

# HOSA Occupational Therapy Practice Test (Sample)

## Study Guide



**Everything you need from our exam experts!**

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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. 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

- 1. What does the Person-Environment-Occupation-Performance model describe?**
  - A. The separate identities of a person and their environment**
  - B. The interaction between a person, environment, and occupational performance**
  - C. The historical context of occupational therapy practice**
  - D. The function of teams in occupational practice**
- 2. According to occupational therapy, how should one view performance skills?**
  - A. As fixed abilities unique to individuals**
  - B. As skills influenced by specific contexts and conditions**
  - C. As irrelevant to overall health**
  - D. As inherited traits unable to be changed**
- 3. How did Medicare influence occupational therapy services?**
  - A. It limited services to people under 65**
  - B. It increased the availability of services for those aged 65 and older**
  - C. It eliminated coverage for all rehabilitation services**
  - D. It enforced stricter eligibility criteria for services**
- 4. What does altruism refer to in the context of occupational therapy?**
  - A. A focus on client independence**
  - B. The ability to demonstrate sound judgement**
  - C. Unselfish regard for the welfare of others**
  - D. The legal obligations practitioners must follow**
- 5. What does the continuum of care aim to achieve?**
  - A. Integration of emergency services**
  - B. Coordination and linkage of resources**
  - C. Maximization of healthcare costs**
  - D. Duplication of services for efficiency**

- 6. Which step in Ethical Decision Making involves considering all available alternatives?**
- A. Step 3**
  - B. Step 4**
  - C. Step 5**
  - D. Step 6**
- 7. What does the area of work encompass?**
- A. Only volunteer activities**
  - B. Only paid activities**
  - C. Both paid and volunteer activities**
  - D. Only internships and apprenticeships**
- 8. Which of the following is a developmental task for later adulthood?**
- A. Developing self-identity**
  - B. Accepting one's own impending death**
  - C. Establishing a career**
  - D. Romantic relationships**
- 9. In the Ethical Decision Making process, what is Step 2?**
- A. Clarify professional duties in the situation**
  - B. Evaluate the process and outcome**
  - C. Gather all of the relevant facts about the situation**
  - D. Identify the type of ethical problem**
- 10. What does ergonomics focus on?**
- A. Fitting jobs to people**
  - B. Studying human emotions**
  - C. Improving mechanical interfaces**
  - D. Simulating virtual environments**



## **Answers**

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

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## **Explanations**

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**1. What does the Person-Environment-Occupation-Performance model describe?**

- A. The separate identities of a person and their environment**
- B. The interaction between a person, environment, and occupational performance**
- C. The historical context of occupational therapy practice**
- D. The function of teams in occupational practice**

The Person-Environment-Occupation-Performance (PEOP) model illustrates the dynamic interplay between the individual, their environment, and their ability to perform specific occupations. This model emphasizes that occupational performance is influenced by both personal factors (such as skills, abilities, and motivations of the person) and environmental factors (such as social support, physical surroundings, and access to resources). By focusing on how these elements interact, the PEOP model provides a comprehensive framework that guides occupational therapy practice. It helps professionals assess and understand how modifications in any of these areas can enhance a person's ability to engage in meaningful activities. This holistic view aligns well with the core principles of occupational therapy, aiming to optimize individuals' overall well-being through improved performance in their daily lives. Other options do not capture this multifaceted interaction. For example, while one option might mention the identities of a person and their environment, it misses the crucial aspect of their mutual influence on occupational performance. Another option referring to the historical context of occupational therapy practice does not reflect the model's current operational focus on performance dynamics. Additionally, an option that discusses team functions in occupational practice overlooks the individual-centric framework the PEOP model promotes.

**2. According to occupational therapy, how should one view performance skills?**

- A. As fixed abilities unique to individuals**
- B. As skills influenced by specific contexts and conditions**
- C. As irrelevant to overall health**
- D. As inherited traits unable to be changed**

Performance skills in occupational therapy are understood to be influenced by specific contexts and conditions. This perspective recognizes that the efficacy of a person's skills can vary greatly based on factors such as the environment, the tasks they are engaged in, and their overall physical and mental state. For instance, a person may have the capability to perform certain tasks, but their ability to do so effectively can be significantly affected by environmental supports or barriers. Seeing performance skills through this lens allows occupational therapists to tailor interventions that consider the individual's context. It emphasizes the importance of adapting both the environment and the therapeutic approach to enhance a person's engagement and success in performing daily activities. For example, modifications can be made to settings where activities are performed, or tasks can be adapted to better suit an individual's circumstances, promoting optimal function and independence in everyday life. In contrast, the other views imply a rigidity or irrelevance regarding the role and adaptability of performance skills in occupational therapy, which does not align with the holistic approach that is central to the practice. This holistic view embraces the complexities and variabilities of human performance as deeply intertwined with the environments and situations in which individuals find themselves.

### **3. How did Medicare influence occupational therapy services?**

- A. It limited services to people under 65**
- B. It increased the availability of services for those aged 65 and older**
- C. It eliminated coverage for all rehabilitation services**
- D. It enforced stricter eligibility criteria for services**

Medicare significantly increased the availability of occupational therapy services for individuals aged 65 and older. When Medicare was established, it recognized the importance of rehabilitative services, including occupational therapy, as essential for improving the quality of life for older adults. This had a profound impact on access to therapy services, as many seniors were previously limited in their options for supportive healthcare. The integration of occupational therapy into Medicare benefits allowed for a broader range of therapeutic interventions, addressing not only physical rehabilitation but also enhancing daily living skills and overall independence for the elderly population. This expansion of services under Medicare has led to more older adults receiving the necessary therapeutic support that contributes to their rehabilitation and recovery, ultimately fostering better health outcomes and enhancing their ability to live independently.

### **4. What does altruism refer to in the context of occupational therapy?**

- A. A focus on client independence**
- B. The ability to demonstrate sound judgement**
- C. Unselfish regard for the welfare of others**
- D. The legal obligations practitioners must follow**

In the context of occupational therapy, altruism refers to the unselfish regard for the welfare of others. This principle is essential in the profession, as it emphasizes the importance of prioritizing the needs and well-being of clients above personal interests. Occupational therapists are committed to supporting their clients' goals and aspirations, often going above and beyond to facilitate meaningful participation in daily activities. This commitment highlights a compassionate approach and a strong ethical responsibility to ensure that clients receive the best possible care and support during their rehabilitation and recovery processes. Conveying altruism in practice involves building strong relationships with clients, understanding their unique circumstances, and advocating for their needs in various settings. By fostering an environment rooted in empathy and selflessness, occupational therapists can effectively empower individuals to achieve their goals and enhance their quality of life.

**5. What does the continuum of care aim to achieve?**

- A. Integration of emergency services**
- B. Coordination and linkage of resources**
- C. Maximization of healthcare costs**
- D. Duplication of services for efficiency**

The continuum of care aims to achieve coordination and linkage of resources throughout different levels and types of care in the healthcare system. This approach ensures that patients receive seamless and appropriate services that address their needs at every stage of their health journey, from prevention and acute care to rehabilitation and maintenance. By coordinating resources, healthcare providers can effectively manage transitions between different care settings, reducing gaps in services, preventing duplicative efforts, and enhancing overall patient outcomes. This coordinated effort is essential in ensuring that individuals receive the right care at the right time and in the right place, improving the effectiveness of the healthcare system as a whole.

**6. Which step in Ethical Decision Making involves considering all available alternatives?**

- A. Step 3**
- B. Step 4**
- C. Step 5**
- D. Step 6**

The step in Ethical Decision Making that involves considering all available alternatives is Step 4. During this phase, practitioners are expected to thoroughly evaluate the various options available to them in order to identify the most ethically sound solution to the dilemma at hand. This process requires critical thinking and a comprehensive assessment of each alternative's implications, benefits, and potential consequences. This step is crucial as it allows for a well-rounded perspective that can lead to more informed and responsible decisions. It emphasizes the importance of not just jumping to conclusions or sticking to preconceived notions, but instead exploring the full range of possibilities to find the best course of action in an ethical context. Taking the time to consider all alternatives empowers individuals to make choices that align with the principles of ethics in their professional practice.

**7. What does the area of work encompass?**

- A. Only volunteer activities**
- B. Only paid activities**
- C. Both paid and volunteer activities**
- D. Only internships and apprenticeships**

The area of work encompasses both paid and volunteer activities because occupational therapy, like many fields, includes a wide range of experiences that can be valuable for professional development. Engaging in volunteer activities allows individuals to gain hands-on experience and develop skills that are applicable to their careers. These experiences can enhance understanding of client needs, improve communication skills, and provide opportunities to work in diverse settings. In addition to volunteer work, paid activities are essential, as they often involve formal employment in healthcare settings where one applies their knowledge and skills in real-world scenarios. This combination of both paid and volunteer experiences contributes to a more comprehensive understanding of the field, allowing practitioners to be well-rounded and effective in their roles. Therefore, recognizing both forms of work as integral to professional growth is crucial in occupational therapy practice.

**8. Which of the following is a developmental task for later adulthood?**

- A. Developing self-identity**
- B. Accepting one's own impending death**
- C. Establishing a career**
- D. Romantic relationships**

Accepting one's own impending death is recognized as a crucial developmental task for individuals in later adulthood. This stage of life often involves a reflection on one's life, including accomplishments, regrets, and the legacy one wishes to leave behind. As individuals approach the end of life, they may confront existential questions and come to terms with their mortality, leading to a deeper understanding of life and acceptance of the natural cycle of life and death. This acceptance can influence their emotional well-being and how they engage with family and friends during this time. Additionally, addressing this task can support individuals in finding peace and fulfillment in their remaining years and help them focus on what truly matters to them, shaping a meaningful end-of-life experience.

## **9. In the Ethical Decision Making process, what is Step 2?**

- A. Clarify professional duties in the situation**
- B. Evaluate the process and outcome**
- C. Gather all of the relevant facts about the situation**
- D. Identify the type of ethical problem**

In the Ethical Decision Making process, identifying the type of ethical problem is critical because it serves as the foundational step for the entire decision-making framework. This step requires practitioners to define the specific ethical issue or dilemma they are facing, which might involve elements such as patient confidentiality, informed consent, professional boundaries, or conflicting obligations. By accurately identifying the type of ethical problem, practitioners can establish the context for the situation and understand the implications it may have for practice, patient care, and professional conduct. This clarity is essential, as different types of ethical issues may necessitate different approaches to resolution. Proper identification sets the stage for subsequent steps, such as gathering facts, clarifying duties, and evaluating outcomes, all of which depend on a clear understanding of the ethical dilemma at hand.

## **10. What does ergonomics focus on?**

- A. Fitting jobs to people**
- B. Studying human emotions**
- C. Improving mechanical interfaces**
- D. Simulating virtual environments**

Ergonomics focuses on fitting jobs to people, ensuring that the work environment, tasks, and tools are designed to optimize human well-being and overall system performance. This discipline involves understanding how individuals interact with their work environment, which includes the physical space, tools, and tasks required. By considering human capabilities and limitations, ergonomics aims to reduce the risk of injury, enhance comfort, and increase productivity. This can involve modifications in workstation design, tool design, and workflow practices to better align with an individual's physical and cognitive abilities. The other options explore different aspects of human experience and technology but do not capture the essence of ergonomics. Studying human emotions, for example, taps into psychological and emotional health, whereas improving mechanical interfaces focuses on the interactions between humans and machines rather than adapting work environments to fit human needs. Simulating virtual environments is related to virtual reality and technology, which does not specifically address the foundational goals of ergonomics in the context of optimizing human work environments.



## 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](mailto:hello@examzify.com).**

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

**<https://hosaoccupationaltherapy.examzify.com>**

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