

HOSA Human Growth and Development Practice Test (Sample)

Study Guide



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SAMPLE

Questions

- 1. Which of the following lists the two basic types of communication?**
 - A. Nonverbal and written**
 - B. Verbal and nonverbal**
 - C. Formal and informal**
 - D. Interpersonal and group**
- 2. Native Americans represent which rank in terms of major ethnic groups in the USA?**
 - A. 1st**
 - B. 3rd**
 - C. 4th**
 - D. 5th**
- 3. What are the stages of family development?**
 - A. Infant stage and elderly stage**
 - B. Couple stage and older family stage**
 - C. Childhood and young adult stage**
 - D. Single stage and married stage**
- 4. What factors contribute to the factors of infant skin conditions?**
 - A. Time of day**
 - B. Environmental temperatures**
 - C. Genetic predispositions**
 - D. Parenting styles**
- 5. Why are cultural assessments important in healthcare?**
 - A. To limit the number of patients**
 - B. To provide and optimize level of health care**
 - C. To increase healthcare costs**
 - D. To disregard cultural differences**

- 6. Which stage in Erikson's model involves the challenge of 'autonomy v shame and doubt'?**
- A. Infancy**
 - B. Preschool Years**
 - C. Young Adulthood**
 - D. Middle Age**
- 7. At what stage does lanugo typically disappear in infants?**
- A. Within the first few hours after birth**
 - B. Within the first few days after birth**
 - C. After one month of age**
 - D. At six months old**
- 8. Stable cultural patterns shared by families with the same historical roots are referred to as?**
- A. Race**
 - B. Ethnicity**
 - C. Cultural beliefs**
 - D. Symbols**
- 9. What does conscience represent in human development?**
- A. A set of instincts**
 - B. A collection of experiences**
 - C. A system of values**
 - D. A reference of actions**
- 10. What is the definition of laws in a society?**
- A. Unwritten customs followed by community members**
 - B. Written policies supported and enforced by the government**
 - C. Traditions passed down through family generations**
 - D. Opinions shared among friends and peers**

Answers

SAMPLE

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

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Explanations

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1. Which of the following lists the two basic types of communication?

A. Nonverbal and written

B. Verbal and nonverbal

C. Formal and informal

D. Interpersonal and group

The two basic types of communication are verbal and nonverbal. Verbal communication refers to the use of spoken or written words to convey messages. This includes conversations, speeches, and any form of communication that utilizes language. Nonverbal communication, on the other hand, encompasses all forms of communication that do not involve words, such as body language, facial expressions, gestures, and even tone of voice. Understanding both forms is essential as they often work together in conveying meaning. For example, a person's tone of voice or body language can enhance or contradict what they are saying verbally. Recognizing the importance of both verbal and nonverbal communication is crucial in effective interpersonal interactions, including those in healthcare and counseling settings. Other options like formal and informal communication or interpersonal and group communication describe different contexts or dynamics of communication rather than the fundamental types of communication used in conveying messages.

2. Native Americans represent which rank in terms of major ethnic groups in the USA?

A. 1st

B. 3rd

C. 4th

D. 5th

Native Americans are often recognized as the fourth largest ethnic group in the United States. This classification reflects the demographic landscape of the country, where various ethnic backgrounds contribute to the overall population. Understanding this ranking is significant because it highlights the cultural diversity and the historical presence of Native American communities in the U.S. The ranking can be attributed to factors such as population size, historical context, and how various ethnic groups are classified and reported in demographic surveys. Being aware of the position of Native Americans among other ethnic groups can enrich discussions about social, cultural, and economic issues facing Indigenous peoples today.

3. What are the stages of family development?

- A. Infant stage and elderly stage
- B. Couple stage and older family stage**
- C. Childhood and young adult stage
- D. Single stage and married stage

The correct choice highlights the progression of family development through various stages, specifically the couple stage and the older family stage. The couple stage refers to the period when two individuals form a partnership and begin to build a family unit. This stage encompasses the challenges and adjustments that couples face as they navigate their relationship, establish their roles, and potentially start raising children. The focus during this stage is often on maintaining a healthy partnership, effective communication, and setting a foundation for future family dynamics. The older family stage comes after children have grown up and possibly started their own families, leading the couple to transition into a new phase where they often confront issues related to aging, changes in relationships, and potential shifts in their roles as parents and grandparents. This stage may also include a reevaluation of their relationship and personal goals as they adapt to the empty nest syndrome and prepare for later life. Other choices don't accurately represent the comprehensive stages of family development. Stages focusing solely on infancy, childhood, or marital status do not encapsulate the depth and transitions individuals and families experience over time. The family development model emphasizes not just individual life stages, but also the relational dynamics that evolve as families grow and adapt.

4. What factors contribute to the factors of infant skin conditions?

- A. Time of day
- B. Environmental temperatures
- C. Genetic predispositions**
- D. Parenting styles

Genetic predispositions are a significant factor in the development of infant skin conditions. Certain skin conditions, such as atopic dermatitis (eczema) and psoriasis, are influenced by an individual's genetic makeup, meaning that if there is a family history of such conditions, the infant may be at a higher risk. This genetic factor plays a crucial role as it can impact the skin's barrier function, its ability to retain moisture, and the immune response, all of which are important in maintaining skin health and preventing skin disorders. Time of day, environmental temperatures, and parenting styles do not have the same direct impact on the biological formation and predisposition to skin conditions as genetics does. While environmental temperatures can influence skin care routines or exacerbate existing conditions, they are not inherent factors that determine susceptibility. Similarly, parenting styles may affect how skin conditions are managed or treated but do not influence an infant's genetic makeup or predisposition to skin issues.

5. Why are cultural assessments important in healthcare?

- A. To limit the number of patients**
- B. To provide and optimize level of health care**
- C. To increase healthcare costs**
- D. To disregard cultural differences**

Cultural assessments are vital in healthcare because they help providers understand the diverse backgrounds, beliefs, and practices of their patients. By conducting these assessments, healthcare professionals can tailor their care to meet the individual needs of patients, enhancing their overall experience and satisfaction with the healthcare system. Understanding cultural perspectives allows for more effective communication between patients and providers, ultimately leading to improved compliance with medical advice and better health outcomes. Additionally, recognizing cultural differences can help address potential barriers to care, ensuring that patients feel respected and acknowledged in their healthcare journey. Therefore, optimizing the level of healthcare through cultural assessments is essential for delivering effective and compassionate care.

6. Which stage in Erikson's model involves the challenge of 'autonomy v shame and doubt'?

- A. Infancy**
- B. Preschool Years**
- C. Young Adulthood**
- D. Middle Age**

The challenge of 'autonomy vs. shame and doubt' occurs during the preschool years, which is characterized by children developing a sense of personal control over physical skills and a sense of independence. This stage typically spans from around ages 2 to 4, where children are learning to do things for themselves, such as potty training, choosing what clothes to wear, and engaging in simple tasks independently. During this time, successful navigation of these experiences leads to a sense of autonomy and confidence in one's abilities. Conversely, if a child experiences overly critical responses from parents or caregivers when attempting to assert their independence, they may develop feelings of shame and doubt in their abilities. Hence, this stage is crucial in shaping self-esteem and the capacity for future independence. In contrast, infancy primarily focuses on trust versus mistrust, young adulthood deals with intimacy versus isolation, and middle age involves generativity versus stagnation, which do not encompass the themes of autonomy and independence central to the preschool years.

7. At what stage does lanugo typically disappear in infants?

- A. Within the first few hours after birth**
- B. Within the first few days after birth**
- C. After one month of age**
- D. At six months old**

Lanugo is a fine, downy hair that covers the body of a fetus, typically appearing around the 20th week of gestation. It plays a role in regulating body temperature and providing some protection to the skin in utero. After birth, lanugo usually begins to shed as the infant transitions to life outside the womb. The correct answer indicates that lanugo typically disappears within the first few days after birth. This is due to the fact that once the baby is born, the environment changes significantly, and the need for lanugo diminishes rapidly. The body naturally sheds this hair, making way for the development of more permanent hair. In contrast, the other choices suggest timings that are either too early or too late based on typical developmental patterns observed in infants. For example, lanugo does not generally disappear within hours of birth, nor does it take as long as several weeks or months; the shedding process happens quickly in the initial days following delivery. Understanding this timeline is important for parents and caregivers in recognizing normal infant development.

8. Stable cultural patterns shared by families with the same historical roots are referred to as?

- A. Race**
- B. Ethnicity**
- C. Cultural beliefs**
- D. Symbols**

The correct answer is ethnicity because it encompasses the shared cultural patterns, traditions, and historical roots that define a group of people. Ethnicity is not solely based on race but involves a combination of language, customs, beliefs, and values that are often passed down through generations. Families who share the same ethnic background typically have common experiences and cultural ties that influence their identities and ways of life. Race generally refers to physical characteristics such as skin color, and while it can be associated with certain cultural patterns, it does not encompass the broader range of shared historical and cultural ties that ethnicity does. Cultural beliefs pertain to the ideas and values held by a group but do not specifically indicate the shared historical roots that define ethnicity. Symbols are objects, signs, or images that represent specific meanings within a culture but do not reflect the collective identity of a group rooted in shared history or tradition like ethnicity does.

9. What does conscience represent in human development?

- A. A set of instincts
- B. A collection of experiences
- C. A system of values**
- D. A reference of actions

Conscience represents a system of values in human development because it encompasses the internalized principles and ethical beliefs that guide individuals in making decisions about right and wrong. This moral framework is shaped by various influences, including upbringing, cultural norms, and personal experiences. As individuals grow and mature, their conscience helps them evaluate situations and their actions, fostering a sense of responsibility and accountability. A system of values serves as a foundational element in forming one's conscience, allowing individuals to discern appropriate behaviors and navigate complex social scenarios. While instincts, experiences, and references for action play roles in human development, they do not encapsulate the moral reasoning and judgment that are central to the idea of conscience. This moral dimension is critical in shaping behavior, relationships, and overall character throughout life.

10. What is the definition of laws in a society?

- A. Unwritten customs followed by community members
- B. Written policies supported and enforced by the government**
- C. Traditions passed down through family generations
- D. Opinions shared among friends and peers

Laws in a society are defined as written policies that are formally enacted by government institutions and are backed by the authority of the state. These laws are established to maintain order, protect individual rights, and ensure justice within a community. Unlike unwritten customs, traditions, or informal opinions, laws are documented, publicly accessible, and have specific consequences for violations, thus providing a clear framework for behavior that is expected in society. The significance of laws lies in their capacity to regulate actions and provide guidelines for resolving disputes, thus contributing to the overall stability and functioning of a society. Their enforcement by governmental agencies ensures that there is accountability and that individuals adhere to societal norms. This distinguishes them from unwritten customs, which might be influential but lack the formal backing that laws possess.