

HOSA Bowl Assessment Practice Test (Sample)

Study Guide



Everything you need from our exam experts!

This is a sample study guide. To access the full version with hundreds of questions,

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Table of Contents

Copyright	1
Table of Contents	2
Introduction	3
How to Use This Guide	4
Questions	6
Answers	9
Explanations	11
Next Steps	17

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Introduction

Preparing for a certification exam can feel overwhelming, but with the right tools, it becomes an opportunity to build confidence, sharpen your skills, and move one step closer to your goals. At Examzify, we believe that effective exam preparation isn't just about memorization, it's about understanding the material, identifying knowledge gaps, and building the test-taking strategies that lead to success.

This guide was designed to help you do exactly that.

Whether you're preparing for a licensing exam, professional certification, or entry-level qualification, this book offers structured practice to reinforce key concepts. You'll find a wide range of multiple-choice questions, each followed by clear explanations to help you understand not just the right answer, but why it's correct.

The content in this guide is based on real-world exam objectives and aligned with the types of questions and topics commonly found on official tests. It's ideal for learners who want to:

- Practice answering questions under realistic conditions,
- Improve accuracy and speed,
- Review explanations to strengthen weak areas, and
- Approach the exam with greater confidence.

We recommend using this book not as a stand-alone study tool, but alongside other resources like flashcards, textbooks, or hands-on training. For best results, we recommend working through each question, reflecting on the explanation provided, and revisiting the topics that challenge you most.

Remember: successful test preparation isn't about getting every question right the first time, it's about learning from your mistakes and improving over time. Stay focused, trust the process, and know that every page you turn brings you closer to success.

Let's begin.

How to Use This Guide

This guide is designed to help you study more effectively and approach your exam with confidence. Whether you're reviewing for the first time or doing a final refresh, here's how to get the most out of your Examzify study guide:

1. Start with a Diagnostic Review

Skim through the questions to get a sense of what you know and what you need to focus on. Don't worry about getting everything right, your goal is to identify knowledge gaps early.

2. Study in Short, Focused Sessions

Break your study time into manageable blocks (e.g. 30 - 45 minutes). Review a handful of questions, reflect on the explanations, and take breaks to retain information better.

3. Learn from the Explanations

After answering a question, always read the explanation, even if you got it right. It reinforces key points, corrects misunderstandings, and teaches subtle distinctions between similar answers.

4. Track Your Progress

Use bookmarks or notes (if reading digitally) to mark difficult questions. Revisit these regularly and track improvements over time.

5. Simulate the Real Exam

Once you're comfortable, try taking a full set of questions without pausing. Set a timer and simulate test-day conditions to build confidence and time management skills.

6. Repeat and Review

Don't just study once, repetition builds retention. Re-attempt questions after a few days and revisit explanations to reinforce learning.

7. Use Other Tools

Pair this guide with other Examzify tools like flashcards, and digital practice tests to strengthen your preparation across formats.

There's no single right way to study, but consistent, thoughtful effort always wins. Use this guide flexibly — adapt the tips above to fit your pace and learning style. You've got this!

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Questions

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- 1. Which term describes difficulty in speaking or hoarseness?**
 - A. Dysphonia
 - B. Aphasia
 - C. Dyslexia
 - D. Apraxia
- 2. What type of motion should be proposed if new information is obtained about an already adopted motion that might change how members would vote?**
 - A. A motion to withdraw
 - B. A motion to reconsider
 - C. A motion to table
 - D. A motion to amend
- 3. Which store is recognized as the official seller of HOSA merchandise?**
 - A. HOSA Marketplace
 - B. Awards Unlimited
 - C. Healthcare Supplies Store
 - D. Student Gear Shop
- 4. Which enzyme begins the breakdown of protein?**
 - A. Amylase
 - B. Lactase
 - C. Pepsin
 - D. Protease
- 5. What is the vote needed to amend a pending main motion?**
 - A. Unanimous
 - B. Two-thirds
 - C. Majority
 - D. Simple

6. Which of the following is a requirement for earning the Presidents Student Service Award?

- A. Completion of a science project**
- B. Service hours in health care**
- C. Participation in HOSA competitions**
- D. Membership in HOSA for one year**

7. During a meeting, how does a member who has had the floor yield the floor?

- A. By speaking louder**
- B. By passing a note**
- C. When they take their seat**
- D. By calling for order**

8. When should a motion arising out of a report of an officer, board, or committee be taken up?

- A. During the closing remarks of the meeting**
- B. Immediately after the report is given**
- C. At the beginning of the next session**
- D. Before the agenda is set**

9. What term refers to the posterior surface of the knee?

- A. Patellar**
- B. Popliteal**
- C. Femoral**
- D. Tibial**

10. What is the major cause of respiratory acidosis?

- A. Loss of carbon dioxide**
- B. Excessive carbon dioxide retention**
- C. Inadequate oxygen intake**
- D. Pneumonia**

Answers

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1. A
2. B
3. B
4. C
5. C
6. B
7. C
8. B
9. B
10. B

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Explanations

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1. Which term describes difficulty in speaking or hoarseness?

- A. Dysphonia**
- B. Aphasia**
- C. Dyslexia**
- D. Apraxia**

The term that describes difficulty in speaking or hoarseness is **dysphonia**. Dysphonia specifically refers to issues related to the quality, volume, or pitch of the voice that affect a person's ability to speak clearly. This can manifest as a raspy, strained, or weak voice, making communication challenging. In contrast, aphasia refers to a language disorder that affects a person's ability to communicate, including understanding and producing spoken or written language, but does not specifically relate to the physical condition of the voice itself. Dyslexia involves difficulties with reading and processing language, while apraxia is a motor speech disorder that affects the ability to coordinate the movements necessary for speech. Thus, dysphonia is the accurate term for the difficulties described in the question.

2. What type of motion should be proposed if new information is obtained about an already adopted motion that might change how members would vote?

- A. A motion to withdraw**
- B. A motion to reconsider**
- C. A motion to table**
- D. A motion to amend**

When new information arises regarding an already adopted motion that could influence members' voting decisions, the most appropriate action is to propose a motion to reconsider. This motion allows members to revisit and potentially change their previous decision based on the newly acquired information. The framework of parliamentary procedure recognizes that circumstances can evolve, and this process ensures that members have the opportunity to deliberate again on a motion that may now have different implications. This option is distinct in that it explicitly requires that the motion being reconsidered was previously adopted, acknowledging the authority of prior decisions while still accommodating new developments. It fosters a dynamic discussion within the organization and upholds democratic processes by ensuring all relevant information is considered. The other options proposed do not suffice in this situation. A motion to withdraw relates to pulling back a motion before it has been adopted. A motion to table, on the other hand, is meant for temporarily setting aside a motion, not for discussing new information affecting a prior decision. A motion to amend is utilized for changing the wording or details of a pending motion rather than addressing a situation where the original motion has already been decided. Hence, a motion to reconsider is the correct course of action when new information warrants a reassessment of a previous decision.

3. Which store is recognized as the official seller of HOSA merchandise?

- A. HOSA Marketplace**
- B. Awards Unlimited**
- C. Healthcare Supplies Store**
- D. Student Gear Shop**

The HOSA Marketplace is recognized as the official seller of HOSA merchandise. This platform is specifically designed to provide HOSA members and supporters with a variety of official merchandise, from apparel to educational resources related to the organization. The HOSA Marketplace is the go-to source for authentic goods that represent HOSA and its mission, ensuring that members have access to the latest and most relevant items associated with the organization. In contrast, while Awards Unlimited may offer various awards and recognition products, it is not the primary retailer for HOSA's official merchandise. Likewise, the Healthcare Supplies Store and Student Gear Shop may provide different products that are beneficial to students and healthcare individuals, but they do not serve as the official outlet for HOSA-branded items. Understanding the purpose of these different stores highlights why the HOSA Marketplace holds the title of the official seller.

4. Which enzyme begins the breakdown of protein?

- A. Amylase**
- B. Lactase**
- C. Pepsin**
- D. Protease**

Pepsin is the correct answer because it is a digestive enzyme specifically responsible for breaking down proteins into shorter peptides in the stomach. It is produced in an inactive form called pepsinogen, which is activated by the acidic environment of the stomach. Once activated, pepsin effectively cleaves peptide bonds, leading to protein digestion. The other enzymes mentioned have different functions. Amylase is involved in the breakdown of carbohydrates into simpler sugars, primarily in the mouth and pancreas. Lactase is an enzyme that specifically breaks down lactose, the sugar found in milk, into glucose and galactose. Protease, while it does refer to a broad category of enzymes that break down proteins, is not specific and does not identify the enzyme that acts in the stomach. Pepsin is a specific type of protease, making it the most accurate choice for this question.

5. What is the vote needed to amend a pending main motion?

- A. Unanimous**
- B. Two-thirds**
- C. Majority**
- D. Simple**

To amend a pending main motion, a majority vote is required. In parliamentary procedure, which governs the conduct of meetings and decision-making, the process for amending motions is designed to ensure that changes can be made with the support of most members. A majority vote reflects the idea that the amendment should be supported by more members than those who oppose it, thereby representing the collective will of the group. When a motion is on the table and needs modification, the amendment must gain enough support to be accepted. This is why a simple majority, defined as more than half of the votes cast, is deemed sufficient to amend the main motion. It strikes a balance, allowing for changes while ensuring that amendments are not made simply by a small group, thereby protecting the rights of the majority. In contrast, other voting requirements, such as a two-thirds majority, are generally reserved for more substantial decisions, such as closing debates or overriding previous actions, which necessitate broader consensus. Hence, the requirement for a majority vote aligns well with the principles of democratic decision-making in meetings.

6. Which of the following is a requirement for earning the Presidents Student Service Award?

- A. Completion of a science project**
- B. Service hours in health care**
- C. Participation in HOSA competitions**
- D. Membership in HOSA for one year**

The President's Student Service Award is an honor that recognizes students who demonstrate a commitment to volunteer service and community engagement. To qualify for this award, students are required to log a specific number of service hours, which often includes activities in various sectors, including health care. This emphasizes the importance of contributing to the welfare of the community and reflects a dedication to serving others. While completing a science project, participating in HOSA competitions, or being a member of HOSA for one year can all play important roles in a student's overall development and involvement, they do not directly fulfill the requirements for the President's Student Service Award. The focus of this award is specifically on community service hours, making the option regarding service hours in health care the correct choice.

7. During a meeting, how does a member who has had the floor yield the floor?

- A. By speaking louder**
- B. By passing a note**
- C. When they take their seat**
- D. By calling for order**

A member who has the floor yields the floor when they take their seat. This action indicates that the speaker has finished their portion of the discussion and is allowing others to contribute. Yielding the floor is essential in meetings to facilitate orderly dialogue and ensure that everyone has an opportunity to share their thoughts or present their arguments. In formal settings, taking a seat usually signifies the conclusion of a speech or presentation, which helps maintain structure during discussions. Other methods, such as speaking louder, passing notes, or calling for order, do not constitute formally yielding the floor and could disrupt the meeting's flow or confuse the attendees about who currently holds the opportunity to speak.

8. When should a motion arising out of a report of an officer, board, or committee be taken up?

- A. During the closing remarks of the meeting**
- B. Immediately after the report is given**
- C. At the beginning of the next session**
- D. Before the agenda is set**

The best time to take up a motion arising out of a report from an officer, board, or committee is immediately after the report is given. This timing is crucial because it allows for a seamless transition from the presentation of the report to the exploration of any motions or recommendations contained within it. By addressing motions right after the report, members have the context fresh in their minds, which enables better discussion and decision-making regarding the proposals. Taking up motions at this time also respects the flow of the meeting and ensures that important topics are not overlooked. It allows members to engage with the material while it is still relevant, facilitating a more dynamic and informed decision-making process. This approach emphasizes the importance of timely participation in discussions, encouraging engagement and fostering a collaborative atmosphere among members.

9. What term refers to the posterior surface of the knee?

- A. Patellar
- B. Popliteal**
- C. Femoral
- D. Tibial

The term that refers to the posterior surface of the knee is "popliteal." This area is located at the back of the knee and is often associated with the popliteal fossa, which is a diamond-shaped space behind the knee joint. This fossa contains important structures such as blood vessels, nerves, and tendons that are crucial for movement and stability in the leg. Understanding the anatomical terms is essential for effective communication in healthcare and anatomy, especially when discussing injuries, surgical procedures, or physical assessments related to the knee. The other terms refer to different anatomical structures: "patellar" pertains to the kneecap located in the front, "femoral" describes structures related to the thigh bone, and "tibial" relates to the shin bone at the front of the lower leg. These distinctions are important when studying anatomy to ensure clarity in medical discussions and documentation.

10. What is the major cause of respiratory acidosis?

- A. Loss of carbon dioxide
- B. Excessive carbon dioxide retention**
- C. Inadequate oxygen intake
- D. Pneumonia

The major cause of respiratory acidosis is excessive carbon dioxide retention. This condition occurs when the body is unable to effectively expel carbon dioxide, which then accumulates in the bloodstream. Carbon dioxide in the body reacts with water to form carbonic acid, leading to a decrease in blood pH and resulting in acidosis. Respiratory acidosis is often associated with conditions that impair lung function, such as chronic obstructive pulmonary disease (COPD), severe asthma, or any condition that reduces respiratory drive. In these cases, the usual exchange of gases in the lungs becomes compromised, resulting in a buildup of carbon dioxide rather than its normal elimination. Other choices do not directly contribute to respiratory acidosis. For example, loss of carbon dioxide would lead to respiratory alkalosis instead, and inadequate oxygen intake does not create an acid-base imbalance; rather, it leads to hypoxia. Pneumonia, while it can lead to respiratory issues, is a specific condition that may result in respiratory acidosis if it causes significant impairment of ventilation, but it is not the primary mechanism. Hence, the most accurate cause consistently associated with this condition is excessive retention of carbon dioxide.

Next Steps

Congratulations on reaching the final section of this guide. You've taken a meaningful step toward passing your certification exam and advancing your career.

As you continue preparing, remember that consistent practice, review, and self-reflection are key to success. Make time to revisit difficult topics, simulate exam conditions, and track your progress along the way.

If you need help, have suggestions, or want to share feedback, we'd love to hear from you. Reach out to our team at hello@examzify.com.

Or visit your dedicated course page for more study tools and resources:

<https://hosabowlassessment.examzify.com>

We wish you the very best on your exam journey. You've got this!

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