

HOSA Cultural Diversities and Disparities 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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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. What is the role of a curandero or curandera?**
 - A. A practitioner who uses modern medicine**
 - B. A folk healer using traditional methods**
 - C. A professional therapist**
 - D. An educator in spiritual matters**
- 2. What is the purpose of goldenrod root in traditional remedies?**
 - A. To promote weight loss**
 - B. To treat pain and reduce fevers**
 - C. To improve digestion**
 - D. To enhance mental clarity**
- 3. What technique do the Hopi people use to diagnose illness?**
 - A. Conducting physical examinations**
 - B. Employing dreams revealed through sleep**
 - C. Meditating with the help of a crystal ball or jimsonweed**
 - D. Utilizing herbal knowledge from ancestors**
- 4. What percentage of the U.S. population is made up of Hispanic people?**
 - A. 10.5%**
 - B. 17.3%**
 - C. 25%**
 - D. 50%**
- 5. According to traditional Chinese beliefs, which organ holds significant emotional and spiritual value?**
 - A. Heart**
 - B. Liver**
 - C. Kidney**
 - D. Stomach**

6. What is special about the Shrine of our Lord of Esquipulas?

- A. Eating dirt from this shrine is believed to cure illness**
- B. It is a famous pilgrimage site**
- C. It is the burial site of a popular saint**
- D. It features a statue of the Virgin Mary**

7. What is the 'Motion of the hand' ceremony described in Native American healing?

- A. A practice involving dance to encourage recovery**
- B. A technique using hand gestures to communicate with spirits**
- C. A ritual where sand or pollen is used while singing and moving hands**
- D. A method of guiding the sick through meditation alone**

8. According to traditional beliefs, what is the primary cause of illness?

- A. Genetic predisposition**
- B. Environmental pollution**
- C. An imbalance of yin and yang**
- D. Virus and bacteria exposure**

9. Which of the following describes the primary focus of traditional Native American healing practices?

- A. Physical healing only**
- B. Spiritual and mental wellness**
- C. Integration of community and family support**
- D. All of the above**

10. What is the Polish term for the concept of the evil eye?

- A. szatan**
- B. kineahora**
- C. kayn aynhoreh**
- D. mano milagroso**

Answers

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

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Explanations

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1. What is the role of a curandero or curandera?

- A. A practitioner who uses modern medicine
- B. A folk healer using traditional methods**
- C. A professional therapist
- D. An educator in spiritual matters

The role of a curandero or curandera is primarily that of a folk healer who employs traditional methods to treat physical, emotional, and spiritual ailments. These practitioners draw on a rich heritage of healing techniques that can include herbal remedies, rituals, prayer, and other cultural practices passed down through generations. Curanderismo, the tradition of healing among curanderos, is deeply rooted in cultural beliefs and practices and emphasizes the holistic connection between body, mind, and spirit. Curanderos often work within the communities they serve, providing care that is accessible and culturally resonant. They may address issues that are not solely medical in nature, integrating emotional and spiritual aspects into their healing practices. This approach contrasts with modern medicine, which typically focuses on physical health and diagnoses through scientific methods. The other roles listed, such as a practitioner who uses modern medicine, a professional therapist, or an educator in spiritual matters, do not encapsulate the traditional and culturally-specific practices that define a curandero or curandera. These roles have distinct methodologies and frameworks that differ significantly from the folk healing practices of curanderos.

2. What is the purpose of goldenrod root in traditional remedies?

- A. To promote weight loss
- B. To treat pain and reduce fevers**
- C. To improve digestion
- D. To enhance mental clarity

Goldenrod root has a longstanding history in traditional medicine, primarily recognized for its ability to treat pain and reduce fevers. Traditional herbalists have utilized goldenrod to alleviate inflammation and discomfort, which can be beneficial for various pain-related conditions. Its diuretic properties are also noted, which can aid in flushing out toxins and potentially lowering fever. The use of goldenrod in these contexts underscores its value in herbal remedies focused on relieving acute symptoms linked to pain and fever, making this choice the most aligned with its traditional applications. In contrast, while other options, such as promoting weight loss, improving digestion, and enhancing mental clarity, may be associated with other herbal remedies or lifestyle choices, they do not specifically represent the primary uses of goldenrod root in traditional practices.

3. What technique do the Hopi people use to diagnose illness?

- A. Conducting physical examinations
- B. Employing dreams revealed through sleep
- C. Meditating with the help of a crystal ball or jimsonweed**
- D. Utilizing herbal knowledge from ancestors

The technique used by the Hopi people to diagnose illness is deeply rooted in their cultural practices and beliefs. While some might think crystal balls or substances like jimsonweed are involved, the accurate method reflects the importance of spiritual and dream interpretations within their healing practices. The Hopi culture places significant emphasis on the spiritual realm, with dreams often seen as a channel for diagnosing issues affecting individuals. Dream analysis is intrinsic to how the Hopi navigate health and illness, as it provides insights into the physical, mental, and spiritual well-being of an individual. This method aligns with their holistic approach, where they look beyond mere physical symptoms to address underlying spiritual concerns that may manifest as illness. Consequently, their approach to diagnosing illness incorporates not just physical evaluations but also cultural and spiritual dimensions that are essential for understanding wellness in the Hopi tradition.

4. What percentage of the U.S. population is made up of Hispanic people?

- A. 10.5%
- B. 17.3%**
- C. 25%
- D. 50%

The answer indicates that 17.3% of the U.S. population is made up of Hispanic people, which reflects demographic data from reliable sources like the U.S. Census Bureau. This percentage highlights significant representation of Hispanic individuals within the broader population, emphasizing the importance of understanding cultural diversities in health care, policy-making, and community engagement. This demographic insight is crucial as it encourages awareness of health disparities that may affect Hispanic communities and informs cultural competency among health professionals. Knowing the population breakdown helps in providing tailored healthcare services and addressing specific health needs within the community. It also underlines the influence of Hispanic culture in the social, economic, and political realms of the United States.

5. According to traditional Chinese beliefs, which organ holds significant emotional and spiritual value?

- A. Heart**
- B. Liver**
- C. Kidney**
- D. Stomach**

In traditional Chinese medicine, the heart is regarded not just as a physical organ but as a central component of one's emotional and spiritual life. It is believed to house the mind (or "Shen") and is associated with joy, consciousness, and mental clarity. The health of the heart is thought to influence emotional balance and overall well-being. This connection between the heart and emotional states is deeply embedded in Chinese philosophy, where it is often linked to the person's ability to experience joy and maintain harmonious relationships. Therefore, the significance of the heart in this context stems from its role in both physical health and emotional prosperity, solidifying its value in traditional beliefs. In contrast, the liver, kidney, and stomach also have important roles in Chinese medicine, but they are more frequently associated with different emotions and bodily functions. For instance, the liver is related to anger and detoxification, the kidneys to fear and vitality, and the stomach to digestion and nourishment. However, none are attributed with the same pervasive emotional and spiritual significance as the heart.

6. What is special about the Shrine of our Lord of Esquipulas?

- A. Eating dirt from this shrine is believed to cure illness**
- B. It is a famous pilgrimage site**
- C. It is the burial site of a popular saint**
- D. It features a statue of the Virgin Mary**

The Shrine of our Lord of Esquipulas is renowned as a famous pilgrimage site, attracting thousands of devotees and visitors each year. This significance stems from the deeply rooted spiritual importance attributed to the shrine, where many people come to seek healing and intercession from the Lord of Esquipulas, whose image is housed there. Pilgrimage practices often involve a combination of prayer, devotion, and sometimes community gathering, highlighting a profound aspect of cultural and religious life in the region. The other options, while they may contain elements of cultural or religious significance in different contexts, do not specifically capture the essence of what makes the Shrine of our Lord of Esquipulas notable. The act of eating dirt or elements from the shrine may be a belief held in certain cultures regarding healing, but it does not encompass the site's primary role. Likewise, while there may be saints associated with various locations, the shrine is particularly identified with the Lord of Esquipulas, rather than serving as a burial site. The presence of a statue of the Virgin Mary is common in many religious sites, but it is the pilgrimage aspect that distinctly highlights the shrine's prominence within the devotional practices of believers.

7. What is the 'Motion of the hand' ceremony described in Native American healing?

- A. A practice involving dance to encourage recovery**
- B. A technique using hand gestures to communicate with spirits**
- C. A ritual where sand or pollen is used while singing and moving hands**
- D. A method of guiding the sick through meditation alone**

The 'Motion of the hand' ceremony in Native American healing incorporates the use of sand or pollen along with singing and the movement of hands. This practice is deeply symbolic and integral to Native American spirituality, emphasizing the connection between physical actions, spiritual healing, and natural elements. The gestures performed during this ceremony often serve to summon healing energies or to signify specific intentions, making the act of moving the hands a vital component of the ritual. The use of natural materials like sand or pollen not only adds a tactile and visual element to the ceremony but also connects participants to the earth and their cultural traditions, enhancing the overall efficacy of the healing process. This intertwining of physical expression—through motion and sound—with spiritual beliefs exemplifies the holistic approach often found in Native American healing practices.

8. According to traditional beliefs, what is the primary cause of illness?

- A. Genetic predisposition**
- B. Environmental pollution**
- C. An imbalance of yin and yang**
- D. Virus and bacteria exposure**

The primary cause of illness, according to traditional beliefs, is often seen as an imbalance of yin and yang. This concept originates from ancient Chinese medicine, which posits that health is a state of balance between these two opposing forces. Yin represents aspects such as coolness, restfulness, and darkness, while yang signifies warmth, activity, and light. When these forces are in harmony, individuals are considered healthy. However, if there is an imbalance—whether due to emotional stress, poor diet, or other factors—illness can manifest. This perspective is rooted in holistic healing practices, which view the body as a whole and emphasize the interconnectedness of physical, emotional, and spiritual well-being. Consequently, treatment often involves restoring balance rather than merely targeting symptoms, which is a fundamental shift from more modern biomedical approaches that frequently emphasize pathogens like viruses and bacteria or genetics as primary contributors to illness.

9. Which of the following describes the primary focus of traditional Native American healing practices?

- A. Physical healing only**
- B. Spiritual and mental wellness**
- C. Integration of community and family support**
- D. All of the above**

Traditional Native American healing practices encompass a holistic approach that prioritizes spiritual, mental, and physical well-being, as well as the integration of community and family support. The correct answer reflects that these healing practices are not limited to merely physical ailments but are deeply rooted in the interconnectedness of the body, mind, spirit, and community. Spiritual and mental wellness is a crucial aspect, as many Native American traditions emphasize the importance of harmony and balance in these areas for overall health. Additionally, community and family support play vital roles in the healing process, as relationships and communal ties are seen as essential to an individual's health. Thus, the comprehensive nature of these practices means that they can address all three components—physical, spiritual, and mental—as well as the social context of healing through communal engagement, which is why the inclusion of all aspects is necessary for a complete understanding of traditional Native American healing practices.

10. What is the Polish term for the concept of the evil eye?

- A. szatan**
- B. kineahora**
- C. kayn aynhoreh**
- D. mano milagroso**

The correct term for the concept of the evil eye in Polish is "kineahora." This term, which originates from Jewish communities, reflects the belief that envy can bring about misfortune or harm. The evil eye is a cultural phenomenon found in many societies, where it is believed that a malevolent glare can cast negative influence on individuals, leading to illness or bad luck. Understanding "kineahora" requires recognizing how various cultures articulate the impact of envy and ill wishes. The other terms provided, such as "szatan," which translates to "Satan," do not relate to the concept of the evil eye. "Kayn aynhoreh" is an expression from Yiddish culture with a similar meaning to "kineahora," but it is not the Polish term. "Mano milagroso," meaning "miraculous hand," comes from Spanish and refers to a different cultural symbol used for protection against the evil eye but is not directly related to Polish terminology.

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://hosaculturaldiversitiesanddisparities.examzify.com>

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

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