

# HOSA COMPETITION EVENTS PRACTICE TEST (SAMPLE)

## STUDY GUIDE



## SAMPLE STUDY GUIDE WITH LIMITED QUESTIONS

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THE FULL VERSION STUDY GUIDE

<https://hosacompetitionevents.examzify.com>



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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

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- 1. Mental Health Promotion focuses on which concept?**
  - A. That mental health is health and prevention is key
  - B. Only pharmacology
  - C. Hospital administration
  - D. Surgical techniques
- 2. Which event has two rounds, including a Round One written test, leading to Round Two with analysis and presentation?**
  - A. Health Career Display
  - B. HOSA Bowl
  - C. Biomedical Debate
  - D. Creative Problem Solving
- 3. Which event is designed to teach about dental terminology, physiology, and pathophysiology?**
  - A. Dental Terminology
  - B. Medical Reading
  - C. Health Informatics
  - D. Medical Law & Ethics
- 4. Which statement best describes that a dose is calculated per unit of body weight?**
  - A. It expresses dose per unit of body weight, requiring patient weight for calculation.
  - B. It expresses dose as a fixed amount for all patients.
  - C. It is used only for adult dosing.
  - D. It is not appropriate for dosing calculations.
- 5. What is the primary purpose of personal protective equipment (PPE) in infection control?**
  - A. To decorate the patient room
  - B. To measure vitals
  - C. To protect healthcare workers and patients from infectious agents.
  - D. To identify the patient's allergies

- 6. Which event is intended to support patients in their recovery?**
- A. Physical Therapy
  - B. Personal Care
  - C. Home Health Aide
  - D. Pharmacy Science
- 7. Which body system is primarily responsible for transporting oxygen and nutrients to tissues?**
- A. The nervous system
  - B. The circulatory system
  - C. The respiratory system
  - D. The digestive system
- 8. What is the team size range for Parliamentary Procedure teams?**
- A. 3-5
  - B. 5-8
  - C. 2-4
  - D. 6-9
- 9. The kidneys' primary function is to filter blood and regulate which balance?**
- A. Fluid and electrolyte balance.
  - B. Blood sugar.
  - C. Hormone production.
  - D. Vitamin synthesis.
- 10. Which event focuses on health information systems, data analysis, and clinical research processes?**
- A. Medical Math
  - B. Health Informatics
  - C. Medical Reading
  - D. Healthcare Administration

## **Answers**

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

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## **Explanations**

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## 1. Mental Health Promotion focuses on which concept?

- A. That mental health is health and prevention is key
- B. Only pharmacology
- C. Hospital administration
- D. Surgical techniques

*Mental health promotion centers on seeing mental health as a part of overall health and prioritizing prevention. It focuses on keeping people well before problems arise by building resilience, reducing stigma, and creating supportive environments in communities, schools, and workplaces. This preventive, holistic approach aims to enhance well-being and functioning rather than just treating illness after it appears. Pharmacology, hospital administration, and surgical techniques are more about treatment, organization, or procedures than about promoting mental health and preventing problems in the first place.*

## 2. Which event has two rounds, including a Round One written test, leading to Round Two with analysis and presentation?

- A. Health Career Display
- B. HOSA Bowl
- C. Biomedical Debate
- D. Creative Problem Solving

*A two-stage event structure is being tested: a written Round One followed by a Round Two that centers on analysis and presenting the solution. Creative Problem Solving uses this exact format. In Round One, teams analyze a problem and produce a written plan or solution. In Round Two, they defend and present their analysis to judges, explaining their reasoning, evaluating alternatives, and showing how their solution would work in practice. This combination of a written submission plus an in-depth, presentation-based second round is what sets Creative Problem Solving apart from the other events, which typically involve displays, debates, or buzzer-style question rounds without that initial written component followed by a separate analytical presentation.*

## 3. Which event is designed to teach about dental terminology, physiology, and pathophysiology?

- A. Dental Terminology
- B. Medical Reading
- C. Health Informatics
- D. Medical Law & Ethics

*Understanding the match between a competition event and its content is key here. An event centered on dental terminology is specifically designed to teach and test the vocabulary used in dentistry, including terms for teeth, oral structures, and related physiological and pathological concepts. Because physiology and pathophysiology in dentistry rely on precise terminology to describe how the oral system works and what goes wrong in disease, this event directly targets those areas. Other options don't align as tightly with the dental focus. Medical Reading centers on interpreting medical texts in general, not specifically dental vocabulary or oral physiology. Health Informatics deals with managing and using health information systems, which is a different skill set. Medical Law & Ethics covers legal and ethical considerations in medicine, again not the dental terminology and dental physiology emphasis.*

4. Which statement best describes that a dose is calculated per unit of body weight?

- A. It expresses dose per unit of body weight, requiring patient weight for calculation.
- B. It expresses dose as a fixed amount for all patients.
- C. It is used only for adult dosing.
- D. It is not appropriate for dosing calculations.

*Weight-based dosing means the prescribed amount of drug is proportional to the patient's body weight, expressed as mg per kg (or µg per kg). You need the patient's weight to compute the total dose, so the dose correctly scales with size. This approach helps achieve similar drug exposure across people of different weights and avoids underdosing in larger patients or overdosing in smaller ones. For example, if the regimen is 5 mg/kg and the patient weighs 60 kg, the total dose is 300 mg. If dosing were fixed for everyone, heavier patients could receive too much and lighter patients too little. This method is common in pediatrics and many therapies where precise exposure matters. The other statements don't fit because they assume a fixed dose for all or deny the use of weight in calculations, which isn't accurate.*

5. What is the primary purpose of personal protective equipment (PPE) in infection control?

- A. To decorate the patient room
- B. To measure vitals
- C. To protect healthcare workers and patients from infectious agents.
- D. To identify the patient's allergies

*PPE creates a barrier to infectious agents, protecting both healthcare workers and patients from transmission during care. By covering skin, mucous membranes, and breathing routes with gloves, gowns, masks, eye protection, or respirators as appropriate, PPE reduces the chance that pathogens spread via touch, splashes, droplets, or aerosols. This protection works best when paired with proper hand hygiene and other infection-control practices, and it's used in standard precautions as well as whenever there's a higher risk of exposure. The other options don't address protection from infection—decorating the room has no role in safety, measuring vitals is a routine assessment, and identifying allergies is part of patient history, not PPE.*

6. Which event is intended to support patients in their recovery?

- A. Physical Therapy
- B. Personal Care
- C. Home Health Aide
- D. Pharmacy Science

*Focusing on restoring physical function after illness or injury, physical therapy is a structured rehabilitation activity designed to help patients recover mobility, strength, balance, and endurance. Through targeted exercises, manual therapy, and guided progression, it aims to return individuals to daily activities and reduce the chance of future problems. That makes it the best choice for supporting recovery. The other options play important roles in care but are not specifically about rehabilitation: personal care and home health aide services help with daily living tasks and in-home support, while pharmacy science is a field of study related to medications rather than a recovery program.*

**7. Which body system is primarily responsible for transporting oxygen and nutrients to tissues?**

- A. The nervous system
- B. The circulatory system**
- C. The respiratory system
- D. The digestive system

*Transport of oxygen and nutrients to tissues is handled by the circulatory system. The heart pumps blood through a network of vessels, sending oxygen-rich blood via arteries to capillaries where oxygen and nutrients diffuse into cells. Red blood cells carry most of the oxygen, bound to hemoglobin, while nutrients from digestion enter the bloodstream and are delivered to tissues through plasma. The respiratory system supports this by supplying oxygen to the blood and removing carbon dioxide, but it does not move nutrients to tissues. The nervous system helps regulate heart rate and vessel constriction, yet the actual transport network for these substances is the circulatory system.*

**8. What is the team size range for Parliamentary Procedure teams?**

- A. 3-5
- B. 5-8**
- C. 2-4
- D. 6-9

*Parliamentary Procedure teams are designed to simulate a functioning meeting with enough people to cover essential roles and demonstrate a full motion-and-vote sequence. Five to eight members strikes the right balance: it provides a chair and enough participants to take on officers or important roles while still keeping the meeting manageable and within time constraints. If the team were much smaller, there wouldn't be enough people to show multiple roles and a realistic flow of motions; if it were much larger, coordinating discussions and votes could become unwieldy and slow. That's why five to eight is the standard range.*

**9. The kidneys' primary function is to filter blood and regulate which balance?**

- A. Fluid and electrolyte balance.**
- B. Blood sugar.
- C. Hormone production.
- D. Vitamin synthesis.

*The kidneys' main job is maintaining fluid and electrolyte balance. They filter the blood, control how much water is kept or excreted, and adjust the levels of critical ions such as sodium, potassium, calcium, and bicarbonate. This keeps body fluids at the right volume and concentration, supports stable blood pressure, ensures proper nerve and muscle function, and helps maintain the body's acid-base balance by reclaiming bicarbonate and excreting hydrogen ions as needed. Because this balancing act is the primary role of the kidneys, it's the best fit for what's being asked. Blood sugar regulation is handled mainly by the pancreas and liver. Hormone production does occur in the kidneys (like erythropoietin and renin), but not as the primary function. Vitamin synthesis isn't a renal task.*

**10. Which event focuses on health information systems, data analysis, and clinical research processes?**

A. Medical Math

**B. Health Informatics**

C. Medical Reading

D. Healthcare Administration

*Health informatics focuses on how information technology supports health care, bringing together health information systems, data analysis, and clinical research processes. It covers electronic health records, data standards, analytics, decision support, and research data management, all aimed at improving patient care and advancing medical knowledge. That alignment makes it the best fit for an event centered on health information systems, data analysis, and clinical research. In contrast, medical math deals with dosages and calculations, medical reading centers on understanding medical literature, and healthcare administration focuses on managing a facility's operations and resources rather than the data, systems, and research processes described.*

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## 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://hosacompetitionevents.examzify.com>

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

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