

DO NOT WRITE ON TEST



**HEALTH
ADMINISTRATION
CONCEPTS
~OPEN EVENT~
(690)
REGIONAL 2026**

CONCEPT KNOWLEDGE:

Multiple Choice (50 @ 2 points each)

_____ (100 points)

Test Time: 60 minutes

GENERAL GUIDELINES.

Failure to follow any of these rules may result in disqualification:

1. **Submission Requirements:** Contestants must submit this test booklet along with any printouts.
2. **Permitted Items:** Only the equipment, supplies, and materials specified for this event are allowed in the testing area. Previous BPA tests and sample tests (whether handwritten, photocopied, or typed) are not permitted.
3. **Electronic Devices:** Electronic devices will be monitored according to ACT standards.

Multiple Choice

Directions: Identify the letter of the choice that best completes the statement or answers the question.

1. What does the medical abbreviation "PRN" mean?
 - A. As needed
 - B. Every hour
 - C. After meals
 - D. Immediately
2. What is the meaning of the prefix "sub-"?
 - A. Below
 - B. Above
 - C. Inside
 - D. Around
3. The term "nephro" relates to which organ?
 - A. Liver
 - B. Kidney
 - C. Heart
 - D. Lung
4. The suffix "-oma" indicates which of the following?
 - A. Tumor
 - B. Disease
 - C. Pain
 - D. Swelling
5. The prefix "poly-" refers to what?
 - A. Many
 - B. Few
 - C. Normal
 - D. One
6. Which abbreviation is used for "twice a day"?
 - A. BID
 - B. TID
 - C. QID
 - D. PRN
7. What does the prefix "contra-" mean?
 - A. Together
 - B. Against
 - C. With
 - D. Normal

8. What does the suffix "-cyte" mean?
 - A. Cell
 - B. Blood
 - C. Disease
 - D. Enzyme
9. The root word "oste/o" refers to which part of the body?
 - A. Muscle
 - B. Skin
 - C. Bone
 - D. Blood
10. What does the prefix "dys-" mean?
 - A. Painful or abnormal
 - B. Below normal
 - C. Above normal
 - D. Normal
11. What does the medical term "gastroenteritis" mean?
 - A. Inflammation of the stomach and liver
 - B. Inflammation of the stomach and intestines
 - C. Disease of the stomach and liver
 - D. Tumor of the intestines
12. The suffix "-scope" is related to which of the following?
 - A. Repair
 - B. Viewing
 - C. Cutting
 - D. Disease
13. What does the prefix "epi-" mean?
 - A. Above
 - B. Below
 - C. Around
 - D. Inside
14. The abbreviation "q.i.d." stands for what?
 - A. Four times a day
 - B. Twice a day
 - C. Every other day
 - D. Once a day
15. What does the suffix "-osis" refer to?
 - A. Inflammation
 - B. Condition
 - C. Abnormal condition
 - D. Pain

16. The root word "encephal/o" refers to which organ?
 - A. Brain
 - B. Stomach
 - C. Heart
 - D. Liver

17. What does the prefix "trans-" mean?
 - A. Across
 - B. Below
 - C. Within
 - D. Opposite

18. What does the suffix "-graphy" mean?
 - A. Removal
 - B. Process of recording
 - C. Surgical repair
 - D. Tumor

19. What is the primary function of the integumentary system?
 - A. Protection
 - B. Digestion
 - C. Circulation
 - D. Respiration

20. Which layer of the skin is the outermost?
 - A. Dermis
 - B. Epidermis
 - C. Hypodermis
 - D. Subcutaneous

21. What is the protein responsible for waterproofing the skin?
 - A. Collagen
 - B. Keratin
 - C. Elastin
 - D. Melanin

22. Which pigment gives skin its color?
 - A. Collagen
 - B. Hemoglobin
 - C. Melanin
 - D. Myoglobin

23. What is the function of sebaceous glands?
 - A. Produce sweat
 - B. Produce sebum (oil)
 - C. Detect touch
 - D. Protect against UV light

24. What type of muscle is found in the walls of internal organs?
- A. Skeletal
 - B. Cardiac
 - C. Smooth
 - D. Voluntary
25. What is the main function of the skeletal system?
- A. Absorption
 - B. Support and protection
 - C. Digestion
 - D. Respiration
26. Which type of bone cell is responsible for bone formation?
- A. Osteoblast
 - B. Osteoclast
 - C. Chondrocyte
 - D. Fibroblast
27. The axial skeleton includes which of the following?
- A. Arms and legs
 - B. Skull and vertebral column
 - C. Pelvis
 - D. Shoulder blades
28. Which mineral is most abundant in bones?
- A. Sodium
 - B. Potassium
 - C. Calcium
 - D. Magnesium
29. The muscular system relies on which type of tissue for contraction?
- A. Epithelial
 - B. Nervous
 - C. Connective
 - D. Muscle
30. What is the function of tendons?
- A. Connect bone to bone
 - B. Connect muscle to muscle
 - C. Connect muscle to bone
 - D. Protect internal organs
31. The condition "osteoporosis" primarily affects what aspect of the bones?
- A. Thickness
 - B. Strength
 - C. Flexibility
 - D. Shape

32. Which type of muscle is voluntary?
- A. Cardiac
 - B. Smooth
 - C. Skeletal
 - D. None of the above
33. What is the term for the soft, flexible tissue found at the ends of bones?
- A. Cartilage
 - B. Ligament
 - C. Tendon
 - D. Synovium
34. Which structure connects bones at a joint?
- A. Tendon
 - B. Ligament
 - C. Cartilage
 - D. Muscle
35. What is the function of sweat glands in the skin?
- A. Protect against infection
 - B. Produce sweat to regulate body temperature
 - C. Secrete oil
 - D. Absorb nutrients
36. Which part of the bone contains marrow?
- A. Periosteum
 - B. Compact bone
 - C. Spongy bone
 - D. Epiphysis
37. What is the primary function of the muscular system?
- A. Absorption
 - B. Movement
 - C. Circulation
 - D. Respiration
38. Which layer of the skin contains blood vessels and nerves?
- A. Epidermis
 - B. Dermis
 - C. Subcutaneous layer
 - D. Stratum corneum
39. What is the primary function of red blood cells?
- A. Fight infections
 - B. Transport oxygen
 - C. Produce antibodies
 - D. Regulate blood pressure

40. Which component of blood is responsible for clotting?
- A. Plasma
 - B. Red blood cells
 - C. Platelets
 - D. White blood cells
41. What is the protein in red blood cells that carries oxygen?
- A. Hemoglobin
 - B. Myoglobin
 - C. Albumin
 - D. Fibrin
42. Which organ is primarily responsible for filtering lymph?
- A. Heart
 - B. Liver
 - C. Lymph nodes
 - D. Pancreas
43. What is the function of the lymphatic system?
- A. Produce red blood cells
 - B. Filter lymph and fight infections
 - C. Transport oxygen
 - D. Regulate heart rate
44. Which type of white blood cell is involved in producing antibodies?
- A. Neutrophil
 - B. Lymphocyte
 - C. Monocyte
 - D. Eosinophil
45. What is the term for the liquid portion of blood?
- A. Serum
 - B. Plasma
 - C. Lymph
 - D. Hematocrit
46. Which organ produces most plasma proteins?
- A. Kidney
 - B. Liver
 - C. Spleen
 - D. Bone marrow
47. What is the main function of the cardiovascular system?
- A. Digestion
 - B. Circulation of blood
 - C. Protection against infections
 - D. Removal of waste

48. Which chamber of the heart receives oxygenated blood from the lungs?
- A. Left atrium
 - B. Right atrium
 - C. Left ventricle
 - D. Right ventricle
49. What type of blood vessel carries blood away from the heart?
- A. Arteries
 - B. Veins
 - C. Capillaries
 - D. Lymph vessels
50. Which valve prevents backflow of blood into the left atrium?
- A. Mitral (bicuspid) valve
 - B. Tricuspid valve
 - C. Pulmonary valve
 - D. Aortic valve