

Human Growth & Development



Event Category: Health Science.....

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

This event will take place as a written test at SLC (Thursday, March 18th)
Refer to the Conference Agenda for assigned testing time

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	HOSA's Official Uniform or HOSA Business Dress. Appendix D
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 SLC testing. All SLC testing will be completed in the Testing Center, and competitors are responsible for monitoring their own time.

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.

International Leadership Conference (ILC) qualifiers

Go to <https://hosa.org/guidelines/> for specifics about this competitive event at ILC.
June 22-25, 2027, Pennsylvania Convention Center in Philadelphia, Pennsylvania

High School/Post-Secondary/Collegiate Seniors

Don't wait until you graduate to join the HOSA alumni network! 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.

SC HOSA Scholarship

Application: <https://www.schosa.org/students/scholarships/>

Application Window Opens: December 1, 2026

Application Deadline: February 1, 2027

National HOSA Scholarship

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/>.