# HOSA HUMAN GROWTH AND DEVELOPMENT PRACTICE TEST (SAMPLE)

## STUDY GUIDE



## SAMPLE STUDY GUIDE WITH LIMITED QUESTIONS

**VISIT US ONLINE FOR THE FULL VERSION STUDY GUIDE**

https://
hosahumangrowthanddevelopment.examzify.com

**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 ..... 15


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.

SAMPLE

# 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!

SAMPLE

# Questions

SAMPLE

**1. Which of the following best represents an individualized rate of development?**

A. All children learn to walk by age one

B. Adults often reach maturity at the same time

C. Growth can vary significantly between individuals

D. Development follow strict timelines

**2. How do boys compare to girls in terms of size during infancy?**

A. Smaller

B. Larger

C. The same

D. Heavier

**3. Which of the following is NOT one of Freud's stages of psychosexual development?**

A. Latency

B. Anal

C. Preoperational

D. Genital

**4. What defines the term 'mores' in cultural contexts?**

A. Simple customs and traditions

B. Strongly held moral beliefs

C. Neutral symbols of communication

D. Social norms with little significance

**5. What is the primary focus of the superego in psychological terms?**

A. Basic instincts

B. Moral reasoning

C. Reality orientation

D. Personal fulfillment

SAMPLE

**6. What do values primarily represent in an individual's life?**

A. Trendy opinions about current events

B. Deeply embedded feelings about what is good, bad, right, or wrong

C. Financial goals and aspirations

D. Social media influences and preferences

**7. Cultural awareness assists providers in understanding what specific element of patient care?**

A. The history of a patient's country

B. The financial background of patients

C. The clinical symptoms of diseases

D. The medical history of patients

**8. What abilities does a newborn possess shortly after birth?**

A. Only swallow

B. Swallow, digest, metabolize, and absorb nutrients

C. Only digest and metabolize

D. Only absorb nutrients

**9. What does normal physiological weight loss refer to in newborns?**

A. Gaining weight rapidly after birth

B. Newborn losing 5-10% of birth weight in first few days

C. Stagnation of weight gain within the first month

D. Rapid weight loss due to illness

**10. What is a defining characteristic of Native American families?**

A. They tend to have weak family bonds

B. They have strong family bonds

C. They are often nuclear families

D. They prioritize individualism over community

SAMPLE

# Answers

SAMPLE

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

SAMPLE

# Explanations

SAMPLE

## 1. Which of the following best represents an individualized rate of development?

A. All children learn to walk by age one

B. Adults often reach maturity at the same time

C. Growth can vary significantly between individuals

D. Development follow strict timelines

*The concept of individualized rates of development recognizes that each person develops at their own unique pace, influenced by a variety of factors such as genetics, environment, culture, and personal experiences. Option C accurately reflects this idea by acknowledging that growth can vary significantly between individuals. This variability is supported by research in human development, which shows that there is a wide range of typical developmental milestones and that people may reach these milestones at different ages or stages. The other options imply a more uniform approach to development. Option A suggests a rigid milestone that all children achieve by a certain age, which does not take into account the natural differences in development timing. Option B generalizes adult maturity, disregarding the individuality in emotional and psychological growth that can occur at different rates. Option D emphasizes strict timelines in development, which conflicts with the notion that development is fluid and personal, and that strict adherence to timelines does not reflect the reality of individual variation.*

## 2. How do boys compare to girls in terms of size during infancy?

A. Smaller

B. Larger

C. The same

D. Heavier

*During infancy, boys typically tend to be larger than girls in terms of size, particularly in weight and length. This pattern is generally observed where boys have a higher average birth weight and tend to grow at a faster rate during the early months. These physical differences are influenced by a combination of genetic, hormonal, and environmental factors. While the differences in size can vary significantly from one individual to another, the general trend shows boys being larger than girls, especially in the first year of life. This information is essential for understanding developmental benchmarks and growth patterns, as it aids healthcare providers in monitoring the health and growth of infants appropriately.*

## 3. Which of the following is NOT one of Freud's stages of psychosexual development?

A. Latency

B. Anal

C. Preoperational

D. Genital

*Freud's stages of psychosexual development include the oral, anal, phallic, latency, and genital stages. The latency stage occurs after the phallic stage and is characterized by a period of relative calm in terms of sexual feelings. The anal stage, which comes after the oral stage, focuses on toilet training and the child's control over bodily functions. The genital stage represents the maturation of sexual interests and the awakening of sexual feelings during puberty. In contrast, the preoperational stage is a concept developed by Jean Piaget, not Sigmund Freud. Piaget's stages of cognitive development include the sensorimotor, preoperational, concrete operational, and formal operational stages, which address how children's thinking develops over time rather than focusing on psychosexual development. Therefore, identifying the preoperational stage as not fitting within Freud's framework is accurate.*

SAMPLE

## 4. What defines the term 'mores' in cultural contexts?

A. Simple customs and traditions

B. Strongly held moral beliefs

C. Neutral symbols of communication

D. Social norms with little significance

*The term 'mores' refers to the strongly held moral beliefs or values that dictate the acceptable behaviors and practices within a society. These norms are often considered essential to the functioning and stability of a community, as they are linked to the ethical principles that guide individuals' actions. Mores are typically more binding than simple customs and traditions because they carry moral weight and are often enforced by social sanctions. In contrast to the other options, 'mores' are not merely customs or traditions, which can be more flexible and less charged with immediate moral implications. They also are not neutral symbols of communication, as mores encompass the underlying moral beliefs guiding social interactions. Additionally, they differ from social norms with little significance, as mores are integral to the foundational values of a culture. Understanding the importance of mores helps to clarify why certain behaviors may be heavily scrutinized or enforced within a society, reflecting the collective moral consciousness of a community.*

## 5. What is the primary focus of the superego in psychological terms?

A. Basic instincts

B. Moral reasoning

C. Reality orientation

D. Personal fulfillment

*The superego primarily focuses on moral reasoning, which is an integral part of an individual's personality according to Freudian psychology. It serves as a moral compass, guiding behavior based on societal norms and ethics. The superego internalizes the values and rules provided by caregivers, culture, and society, influencing decisions by distinguishing right from wrong. It also strives for perfection, often imposing ideals that can lead to feelings of guilt when they are not met. This moral aspect is crucial for understanding how individuals navigate their thoughts and actions in respect to societal expectations and personal conscience. In contrast, the other options pertain to different aspects of personality or psychological functioning. Basic instincts relate more to the id, which governs primal urges and desires. Reality orientation involves the ego, which mediates between the desires of the id, the moral guidelines of the superego, and the realities of the external world. Personal fulfillment is more subjective and connects to self-actualization, which is not primarily the focus of the superego but rather relates to broader aspects of human development and motivation.*

SAMPLE

## 6. What do values primarily represent in an individual's life?

A. Trendy opinions about current events

B. Deeply embedded feelings about what is good, bad, right, or wrong

C. Financial goals and aspirations

D. Social media influences and preferences

*Values primarily represent deeply embedded feelings about what is good, bad, right, or wrong in an individual's life. They serve as guiding principles, shaping an individual's beliefs, behavior, and decision-making processes. Values are often formed through personal experiences, cultural influences, and significant life events, leading individuals to develop a sense of morality and ethics that governs their actions and interactions with others. Understanding values is crucial because they influence how individuals prioritize their goals and interactions. For instance, someone who values honesty will likely prioritize transparent communication in their relationships, while a person who values family might place high importance on spending time with loved ones over other activities. The other options refer to varying levels of influence that might impact an individual's thinking or lifestyle but are not fundamental in the same way that values are. Trendy opinions, financial aspirations, and social media influences can change based on external factors, while values tend to be more stable and consistent, reflecting a person's core identity.*

## 7. Cultural awareness assists providers in understanding what specific element of patient care?

A. The history of a patient's country

B. The financial background of patients

C. The clinical symptoms of diseases

D. The medical history of patients

*Cultural awareness is crucial in patient care as it helps healthcare providers understand the history and background of a patient's country, which can influence their health beliefs, practices, and behaviors. Each culture has unique traditions, values, and experiences that shape how individuals perceive health, illness, and medical treatment. By being aware of a patient's cultural background, providers can offer more personalized and effective care that respects the patient's beliefs and fosters trust in the therapeutic process. The other options, while relevant to patient care, do not specifically emphasize the importance of cultural context. Understanding a patient's financial background, clinical symptoms, or medical history can be important in overall treatment but does not encompass the broader implications that cultural awareness provides, such as communication styles, health disparities, and approaches to medical care that vary significantly across different societies.*

## 8. What abilities does a newborn possess shortly after birth?

A. Only swallow

B. Swallow, digest, metabolize, and absorb nutrients

C. Only digest and metabolize

D. Only absorb nutrients

*A newborn possesses a range of abilities shortly after birth that are essential for survival, one of which is the ability to swallow. This fundamental reflex allows the newborn to feed, as they must consume their mother's milk or formula to obtain necessary nutrients. In addition to swallowing, newborns are equipped with the digestive system to break down food, metabolize nutrients for energy, and absorb those nutrients into their bodies. These processes are vital for growth and development. Being able to perform all these functions ensures that the newborn can thrive outside the womb, making option B the most comprehensive and accurate choice. This ability to simultaneously swallow, digest, metabolize, and absorb nutrients highlights the complexity of newborn physiology and their preparedness for the transition to life outside the uterus.*

SAMPLE

## 9. What does normal physiological weight loss refer to in newborns?

A. Gaining weight rapidly after birth

B. Newborn losing 5-10% of birth weight in first few days

C. Stagnation of weight gain within the first month

D. Rapid weight loss due to illness

*Normal physiological weight loss in newborns typically refers to the phenomenon where infants lose a small percentage of their birth weight shortly after birth, usually around 5-10%. This weight loss occurs as the newborn transitions from the intrauterine environment to the outside world, adapting to feeding and other changes. It is a natural process attributed to factors such as the loss of excess fluid, changes in metabolism, and the adjustment to feeding patterns, especially if the infant is exclusively breastfed. This percentage of weight loss is generally expected and considered normal, as it is a part of the newborn's initial adaptation phase. By about two weeks of age, most infants regain their birth weight, and continued growth and weight gain generally follow. This physiological response is important for healthcare providers to monitor, as it indicates that the newborn is adapting well, assuming weight is regained in a timely manner. Other options present scenarios that do not align with typical physiological responses in newborns. Rapid weight gain does not occur immediately after birth, stagnation could indicate underlying issues, and rapid weight loss due to illness suggests a pathological condition rather than a normal adjustment process.*

## 10. What is a defining characteristic of Native American families?

A. They tend to have weak family bonds

B. They have strong family bonds

C. They are often nuclear families

D. They prioritize individualism over community

*Native American families are characterized by strong family bonds, which play a crucial role in their social structure and cultural identity. These family connections extend beyond just the nuclear family, often including a broader network of relatives such as grandparents, aunts, uncles, and cousins. This extended familial structure is significant, as it fosters a sense of community, shared values, and mutual support, which are central to many Native American cultures. The emphasis on familial ties reflects the communal nature of many Native American societies, where the well-being of the family and community is often prioritized over individuality. This strong emphasis on relationships and interconnectedness provides a support system that is vital for the emotional and social development of individuals within these communities.*

SAMPLE

# 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