Collegiate divisions are eligible to compete in this event.
3. Competitors must be familiar with and adhere to the [“General Rules and Regulations of the HOSA Competitive Events Program \(GRR\).”](#)
 - A. Per the [GRRs](#) and [Appendix H](#), HOSA members may request accommodation in any competitive event. To learn the definition of an accommodation, please read [Appendix H](#). To request accommodation for the International Leadership Conference, [submit the request form here](#) by May 15 at midnight EST.
 - B. To request accommodation for any regional/area or state level conferences, submit the request form [here](#) by your state published deadline. Accommodations must first be done at state in order to be considered for ILC.
4. All competitors shall report to the site of the event at the time designated for each round of competition. At ILC, competitor's [photo ID](#) must be presented prior to ALL competition rounds.

Official References

5. All official references are used in the development of the written test.
6. [Polan, Elaine and Daphne Taylor. *Journey Across the Lifespan: Human Development and Health Promotion*. F.A. Davis, Latest edition.](#)
7. [Simmers, L., Simmers-Nartker, Simmers-Kobelak. *DHO: Health Science*. Cengage Learning, Latest edition.](#)
8. [Kato, Sharleen L. *Lifespan Development*. Goodheart-Willcox Publisher, Latest edition.](#)

Written Test

9. [Test Instructions:](#) The written test will consist of 100 multiple choice items in a maximum of 90 minutes.
10. **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.
11. One essay question will be administered with the original test. In case of a tie, the essay question will be judged and used to break the tie.
12. The test plan for Human Growth & Development 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%
13. **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 is the age-related eye disease that causes a loss of central vision? (Kato pp 292)
 - 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

14. The competitor should write their answer to the tiebreaker essay question on the tiebreaker page of the test that remains attached to the original test.
15. Final rank is determined by the test score. In case of a tie, the essay question will be used to determine the rank.