

HOSA Human Growth and Development Practice Test (Sample)

Study Guide



Everything you need from our exam experts!

Copyright © 2026 by Examzify - A Kaluba Technologies Inc. product.

ALL RIGHTS RESERVED.

No part of this book may be reproduced or transferred in any form or by any means, graphic, electronic, or mechanical, including photocopying, recording, web distribution, taping, or by any information storage retrieval system, without the written permission of the author.

Notice: Examzify makes every reasonable effort to obtain accurate, complete, and timely information about this product from reliable sources.

SAMPLE

Table of Contents

Copyright	1
Table of Contents	2
Introduction	3
How to Use This Guide	4
Questions	5
Answers	8
Explanations	10
Next Steps	16

SAMPLE

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. 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.

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. 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!

Questions

SAMPLE

- 1. What concept involves viewing patients as belonging to a world with many cultures?**
 - A. Transcultural nursing**
 - B. Cultural beliefs**
 - C. Ethnicity**
 - D. Mores**
- 2. Families can be classified into which types based on their interactions?**
 - A. Friendship, partnership, and isolation**
 - B. Autocratic, democratic, or laissez-faire**
 - C. Traditional, modern, or alternative**
 - D. Formal, informal, or casual**
- 3. What is often the focus when evaluating the health beliefs of Asian Americans?**
 - A. Genetic factors**
 - B. Dietary practices**
 - C. Cultural traditions**
 - D. Social media influence**
- 4. What occurs after fertilization in human development?**
 - A. Immediate birth**
 - B. Formation of a zygote**
 - C. Development of an embryo**
 - D. Segmentation of the placenta**
- 5. What characterizes assertive individuals in their communication style?**
 - A. They are fearful of expressing their needs**
 - B. They are empowered and comfortable expressing their feelings**
 - C. They avoid conflict at all costs**
 - D. They dominate conversations**

6. What is the role of genes in the process of inheritance?

- A. They provide energy for cellular processes**
- B. They transmit all genetic information from parents to child**
- C. They control the production of hormones**
- D. They determine physical capabilities only**

7. What do Asian Americans believe about good health?

- A. It is solely dependent on diet**
- B. It is a gift from ancestors**
- C. It can be bought through medicine**
- D. It requires isolation from society**

8. Which of the following is NOT a basic function of the family?

- A. Physical maintenance**
- B. Socialization**
- C. Recreation**
- D. Isolation from the community**

9. Asian Americans are known to originate from which of the following countries?

- A. India, Nepal, and Bangladesh**
- B. Korea, Japan, Philippines, and China**
- C. Vietnam, Thailand, and Malaysia**
- D. Saudi Arabia, Turkey, and Egypt**

10. What does religion refer to in the context of cultural beliefs?

- A. A public gathering space for worship**
- B. A specific belief and worship system**
- C. A framework for legal systems**
- D. A guide for social interactions**

Answers

SAMPLE

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

SAMPLE

Explanations

SAMPLE

1. What concept involves viewing patients as belonging to a world with many cultures?

A. Transcultural nursing

B. Cultural beliefs

C. Ethnicity

D. Mores

Transcultural nursing is the correct answer because it emphasizes the importance of understanding and respecting the diverse cultural backgrounds of patients. This concept recognizes that individuals are shaped by their cultural experiences, beliefs, and practices, which significantly influence their health perceptions and behaviors. By viewing patients within broader cultural contexts, healthcare professionals can provide more culturally competent care that aligns with the patients' values and needs. In addition, transcultural nursing promotes communication and builds trust between healthcare providers and patients from various backgrounds, ultimately leading to improved health outcomes. The other options, while related to culture, do not encompass the holistic view of patient care that transcultural nursing promotes. Cultural beliefs refer specifically to the values held by a particular culture, ethnicity pertains to the categorization of people based on shared cultural identity, and mores are societal norms that dictate acceptable behavior within a culture. None of these concepts inherently involve the comprehensive approach to understanding and integrating the influence of multiple cultures on patient care that transcultural nursing embodies.

2. Families can be classified into which types based on their interactions?

A. Friendship, partnership, and isolation

B. Autocratic, democratic, or laissez-faire

C. Traditional, modern, or alternative

D. Formal, informal, or casual

The classification of families based on interactions as autocratic, democratic, or laissez-faire is important because it highlights the dynamics of authority and decision-making within the family unit. In an autocratic family structure, one person typically holds power and makes decisions independently, with little input from other family members. This structure often leads to less collaborative family interactions, where authority is centralized. In contrast, a democratic family promotes cooperation and shared decision-making. Family members are encouraged to express their opinions and participate actively in discussions, leading to a more balanced and inclusive atmosphere. The laissez-faire approach represents a more permissive style, where parents may take on a hands-off role, allowing children to make most decisions with minimal guidance. This can foster independence but may also lead to a lack of structure. This classification effectively illustrates how interaction styles can shape the dynamics, roles, and relationships within a family, influencing individual members' development and the family's overall functioning. Understanding these interaction types is vital for analyzing familial relationships and their impact on growth and development.

3. What is often the focus when evaluating the health beliefs of Asian Americans?

- A. Genetic factors**
- B. Dietary practices**
- C. Cultural traditions**
- D. Social media influence**

The focus on cultural traditions when evaluating the health beliefs of Asian Americans is significant because these traditions greatly influence health perceptions, practices, and behaviors within diverse Asian communities. Cultural beliefs often encompass approaches to health, illness, and healing, which can include traditional medicine, family roles in health decision-making, and holistic perspectives on wellness. Understanding these cultural traditions allows healthcare providers to offer more effective and culturally sensitive care, as what is deemed acceptable or effective in health practices can greatly vary across different cultures. In contrast, while genetic factors may play a role in health, they don't specifically address the belief systems that guide behavior. Dietary practices are important for health but may not encompass the broader belief systems that impact healthcare decisions. Social media influence is increasingly relevant in modern contexts, but it may not directly reflect the deeply rooted cultural beliefs that are often more dominant in the health behaviors of Asian Americans.

4. What occurs after fertilization in human development?

- A. Immediate birth**
- B. Formation of a zygote**
- C. Development of an embryo**
- D. Segmentation of the placenta**

The process that occurs after fertilization is the formation of a zygote. During fertilization, a sperm cell successfully merges with an egg, creating a single fertilized cell known as a zygote. Immediately following this phase, the zygote undergoes a series of rapid divisions known as cleavage, which leads to the development of an embryo. As the zygote continues to develop, it moves through several stages, transitioning from a single cell to multiple cells and eventually forming specialized structures. This development continues until the embryo implants into the uterine lining, where further growth and differentiation take place. The initial stages of human development are critical, as they lay the groundwork for all subsequent stages. During this time, various biological processes occur, including cell division and the establishment of the initial body plan, which later leads to the full development of the embryo.

5. What characterizes assertive individuals in their communication style?

- A. They are fearful of expressing their needs
- B. They are empowered and comfortable expressing their feelings**
- C. They avoid conflict at all costs
- D. They dominate conversations

Assertive individuals are characterized by being empowered and comfortable expressing their feelings. This means that they communicate openly and honestly about their needs, desires, and opinions while also respecting the feelings and rights of others. They typically engage in direct communication, using clear and confident language without being aggressive or passive. This communication style allows assertive individuals to effectively advocate for themselves, maintain healthy relationships, and navigate conflicts constructively. They express their viewpoints and emotions in a way that fosters understanding and collaboration, contributing to a positive and supportive communication environment. Being assertive does not equate to being domineering; rather, it embodies a balance of confidence and respect.

6. What is the role of genes in the process of inheritance?

- A. They provide energy for cellular processes
- B. They transmit all genetic information from parents to child**
- C. They control the production of hormones
- D. They determine physical capabilities only

The role of genes in the process of inheritance is primarily to transmit genetic information from parents to their offspring. Genes, which are segments of DNA, carry the instructions that determine various traits—ranging from physical characteristics, such as eye color and height, to other features like susceptibility to certain diseases. This transmission occurs during reproduction when genetic material from both parents combines, leading to the genetic makeup of the child. Other options, while they touch on aspects of biology, do not accurately describe the role of genes in inheritance. For instance, genes do not provide energy for cellular processes—rather, they encode the information necessary for the synthesis of proteins, which can then engage in energetic processes within cells. Additionally, while genes can influence hormone production, that is not their primary role regarding inheritance. Finally, stating that genes determine physical capabilities only is overly restrictive; genes can influence a wide array of traits beyond physical ability, including behavioral and physiological characteristics.

7. What do Asian Americans believe about good health?

- A. It is solely dependent on diet**
- B. It is a gift from ancestors**
- C. It can be bought through medicine**
- D. It requires isolation from society**

The belief that good health is considered a gift from ancestors reflects a perspective commonly held within many Asian American cultures, where familial and ancestral connections play a significant role in shaping individual and collective values. This viewpoint emphasizes the importance of respecting tradition, heritage, and the wisdom passed down through generations. Many in these communities see health as intertwined with respect for familial lineage and cultural practices, which often include holistic approaches to wellness that integrate physical, mental, and spiritual well-being. The other perspectives offered do not capture the cultural significance of ancestral connection in health beliefs. Diet is certainly important in many cultures, but it is not seen as the sole determinant of health. The idea that health can be purchased through medicine focuses on a more transactional view, which may not align with cultural beliefs that prioritize balance and holistic approaches over purely commercial solutions. Lastly, the notion of requiring isolation contradicts the communal and interdependent values found in many Asian cultures, where social connections and community support are essential for health and well-being.

8. Which of the following is NOT a basic function of the family?

- A. Physical maintenance**
- B. Socialization**
- C. Recreation**
- D. Isolation from the community**

The correct choice of isolation from the community reflects an understanding of the essential and positive roles families play in society. Family units typically serve to connect individuals with their broader communities, providing support and facilitating social interactions. Common functions of the family include physical maintenance, which encompasses providing necessities like food and shelter; socialization, where family members teach values, norms, and skills; and recreation, where families engage in activities that foster bonding and relaxation. Isolation from the community runs counter to these fundamental roles, as strong family connections typically promote community engagement rather than separation. Hence, identifying isolation as not a basic function of the family aligns with the understanding that families often act as a bridge to larger social networks rather than barriers.

9. Asian Americans are known to originate from which of the following countries?

- A. India, Nepal, and Bangladesh**
- B. Korea, Japan, Philippines, and China**
- C. Vietnam, Thailand, and Malaysia**
- D. Saudi Arabia, Turkey, and Egypt**

The correct choice identifies a group of countries that correspond to a significant part of the Asian American population. Korea, Japan, the Philippines, and China are all countries in East and Southeast Asia. These nations have vibrant cultures, historical ties, and substantial immigration trends to the United States, especially noted during the 20th and 21st centuries. The cultural diversity of Asian Americans includes various ethnicities and languages, rooted in the histories and traditions of these countries. The large communities from Korea, Japan, the Philippines, and China have contributed to the multifaceted identity of Asian Americans and have established themselves in various states across the U.S. This context helps explain the distinct identity and experiences of Asian Americans in relation to these countries. Other options do not accurately represent the broader Asian American demographic or include regions and nations that do not fall under the traditional categorization of Asian descent relevant to this context. For example, India, Nepal, and Bangladesh, while part of Asia, primarily pertain to South Asian identity. Similarly, Saudi Arabia, Turkey, and Egypt would typically be considered part of the Middle Eastern and North African demographics rather than Asian American.

10. What does religion refer to in the context of cultural beliefs?

- A. A public gathering space for worship**
- B. A specific belief and worship system**
- C. A framework for legal systems**
- D. A guide for social interactions**

In the context of cultural beliefs, religion primarily refers to a specific belief and worship system. This encompasses the organized practices, doctrines, rituals, and moral codes that are associated with particular faith traditions. Religions typically provide followers with a way to understand the meaning of life, the nature of existence, and the relationship between humanity and the divine. This concept goes beyond merely the formal practices of worship, encapsulating the belief systems that inform the customs, values, and worldviews of individuals within a culture. By defining religion this way, it emphasizes the cognitive and spiritual dimensions that shape experiences and social structures. Other options, while related to aspects of religious life or community, do not capture the essence of what religion represents in cultural contexts. Public gathering spaces for worship, frameworks for legal systems, and guides for social interactions are components that may emerge as a result of religious beliefs, but they do not encompass the core idea of a belief system itself.

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://hosahumangrowthanddevelopment.examzify.com>

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

SAMPLE