

Semmelweis University Faculty of Health Science

Health Care Management

Health Care Management with Health Tourism Specialization

TEST BANK FOR WRITTEN FINAL EXAM

**HEALTH CARE MANAGEMENT
WITH HEALTH TOURISM SPECIALIZATION**

2025/2026

GUIDELINES FOR TEST QUESTIONS

1. Simple choice – one correct answer is possible

Please write the letter of the correct answer!

2. Multiple choice – one or more than one answer may be correct

Please write the letter of the correct answer!

3. True or false

Please write next to sentence is it true (T) or false (F)!

4. Analysis of relation – analysing of truth of statements and the connection

Please write the letter of the correct answer!

Key for analysis of relation:

First part of the sentence is true; second part is also true and there is connection (cause and effect) between the two sentences: **A**

First part of the sentence is true; second part is also true and there is no connection (cause and effect) between the two sentences: **B**

First part of the sentence is true; second part is not true: **C**

First part of the sentence is not true; second part is true: **D**

First part of the sentence is not true; second part is also not true: **E**

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ACCESSIBLE TOURISM AND SENIOR TOURISM

I. SIMPLE CHOICE

1. What is the primary goal of accessible tourism?

- A. To serve only guests with reduced mobility
- B. To make tourism services accessible for everyone
- C. To make travel cheaper
- D. To focus only on the needs of elderly people

Answer: B

2. Which of the following is an example of physical accessibility?

- A. Multilingual information boards
- B. Accessible webpages
- C. Ramp instead of stairs
- D. Sensitivity training

Answer: C

3. What does “universal design” mean in tourism?

- A. Designing only premium services
- B. Designing an environment usable by everyone
- C. Creating program packages for different segments
- D. Designing exclusively for visually impaired people

Answer: B

4. What is characteristic of an accessible tourism website?

- A. Available only on mobile phones
- B. Downloadable videos
- C. Screen-reader compatibility and high-contrast design
- D. Content aimed only for disabled people

Answer: C

5. Which of the following is not part of the concept of accessibility?

- A. Physical accessibility
- B. Access to information
- C. Providing only luxury services
- D. Overcoming communication barriers

Answer: C

6. Which transport option is most suitable for accessible tourism?

- A. Regular bus with high steps
- B. Shared taxi services without prior booking
- C. Low-floor, wheelchair-accessible buses
- D. Car-sharing systems

Answer: C

7. What is a common psychological barrier in accessible tourism?

- A. Lack of elevators
- B. Fear of discrimination or lack of confidence
- C. No Wi-Fi availability
- D. Weather unpredictability

Answer: B

8. What is a key principle of inclusive tourism?

- A. Ensuring equal access and dignity for all travellers
- B. Prioritizing profit over people
- C. Targeting only luxury customers
- D. Focusing on fast travel and efficiency

Answer: A

9. Which form of communication is the most inclusive in tourism services?

- A. Printed flyers only
- B. Mobile apps without accessibility features
- C. Verbal instructions only
- D. Multimodal: visual, written, and audio formats

Answer: D

10. Which service best supports an accessible experience for visually impaired tourists?

- A. Braille informational signs
- B. Step-free entrances
- C. Quiet rest rooms
- D. Discounted ticket prices

Answer: A

11. What is one of the most important needs of senior tourists?

- A. Short, fast-paced trips
- B. Opportunities for extreme sports
- C. Comfortable and safe transportation
- D. Avoiding company

Answer: C

12. What is the most common health issue among senior tourists?

- A. Musculoskeletal disorders
- B. Allergic reactions
- C. Broken legs
- D. Travel-related headaches

Answer: A

13. What kind of programs do senior tourists typically prefer?

- A. Extreme sports programs
- B. Cultural and historical tours
- C. Dancing lessons
- D. Animation programs

Answer: B

14. What is the main advantage of guided tours for senior travellers?

- A. They are always in the off-season
- B. Provide structured, low-effort exploration
- C. They involve active programs
- D. Include free programs

Answer: B

15. What is often a barrier to travel for senior tourists?

- A. Too much free time
- B. Lack of special care
- C. Lack of interest in new cultures
- D. Health-related limitations or medical needs

Answer: D

16. What makes cruises popular among senior tourists?

- A. They offer comfort, entertainment, and convenience in one place
- B. They require physical endurance
- C. They are mostly designed for party lovers
- D. They are the cheapest travel option

Answer: A

17. How do senior tourists usually plan their trips?

- A. Spontaneously, without information
- B. Carefully, often with help from travel agencies or family
- C. Based on social media trends
- D. By following young influencers

Answer: B

18. What kind of accommodation is preferred by senior travellers?

- A. Quiet, accessible hotels with medical facilities nearby
- B. Hostels with shared rooms
- C. Camping sites without facilities
- D. Remote eco-villages

Answer: A

19. Which digital service can best support senior tourists before and during travel?

- A. Social media influencers' blogs

- B. Online chatbots only
- C. Easy-to-navigate booking websites with phone support
- D. Complex apps without tutorial options

Answer: C

20. What percentage of the accessible tourism market is made up of senior tourists?

- A. circa 20%
- B. circa 40%
- C. circa 60%
- D. circa 90%

Answer: C

II. MULTIPLE CHOICE

1. Which tourism developments are considered inclusive?

- A. Programs designed exclusively for adults.
- B. Application of the principles of universal design.
- C. Subsidized travel packages for senior citizens.
- D. Solutions based solely on technology.

Answers: B, C

2. What are the fundamental principles of accessible tourism?

- A. Equal access for all.
- B. Serving only people with disabilities.
- C. Safe and independent usability.
- D. Elimination of only physical barriers.

Answers: A, C

3. Which factors contribute to the advancement of accessible tourism?

- A. Legal regulations and standards.
- B. Increasing consumer interest.
- C. Needs of a predominantly young target group.
- D. Technological innovations.

Answers: A, B, D

4. What characteristics define an ideal accessible tourist site?

- A. Accessible toilets
- B. Stairways sloping downward
- C. Audio and Braille information signs
- D. Wide, flat walkways

Answers: A, C, D

5. Why is it worthwhile for tourism service providers to invest in accessibility improvements?

- A. Reaching a growing target audience.

- B. Meeting social expectations and supporting CSR values.
- C. All guests automatically use more services.
- D. Compliance with legal requirements.

Answers: A, B, D

6. What physical barriers may be encountered at a tourist attraction?

- A. Staircases without railings.
- B. Frequently placed resting benches.
- C. Narrow doorways.
- D. High thresholds.

Answers: A, C, D

7. Which services can be considered digitally accessible?

- A. A website compatible with screen readers.
- B. A website containing only images.
- C. A high-contrast website with adjustable font sizes.
- D. A voice-based navigation menu.

Answers: A, C, D

8. What difficulties might tourists with reduced mobility face?

- A. Non-accessible accommodations.
- B. Excessive presence of tour guides.
- C. Tourist attractions that are difficult to reach.
- D. Inadequate information about accessibility.

Answers: A, C, D

9. Who are the main target groups of accessible tourism?

- A. Blind and visually impaired individuals.
- B. Young, athletic backpackers.
- C. People with reduced mobility.
- D. The senior population.

Answers: A, C, D

10. Why is staff training important in accessible tourism?

- A. It enhances sensitivity to guests' needs.
- B. Because every guest arrives with professional assistance.
- C. It enables staff to anticipate potential challenges.
- D. It supports effective communication tailored to diverse needs.

Answers: A, C, D

11. In which areas is accessibility necessary in public transportation?

- A. Low-floor vehicle designs
- B. Reduction in the number of seats
- C. Audio and visual assistive devices on board

D. Platform markings for visually impaired passengers

Answers: A, C, D

12. Which areas require staff sensitization?

A. Reception

B. Maintenance and cleaning

C. Restaurant service

D. Only the marketing team

Answers: A, B, C

13. What accessibility features characterize a well-designed exhibition space?

A. Tactile exhibits for blind visitors.

B. Guided tours available exclusively online.

C. Interactive, multisensory devices.

D. Unhindered wheelchair mobility.

Answers: A, C, D

14. What tools can assist visitors with reduced mobility in a museum?

A. Lifting platforms and ramps.

B. Use of stairs only.

C. Exhibition areas accessible by wheelchair.

D. Heavy doors requiring manual opening.

Answers: A, C

15. What accessibility-related information is important for visitors?

A. Details on parking and entrance access.

B. History of local folk art.

C. Accessibility of restrooms and other facilities.

D. Staff awareness and sensitivity.

Answers: A, C, D

16. What information is important for senior and accessibility-focused tourists on websites?

A. Number and features of accessible rooms.

B. Mood images of past events.

C. Detailed, well-structured descriptions.

D. Easy navigation and readable fonts.

Answers: A, C, D

17. What are the typical needs of senior tourists while traveling?

A. Comfortable modes of transport.

B. Opportunities for extreme sports.

C. Availability of healthcare services.

D. A flexible itinerary.

Answers: A, C, D

18. Which tourism services are particularly appealing to the senior population?

- A. Cultural programs
- B. Thermal spas and wellness centers
- C. High-altitude hiking tours
- D. Quiet, peaceful environments

Answers: A, B, D

19. How can orientation be supported for senior tourists?

- A. Signs with simple language
- B. Long, technical texts
- C. Use of pictograms and icons
- D. Detailed descriptions in large print

Answers: A, C, D

20. What are the key characteristics of an age-friendly tourism destination?

- A. Clearly understandable signage systems.
- B. Slow internet connection.
- C. Calm, stress-free atmosphere.
- D. Availability of healthcare support services.

Answers: A, C, D

III. TRUE OR FALSE

1. We can divided two models which investigate people with disabilities.

Correct answer: true

2. According to social model the problem is the disabled person.

Correct answer: false

3. The senior age group represents an important segment of accessible tourism.

Correct answer: true

4. Accessible tourism promotes equal opportunities and social inclusion.

Correct answer: true

5. Accessibility is a one-time investment and requires no ongoing maintenance.

Correct answer: false

6. Less than 1 billion people live with disabilities.

Correct answer: false

7. Animal-assisted therapy helps people with disabilities improve their condition.

Correct answer: true

8. Complete accessibility only applies to people with reduced mobility.

Correct answer: false

9. Hotels can refuse guests who arrive with a guide dog.

Correct answer: false

10. Digital accessibility is not part of accessible tourism.

Correct answer: false

11. Trained staff play a key role in making tourism services accessible.

Correct answer: true

12. Legal regulations regarding accessibility in tourism are the same in every country.

Correct answer: false

IV. ANALYSIS OF RELATION – ANALYSING OF TRUTH OF STATEMENTS AND THE CONNECTION

1. The advancement of accessible tourism is ongoing; however, tourism marketing materials seldom provide information on this subject.

Answer: B

2. As all historical monuments have been made accessible, tourists with disabilities are able to visit them without any barriers.

Answer: E

3. The accessibility of transportation has improved in recent years; nonetheless, access to stops remains challenging in many areas.

Answer: C

4. Certain countries place considerable emphasis on accessibility; however, local cuisine does not always accommodate specific dietary requirements.

Answer: B

5. Accessibility does not necessarily require separate investment, which is why such destinations are often favored by senior tourists.

Answer: E

6. Senior travelers frequently seek health tourism services, as these tend to be well-equipped with accessible facilities.

Answer: A

7. Travel agencies do not typically offer specialized packages for the elderly; nevertheless, an increasing number of accessible attractions are becoming available.

Answer: D

8. Retired tourists generally have more free time at their disposal, which enables them to plan longer journeys.

Answer: A

ANATOMY

I. SIMPLE CHOICE

1. The term of superior means....

- A. towards the feet.
- B. towards the head.
- C. away from the feet.
- D. away from the head.

Answer: B

2. The term of caudal means ...

- A. towards the feet.
- B. towards the head.
- C. away from the feet.
- D. away from the head.

Answer: A

3. The jugular foramen is between the

- A. temporal bone and sphenoid bone.
- B. parietal bone and temporal bone.
- C. frontal bone and occipital bone.
- D. parietal bone and sphenoid bone.

Answer: A

4. The cervical spine includes

- A. 6 vertebrae.
- B. 7 vertebrae.
- C. 8 vertebrae.
- D. 5 vertebrae.

Answer: B

5. Kyphosis means that a given regio of the spine curves

- A. posteriorly.
- B. anteriorly.
- C. superiorly.
- D. inferiorly.

Answer: A

6. A costovertebral joint is formed by

- A. 1 cervical vertebra and 1 rib.
- B. 1 lumbar vertebra and 1 rib.
- C. 1 thoracic vertebra and 1 rib.
- D. 1 sacral vertebra and 1 rib.

Answer: C

7. Superior and inferior vena cava enter into the ...

- A. left atrium.
- B. right atrium.
- C. left ventricle.
- D. right ventricle.

Answer: B

8. Ulnar artery passes on the ...

- A. lateral side of the forearm.
- B. medial side of the forearm.
- C. anterior side of the forearm.
- D. posterior side of the forearm.

Answer: B

9. Deciduous dentition includes ...

- A. 26 teeth.
- B. 18 teeth.
- C. 36 teeth.
- D. 16 teeth.

Answer: C

10. The cervical part of the esophagus is anterior to the larynx.

- A. posterior to the larynx
- B. superior to the larynx
- C. anterior to the larynx
- D. inferior to the larynx

Answer: C

11. Rectum has ...

- A. 2 flexures.
- B. 3 flexures.
- C. 4 flexures.
- D. no flexures.

Answer: A

12. From papillary ducts, urine is drained into the ...

- A. major calyces.
- B. minor calyces.
- C. renal pelvis
- D. urinary bladder

Answer: B

13. Macula densa is formed by the ...

- A. proximal convoluted tubule cells.
- B. distal convoluted tubule cells.
- C. vas afferent cells
- D. vas efferent cells

Answer: B

14. Which sentence is true?

- A. The testes and epididymis are paired structures.
- B. The testes and epididymis are unpaired structures.
- C. The testes are paired but epididymis are unpaired structures.
- D. The testes are unpaired but epididymis are paired structures.

Answer: A

15. Fertilization usually occurs ...

- A. in the uterine tube.
- B. in the uterine cavity
- C. within the ovary.
- D. in the vagina

Answer: A

16. Fundus of uterus is the ...

- A. superior part of the uterus.
- B. inferior part of the uterus.
- C. anterior part of the uterus.
- D. posterior part of the uterus.

Answer: A

17. A sensory neuron carries sensory impulse ...

- A. from the central nerve system towards sensory organs.
- B. from the central nerve system towards abdominal organs.
- C. from the sensory organs towards central nerve system.
- D. from the organs in the thorax towards the organs in the abdominal cavity.

Answer: C

18. The dorsal horn of the spinal cord includes ...

- A. motor neurons.
- B. sensory neurons.
- C. vegetative neuron.
- D. any kind of neurons.

Answer: B

19. The ventral horn of the spinal cord includes ...

- A. motor neurons.

- B. sensory neurons.
- C. vegetative neuron.
- D. any kind of neurons.

Answer: A

20. Descending tracts running in the white matter of the spinal cord carries ...

- A. sensory informations.
- B. motor informations.
- C. vegetative informations.
- D. any kind of informations.

Answer: B

21. Ascending tracts running in the white matter of the spinal cord carries ...

- A. sensory informations.
- B. motor informations.
- C. vegetative informations.
- D. any kind of informations.

Answer: A

22. The corticospinal tracts terminate on lower motor neuron situated in the ...

- A. posterior horn of spinal cord.
- B. anterior horn of spinal cord.
- C. lateral horn of spinal cord.
- D. medial horn of spinal cord.

Answer: B

23. The axillary nerve is the branch of the ...

- A. cervical plexus.
- B. brachial plexus
- C. lumbar plexus
- D. sacral plexus

Answer: A

24. The femoral nerve is the branch of the ...

- A. cervical plexus.
- B. brachial plexus
- C. lumbar plexus
- D. sacral plexus

Answer: C

25. The sciatic nerve is the branch of the ...

- A. cervical plexus.
- B. brachial plexus
- C. lumbal plexus

D. sacral plexus

Answer: D

26. Tibial nerve is a branch of the ...

A. femoral nerve.

B. sciatic nerve

C. brachial nerve

D. radial nerve

Answer: B

27. Medulla oblongata forms the ...

A. superior part of the brain stem.

B. inferior part of the brain stem.

C. anterior part of the brain stem.

D. posterior part of the brain stem.

Answer: B

28. The cerebellum is connected to the brainstem by ...

A. two pairs of cerebellar peduncles.

B. three pairs of cerebellar peduncles

C. four pairs of cerebellar peduncles

D. five pairs of cerebellar peduncles

Answer: B

29. Each hemisphere of the brain has ...

A. two visible lobes.

B. three visible lobes.

C. four visible lobes.

D. five visible lobes.

Answer: C

30. The longitudinal fissure of the brain separates ...

A. the frontal lobe and the parietal lobe.

B. the occipital lobe and the parietal lobe

C. the temporal lobe and the parietal lobe

D. the two hemispheres of the brain.

Answer: D

31. Corpus callosum contains axons that extend ...

A. vertically between higher and lower brain or spinal cord centers.

B. horizontally between anterior and posterior parts of the brain.

C. between the two hemispheres of the brain.

D. between the two sides of the spinal cord.

Answer: C

II. MULTIPLE CHOICE

1. A long bone has ...

- A. a proximal epiphysis.
- B. an anterior epiphysis.
- C. a distal epiphysis.
- D. a posterior epiphysis.

Answers: A, C,

2. Anulus fibrosus of the heart separates ...

- A. the left ventricle from the right ventricle.
- B. the atria from the ventricles.
- C. the left atrium from the right atrium.
- D. the atria from the inferior vena cava.

Answers: A, C,

3. The tricuspid valve is located between ...

- A. left atrium.
- B. right atrium.
- C. left ventricle.
- D. right ventricle.

Answer: B, C

4. The small intestine includes the following parts:

- A. duodenum.
- B. jejunum.
- C. ileum.
- D. cecum.

Answer: A, B, C

5. Duodenum has ...

- A. an anterior part (first part).
- B. a descending part (second part).
- C. a posterior part (third part).
- D. an ascending part (fourth part).

Answer: A, B, C, D

6. Large intestine is divided into the following parts:

- A. cecum.
- B. colon.
- C. rectum.
- D. jejunum.

Answer: A, B, C

7. Prostate gland is located ...

- A. posterior to the bladder.
- B. anterior to the rectum.
- C. anterior to the bladder.
- D. posterior to the rectum.

Answer: A, B

8. Small intestine contains ...

- A. circular folds.
- B. villi.
- C. microvilli.
- D. valves.

Answer: A, B, C

9. Posterior aperture of the oral cavity opens into the ...

- A. nasopharynx.
- B. oropharynx.
- C. laryngopharynx.
- D. mesopharynx.

Answer: B, C

10. The white matter of the central nerve includes ...

- A. axons of the neurons.
- B. dendrites of the neurons.
- C. cell bodies of the neurons.
- D. synapses.

Answer: A, B, C

11. An autonomic (visceral) reflex controls ...

- A. skeletal muscles.
- B. smooth muscles.
- C. cardiac muscles.
- D. glands.

Answer: B, C, D

12. The gray matter of the spinal cord is divided into ...

- A. superior horns.
- B. anterior horns.
- C. inferior horns.
- D. posterior horns.

Answer: B, D

13. Sciatic nerve divides into the ...

- A. anterior tibial nerve.

- B. tibial nerve.
- C. posterior tibial nerve.
- D. common fibular nerve.

Answer: B, D

14. Brachial nerve divides into the ...

- A. tibial nerve.
- B. radial nerve.
- C. posterior tibial nerve.
- D. ulnar nerve.

Answer: B, D

15. Hemispheres of the brain have ...

- A. occipital lobe.
- B. frontal lobe.
- C. temporal lobe.
- D. parietal lobe.

Answer: A, B, C, D

16. Basal nuclei of the brain include the ...

- A. caudate nucleus.
- B. lentiforme nucleus.
- C. claustrum.
- D. amygdala.

Answer: A, B, C, D

17. The central sulcus of the brain is between ...

- A. the occipital lobes.
- B. the frontal lobes.
- C. the temporal lobes.
- D. the parietal lobes.

Answer: B, D

18. The lateral sulcus of the brain is between ...

- A. the occipital lobes.
- B. the frontal lobes.
- C. the parietal lobes.
- D. the temporal lobes.

Answer: B, D

19. The arterial supplying of the brain is provided by the ...

- A. vertebral arteries.
- B. internal carotid arteries.
- C. external carotid arteries.

D. anterior carotid arteries.

Answer: A, B

20. The basilar artery bifurcates into ...

A. left anterior cerebral artery.

B. left posterior cerebral artery.

C. right anterior cerebral artery.

D. right posterior cerebral artery.

Answer: A, C

21. The internal carotid artery divides into ...

A. anterior cerebral artery.

B. posterior cerebral artery.

C. middle cerebral artery.

D. basilar artery.

Answer: A, C

22. The oculomotor nerve is responsible for ...

A. eye movements,

B. opening of eyelid,

C. pupillary constriction,

D. focusing.

Answer: A, B, C, D

23. The eye movement is controlled by the ...

A. III cranial nerve.

B. IV cranial nerve.

C. VI cranial nerve.

D. VII cranial nerve.

Answer: A, B, C

24. The sensory information of taste is carried by the ...

A. VI nerve.

B. VII nerve.

C. VIII nerve.

D. IX nerve.

Answer: B, D

25. The brain includes ...

A. lateral ventricles.

B. third ventricle.

C. fourth ventricle.

D. medial ventricles.

Answer: A, B, C

26. The tentorium cerebelli is between ...

- A. the cerebrum.
- B. the cerebellum.
- C. the medulla oblongata.
- D. the pons.

Answer: A, B

27. The hypothalamus has role in ...

- A. hormonregulation.
- B. eating and drinking.
- C. thermoregulation.
- D. autonomic control.

Answer: A, B, C, D

28. The cerebellum is connected to the brainstem by ...

- A. superior pairs of cerebellar peduncles.
- B. middle pairs of cerebellar peduncles.
- C. inferior pairs of cerebellar peduncles.
- D. lateral pairs of cerebellar peduncles.

Answer: A, B, C

29. Central nervous system includes the ...

- A. cerebrum.
- B. spinal cord.
- C. spinal nerves.
- D. cranial nerves.

Answer: A, B

30. Peripheral nervous system includes the ...

- A. cerebrum.
- B. spinal cord.
- C. spinal nerves.
- D. cranial nerves.

Answer: C, D

III. TRUE OR FALSE

1. The term of medial means towards the midline of the body.

Correct answer: true

2. The term of superficial means towards the surface of the body (skin).

Correct answer: true

3. A long bone has a proximal and a distal epiphysis.

Correct answer: true

4. The epiphysis is filled by yellow marrow.

Correct answer: false

5. The ginglymus is a biaxial joint.

Correct answer: false

6. The jugular foramen is between the temporal bone and the sphenoid bone.

Correct answer: false

7. The clivus is the place on which the medulla spinalis lies.

Correct answer: false

8 The nasal bone is an important bone to forming the nasal septum.

Correct answer: false

9.. The maxilla has role on forming the hard palate.

Correct answer: true

10. The maxilla forms the posterior part of the hard palate.

Correct answer: false

11. Vertebral foramina form the vertebral canal.

Correct answer: true

12. The cervical spine includes 7 vertebrae.

Correct answer: true

13. The sacrum is formed by the fusion of 3-6 sacral vertebrae.

Correct answer: false

14. Lordosis means that a given regio of the spine curves anteriorly.

Correct answer: true

15. The thoracal regio of the spine has kyphosis.

Correct answer: true

16. The surgical neck is at distal end the humerus.

Correct answer: false

17. The talocrural joint is formed by the tibia, fibula and talus.

Correct answer: true

18. The heart is located in the mediastinum between the lungs.

Correct answer: true

IV. ANALYSIS OF RELATION – ANALYSING OF TRUTH OF STATEMENTS AND THE CONNECTION

1.The palatine bone forms the posterior part of the hard palate because it is situated above the frontal bone.

Answer: C

2. Intervertebral foramina form the vertebral canal, because it is a big hole on the sacrum.

Answer: C

3. The intervertebral disc has an inner fibrousus part and an outer gel-like part, because it is situated between the femur and tibia.

Answer: E

4. The tongue is composed of skeletal muscle, because the tongue is controlled voluntary.

Answer: A

5. The talus is the biggest bone of the tarsus, because the tarsus includes only 2 bones.

Answer: E

6. The two coronary arteries originate from the descending aorta, because they supply the lungs.

Answer: E

7. The ascending aorta has 4 branches because the branches of the ascending aorta are called left and right coronary arteries.

Answer: D

8. Radial artery passes on the lateral side of the forearm, because the radial artery is a branch of the brachial artery.

Answer: C

9. The portal vein carries oxygenated blood to the liver, because the liver is the biggest gland of the human body.

Answer: D

10. Larynx is situated in the midline of the neck, because the larynx is posterior to the esophagus.

Answer: B

11. Trachea divides into 5 main bronchus because there are in total 5 pulmonary lobes in the human body.

Answer: D

12. Each of lung has 10 segments, because the left lung has 2 lobes and right lung includes 3 lobes.

Answer: B

APPLIED BIOLOGY

I. SIMPLE CHOICE

1. Teratogenesis means:

- A. the geological process that created the Earth
- B. a process that leads to the death of the embryo
- C. another name for the intrauterine development
- D. abnormalities, changes of the intrauterine development and their consequences

Answer: D

2. What is the function of lysosomes?

- A. photosynthesis
- B. ATP synthesis
- C. neutralizing free radicals
- D. breaking down macromolecules inside the cell

Answer: D

3. What is the function of mitochondria?

- A. protein synthesis
- B. ATP synthesis
- C. calcium storage
- D. detoxification

Answer: B

4. What is the function of tRNA?

- A. to transport the amino acids to the ribosomes
- B. to carry information from the nucleus to the ribosomes
- C. to create the peptide bond
- D. to carry the ribosomes to the RER

Answer: A

5. What is the role of the mRNA?

- A. to transport the amino acids to the ribosomes
- B. to carry information from the nucleus to the ribosomes
- C. to create the peptide bond
- D. to carry the ribosomes to the RER

Answer: B

6. What is an autotroph?

- A. an organism that can create complex organic substances from simple inorganic substances such as carbon dioxide
- B. an organism that needs to feed on complex organic molecules coming from plant or animal sources

- C. a cell organelle that was formed from the infoldings of the plasma membrane
- D. an organism that doesn't need energy to sustain its metabolism

Answer: A

7. Which are the four main biogenic elements?

- A. Cl, C, Na, H
- B. C, O, N, H
- C. C, O, He, Na
- D. Ca, O, N, He

Answer: B

8. What makes an amino acid “essential”?

- A. you can only find it in animal proteins, while non-essential ones come from plants
- B. the human body can't produce it, so we need to get it from our food
- C. only essential amino acids participate in making human proteins
- D. it can be found in essential oils, strengthens the immune system

Answer: B

9. A certain hereditary disease is much more frequently seen in men than women. What could be the explanation for this?

- A. its gene is located on chromosome 21
- B. it is caused by a dominant allele
- C. its gene is located on the X chromosome
- D. women are generally more resistant to illness

Answer: C

10. What is the cause of Down syndrome?

- A. the trisomy of chromosome 21
- B. a deletion on the short arm of chromosome 5
- C. not enough folate in the mother's diet during pregnancy
- D. viral infection during pregnancy

Answer: A

II. MULTIPLE CHOICE

1. A prokaryote has ...

- A. cell wall
- B. mitochondria
- C. DNA
- D. nucleus

Answers: A, C

2. Which of the following are correct base pairs?

- A. A-T
- B. G-G

- C. A-U
- D. A-G

Answers: A, C

3. In a family, the mother has blood type „0” and the father has blood type „AB”. What blood type(s) can their children have?

- A. A
- B. B
- C. AB
- D. 0

Answers: A, B

4. Which of the following statements are true for mitosis?

- A. results in 2 diploid cells
- B. starts with a cell that has 23 chromosomes
- C. DNA is exchanged during this process
- D. it is the way body somatic cells divide

Answers: A, D

5. Which of the following statements are true for meiosis?

- A. results in haploid cells
- B. starts with a cell that has 46 chromosomes
- C. DNA is exchanged during this process
- D. it is the way somatic cells divide

Answers: A, B, C

6. Which of the following molecules are polysaccharides?

- A. glycogen
- B. starch
- C. cellulose
- D. lactose

Answers: A, B, C

7. Which organelles participate in the synthesis, modification and transport of proteins?

- A. peroxisomes
- B. Golgi apparatus
- C. rough endoplasmic reticulum
- D. mitochondria

Answers: B, C

8. Which of the following conditions are caused by missing or extra sex chromosomes?

- A. Klinefelter’s syndrome
- B. Down’s syndrome
- C. Turner’s syndrome

D. red-green color blindness

Answers: A, C

9. Which of the following conditions are caused by missing or extra autosomes?

- A. Klinefelter's syndrome
- B. Down's syndrome
- C. Edwards' syndrome
- D. red-green color blindness

Answers: B, C

10. Which of the following is an example for an autosomal recessive trait?

- A. albinism
- B. cystic fibrosis
- C. achondroplasia
- D. red-green color blindness

Answers: A, B

III. TRUE OR FALSE

1. Heterozygotes carry two identical alleles of the same gene.

Correct answer: false

2. All twins are formed because two separate eggs were released during ovulation and were fertilized by two different sperm.

Correct answer: false

3. Developmental abnormalities always have a genetic background.

Correct answer: false

4. Environmental factors can cause developmental abnormalities without any genetic background.

Correct answer: true

5. The atmosphere did not contain O₂ molecules before life appeared on Earth.

Correct answer: true

6. Mendel's law of independent assortment is true for any two genes in an organism.

Correct answer: false

IV. ANALYSIS OF RELATION – ANALYSING OF TRUTH OF STATEMENTS AND THE CONNECTION

1. Genetic sex is determined by the sperm at conception, because the egg can only contain X chromosome.

Answer: A

2. The first living organisms were eukaryotes, because eukaryotes are simple cells with no nucleus or other organelles.

Answer: E

3. Fats have a lower melting point than oils, because oils contain more unsaturated fatty acids than fats.

Answer: D

4. Phospholipids can form bilayers in aqueous environments, because phospholipids are amphipathic molecules that have both hydrophilic and hydrophobic parts.

Answer: A

ATTRACTIONS MANAGEMENT AND EXPERIENCE DESIGN

I. SIMPLE CHOICE

1. What is the main goal of attraction management?

- A. Only increasing visitor numbers.
- B. Optimizing visitor experience and sustainable operation.
- C. Only raising prices.
- D. Quick venue transformation.

Answer: B

2. What does experience design mean?

- A. Promoting events
- B. Consciously designing the visitor experience
- C. Only decorating the venue
- D. Setting ticket prices

Answer: B

3. Which factor most influences attraction attendance?

- A. Quality of visitor experience
- B. Price
- C. Opening hours
- D. Parking availability

Answer: A

4. What is the best way to increase visitor engagement?

- A. More advertising
- B. More security guards
- C. Cheaper tickets
- D. Providing interactive experiences

Answer: D

5. What does "flow" mean in experience design?

- A. The visitor is fully immersed and loses track of time
- B. Waiting time in line
- C. Ticket price
- D. Background music

Answer: A

6. What is one main challenge in experience design?

- A. Following safety regulations
- B. Guest registration
- C. Staying within budget
- D. Delivering decorations

Answer: C

7. What types of attractions exist?

- A. Natural, cultural, entertainment
- B. Only sports
- C. Only museums
- D. Only restaurants

Answer: A

8. What is the best way to personalize an experience?

- A. Organizing programs
- B. Analyzing visitor data and targeted offers
- C. Giving discounts
- D. No need for personalization

Answer: B

9. What is the first step in experience design?

- A. Defining budget
- B. Marketing
- C. Booking venue
- D. Analyzing target audience

Answer: D

10. What is “peak capacity” in attraction management?

- A. Maximum number of visitors at one time
- B. Daily visitor number
- C. Annual revenue
- D. Number of parking spaces

Answer: A

11. What does “queue management” mean?

- A. Seating guests
- B. Managing ticket prices
- C. Scheduling programs
- D. Organizing and optimizing queues

Answer: D

12. Which element enhances visitors' social experience?

- A. Group programs and activities
- B. Individual tickets
- C. Private areas
- D. Only online events

Answer: A

13. What is “gamification” in experience design?

- A. Only entertainment programs
- B. Only video games
- C. Incorporating game elements into the experience
- D. Only competitions

Answer: C

14. What role does storytelling play in attractions?

- A. Only decorative element
- B. Deepens experience and creates connection
- C. Only text writing
- D. Only advertising

Answer: B

15. What effect does environment design have on the experience?

- A. Only increases safety
- B. Defines emotional impact and comfort
- C. Only aesthetic purpose
- D. Does not affect experience

Answer: B

16. What is a “touchpoint” in experience design?

- A. Interaction points between visitor and attraction
- B. Only payment point
- C. Only information point
- D. Only dining point

Answer: A

17. Which factor most influences experience quality?

- A. Staff attitude
- B. Ticket price
- C. Venue size
- D. Event duration

Answer: A

18. What is “line management” at an attraction?

- A. Managing marketing campaigns
- B. Managing security staff
- C. Maintenance of technical equipment
- D. The process of managing visitors waiting in line

Answer: D

19. Which element best supports innovation in experience design?

- A. Only marketing

- B. Use of new technologies
- C. Only decoration
- D. Only safety measures

Answer: B

20. What is one main challenge of experience design?

- A. Meeting the unique needs of every visitor
- B. Only acquiring technical equipment
- C. Only running marketing campaigns
- D. Only selecting decorations

Answer: A

II. MULTIPLE CHOICE

1. Which factors can determine the attractiveness of a tourism attraction?

- A. Distance from major transportation hubs
- B. Uniqueness and thematic approach
- C. Age of the local population
- D. Accessibility (opening hours, seasonal operation)

Answers: A, B, D

2. Which tools can be applied in experience design to enhance visitor engagement?

- A. Interactive exhibition elements
- B. Overwhelming information overload
- C. Storytelling
- D. Gamification

Answers: A, C, D

3. What can serve as starting points for experience design?

- A. Visitors' desires and motivations
- B. Solely financial considerations
- C. Designing experience journeys specific to target groups
- D. Analysis and optimization of spatial use

Answers: A, C, D

4. What mistakes can negatively impact the visitor experience at an attraction?

- A. Confusing or incomplete information
- B. Consistent thematic concept and design
- C. Poorly organized entry procedures
- D. Boring, non-interactive content

Answers: A, C, D

5. What elements may constitute an experience chain?

- A. Gathering preliminary information (website, social media)
- B. The ticket purchasing experience

- C. Personal conflicts with staff
- D. Feedback opportunities after departure

Answers: A, B, D

6. Which target group characteristics are important in planning experience design?

- A. Visitors' age and interests
- B. Political views
- C. Technological affinity
- D. Family or individual travel status

Answers: A, C, D

7. What are the objectives of attraction management?

- A. Increasing visitor numbers
- B. Suppressing local product sales
- C. Enhancing visitor satisfaction
- D. Ensuring sustainable operation

Answers: A, C, D

8. What types of experiences are associated with the "flow" state?

- A. Challenging but achievable tasks
- B. Deep focus and loss of time perception
- C. Prolonged waiting at the entrance
- D. Satisfaction and joy during the activity

Answers: A, B, D

9. Which services can expand the offering of an attraction?

- A. Gift shop and food services
- B. Interactive applications
- C. Incorrectly translated foreign language signs
- D. Themed programs and workshops

Answers: A, B, D

10. Which feedback methods can support experience improvement?

- A. Guestbook and digital surveys
- B. Ignoring complaint emails
- C. Analysis of online reviews
- D. Target group-specific focus group interviews

Answers: A, C, D

11. Which experience design techniques support the formation of lasting memories?

- A. Use of scents, sounds, and lighting effects
- B. Mechanical repetition and formality
- C. Content embedded in personal stories
- D. Creative and unexpected twists during the visit

Answers: A, C, D

12. What are the current challenges in attraction management?

- A. Integration of technological innovations
- B. Rapidly changing visitor expectations
- C. Competing for global attention
- D. Maintaining a fixed program offering without change

Answers: A, B, C

13. What are the goals of designing visitor pathways within an attraction?

- A. Optimizing visitor flow
- B. Encouraging rapid exit from the attraction
- C. Reducing crowding
- D. Guiding the experience of special features

Answers: A, C, D

14. Which components can be considered as experience elements in a tourism attraction?

- A. Virtual reality experiences
- B. Location of restrooms
- C. Thematic decorations
- D. Interactive game elements

Answers: A, C, D

15. What are the main goals of experience design?

- A. Creating emotional involvement
- B. Providing only visual experiences
- C. Delivering memorable and personal experiences
- D. Standardizing generic mass experiences

Answers: A, C

16. Which channels support the shaping of the experience in advance?

- A. Website and social media
- B. The ticket purchasing process
- C. Menus displayed at the entrance
- D. Visitor reviews

Answers: A, B, D

17. Which tools are effective in experience management?

- A. Visitor loyalty cards and point collection systems
- B. Interactive maps and applications
- C. Simple signage without text
- D. Personalized content

Answers: A, B, D

18. Which factors contribute to the long-term success of an attraction?

- A. Continuous experience renewal
- B. Offering a single, fixed program for years
- C. Content tailored to the needs of the target group
- D. Operating on a low budget with static offerings

Answers: A, C

19. Which types of experiences enhance visitor memory?

- A. Multisensory experiences (sound, light, scent)
- B. Personal participation or engagement
- C. Passive, distant presentations
- D. Experience elements embedded in stories

Answers: A, B, D

20. Which measurement tools can assess the effectiveness of experience design?

- A. Visitor satisfaction surveys
- B. Number of tickets sold
- C. Collection of personal anecdotes
- D. Proportion of returning visitors

Answers: A, B, D

III. TRUE OR FALSE

1. To develop an attraction and provide an experience, it is enough to be familiar with the tourism supply side.

Correct answer: false

2. Social media plays the most influential role in travel destination choice.

Correct answer: true

3. WOW effect is necessary to make memorable tourism experiences.

Correct answer: true

4. Amusement parks/theme parks are one of the main venues to have memorable experiences.

Correct answer: true

5. Experiences can give only in open air venues.

Correct answer: false

6. The goal of experience design is only to entertain visitors.

Correct answer: false

7. Guest experiences cannot be designed in advance because each visitor is different.

Correct answer: false

8. Interactive elements can enhance the enjoyment of an attraction.

Correct answer: true

9. Attractions are only considered successful if they attract the highest possible number of visitors.

Correct answer: false

10. The use of digital technologies can enhance the level of experience.

Correct answer: true

11. Experience design considers sensory effects such as sound, light, and scent.

Correct answer: true

12. Visitor feedback plays no role in improving experience design.

Correct answer: false

IV. ANALYSIS OF RELATION – ANALYSING OF TRUTH OF STATEMENTS AND THE CONNECTION

1. The use of digital experience elements enhances the success of attractions, as these features make visits more interactive and engaging.

Answer: A

2. The aim of experience design is to align content with form; however, marketing campaigns are frequently handled by separate teams.

Answer: B

3. Attractions generally provide a positive experience; therefore, visitor feedback is deemed unnecessary.

Answer: C

4. Although attractions often do not follow a unified theme, visitors frequently report a sense of engagement.

Answer: D

5. Target group analysis is not typically conducted during the planning of attractions; nevertheless, the content often meets audience expectations.

Answer: D

6. Experience design never relies on visual elements, which results in spatial layouts that are consistently easy to interpret.

Answer: E

7. Integrating digital tools can enhance the overall experience; nonetheless, visitor numbers tend to fluctuate seasonally.

Answer: B

8. Visitor feedback is essential for the development of attractions, yet satisfaction surveys are not conducted on a regular basis.

Answer: C

BASICS OF CLINICAL KNOWLEDGE

I. SIMPLE CHOICE

1. Diagnostic step of internal medicine, except ...

- A. medical history taking.
- B. physical examination.
- C. laboratory test.
- D. instrumental examination.
- E. patient education.

Answer: E

2. Clinical sign of liver failure:

- A. digital clubbing.
- B. barrel chest.
- C. ascites.
- D. butterfly rash.

Answer: C

3. Measurement of blood pressure at internal medicine ward:

- A. invasive method
- B. arterial canule
- C. noninvasive method
- D. pleural puncture

Answer: C

4. Type of ECG at internal medicine ward:

- A. 12 leads.
- B. 6 leads.
- C. 24 leads.
- D. 18 leads.

Answer: A

5. Symptom of colorectal cancer, except ...

- A. changes in stool passage.
- B. erythema.
- C. bloody stool.
- D. rectal bleeding.

Answer: B

6. Diagnostic method of acute abdominal pain:

- A. native abdominal X-ray.
- B. chest CT.
- C. biopsy for histology.

- D. ECG.
- E. PET-CT.

Answer: A

7. Symptom of hypothyreosis:

- A. tachycardia
- B. weight loss
- C. weight gain
- D. insomnia

Answer: C

8. Endoscopical examination method, except ...

- A. gastroscopy
- B. ERCP
- C. SPECT
- D. colonoscopy

Answer: C

9. Laboratory marker of renal function:

- A. creatinine
- B. cholinesterase
- C. amilase
- D. ferritin

Answer: A

10. Most important endocrine regulation method:

- A. autonomy
- B. negative feedback
- C. immunity
- D. induction

Answer: B

II. MULTIPLE CHOICE

1. Symptom of iron deficiency:

- A. diarrhea
- B. hair loss
- C. vision problems
- D. anaemia

Answers: B, D

2. Diagnosis of of deep vein thrombosis:

- A. D-dimer laboratory test
- B. INR laboratory test
- C. Doppler ultrasound

D. troponin laboratory test

Answers: A, C

3. Complication of pneumonia:

A. respiratory failure

B. arthrosis

C. abscess

D. liver failure

Answers: A, C

4. Inflammatory bowel disease:

A. coeliac disease

B. irritable bowel syndrome

C. pseudomembranous colitis

D. Crohn's disease

Answers: D

5. Diagnostic method of lymphoma:

A. PET-CT

B. lymphnode biopsy

C. bone marrow biopsy

D. ERCP

Answers: A, B, C

6. Needed for red blood cell production:

A. erythropoietin

B. vitamin B12

C. folic acid

D. iron

Answers: A, B, C, D

7. Complication of diabetes:

A. neuropathy

B. retinopathy

C. nephropathy

D. angiopathy

Answers: A, B, C, D

8. Risk factors of lung cancer:

A. smoking

B. genetical factors

C. chronic respiratory inflammation

D. inhaled carcinogenes

Answers: A, B, C, D

9. Causes of peptic ulcer:

- A. NSAID therapy
- B. antibiotics
- C. Helicobacter pylori infection
- D. beta-blocker therapy

Answers: A, C

10. Nosocomial infections:

- A. related to health care activities
- B. complicated diseases
- C. multiresistant agents
- D. non – communicable disease

Answers: A, B, C

III. TRUE OR FALSE

1. Holter ECG is used for the diagnosis of hypertension.

Correct answer: false

2. Polychemotherapy is used for the treatment of deep vein thrombosis.

Correct answer: false

3. In GERD the gastric content returns to esophagus.

Correct answer: true

4. Severe abdominal/lower back pain (colic) is a characteristic symptom of nephrolithiasis.

Correct answer: true

5. Exocrine organs are the main hormone secreting organs.

Correct answer: false

6. WBC is represent the count of red blood cells.

Correct answer: false

IV. ANALYSIS OF RELATION – ANALYSING OF TRUTH OF STATEMENTS AND THE CONNECTION

1. Hematological malignancies treated with antibiotics, because it is caused by infections.

Answer: E

2. Diabetes mellitus can be caused by insulin deficiency, because insulin is secreted by the adrenal gland.

Answer: C

3. Hypertension can be diagnosed by blood pressure monitoring, because it can be caused by other diseases (secondary hypertension).

Answer: B

4. Lung cancer can be caused by NSAID therapy, because inhalative carcinogens are risk factors for lung cancer development.

Answer: D

BASICS OF PREVENTIVE MEDICINE

I. SIMPLE CHOICE

1. Public health focuses on:

- A. treatment
- B. prevention
- C. medication
- D. basic medical practice

Answer: B

2. Focuses on the population, not individuals. Focuses on diseases and health within a group. Its tools are numbers. The statements above refer to:

- A. education
- B. epidemiology
- C. statistics
- D. basic medical practice

Answer: B

3. Tertiary prevention:

- A. lifestyle changes (exercise, diet, avoiding tobacco use)
- B. chest CT scans to screen for lung cancer in heavy smokers
- C. rehabilitation paralytic disease after poliovirus infection
- D. vaccination

Answer: C

4. It can be the longest of observational studies. Takes longer time and is more expensive. Gives information about relative risk (RR):

- A. cohort studies.
- B. case-control studies
- C. intervention studies
- D. none of the above

Answer: A

5. Illustrates the changing structure of human populations:

- A. demography
- B. life expectancy
- C. geography
- D. micrography

Answer: A

II. MULTIPLE CHOICE

1. Physical determinants of health:

- A. early childhood development

- B. relationship
- C. climate change
- D. worksites, schools
- E. housing
- F. physical barriers
- G. education

Answers: C, D, E, F

2. Demography is:

- A. the statistical study of a population
- B. life expectancy
- C. scientific study of human populations
- D. studies the Earth and all of its natural change

Answers: A, C

3. Risk factors of chronic diseases:

- A. genetics
- B. lifestyle
- C. infectious agents
- D. mortality
- E. fertility

Answers: A, B, C

4. Which of the following statements are not correct?

- A. Smallpox was an infectious disease unique to humans.
- B. 1990: the WHO eradicates smallpox pandemic.
- C. 1990: the WHO eradicates HIV/AIDS pandemic.
- D. Hippocrates was the father of modern epidemiology.

Answers: B, C, D

5. Main fields of public health:

- A. treatment
- B. medication
- C. epidemiology
- D. demography
- E. sociology
- F. medical care

Answers: C, D, E

III. TRUE OR FALSE

1. In the early stages of development, both birth and death rates are high.

Correct answer: true

2. If the occurrence of a disease at higher than normal levels in a population then there is a pandemic.

Correct answer: false

3. Population Health is a very old concept.

Correct answer: false

IV. ANALYSIS OF RELATION – ANALYSING OF TRUTH OF STATEMENTS AND THE CONNECTION

1. Avoiding tobacco smoke is not a preventive factor for respiratory tract infections because reducing tobacco consumption is not the most important prevention method of respiratory diseases.

Answer: D

2. Higher BMI is a risk factor for type 2 diabetes, because it causes fat deposition in the liver and insulin resistance.

Answer: A

BASICS OF PSYCHOLOGY, SOCIAL PSYCHOLOGY

I. SIMPLE CHOICE

1. Securely attached child is ...

- A. self-assured, direct, responsive.
- B. self-reliant, distant, dismissive.
- C. self-doubting, anxious, sensitive, preoccupied.
- D. self-sabotaging, unpredictable, isolated.

Answer: A

2. Carl Rogers' main theory:

- A. a person's thinking is on three levels: unconscious, preconscious and conscious.
- B. psychological phenomena in terms of stimuli and responses, giving rise to the term stimulus–response (S–R) psychology.
- C. dealt with the mechanisms of mental processes (perception + memory + thinking + decision-making + problem-solving).
- D. human beings were capable of becoming whole persons (Gestalt) throughout self-discovery.

Answer: D

3. Biological psychologists say today ...

- A. analogies between mind and computer.
- B. behaviour is a result of conditioning and reinforcement.
- C. all psychological events can be related to the activity of brain and nervous system.
- D. person's social behaviour is expected to vary by culture, personal history and current motivational state.

Answer: C

4. Developmental psychology ...

- A. cares mental and behavioural health for individuals, couples, families and groups.
- B. examines how thinking, feeling, and behaviour change throughout a person's life.
- C. examines how individual's thoughts, feelings and actions are changing in presence of other people.
- D. improve work performance, communication, professional satisfaction and safety.

Answer: B

5. Projection (Freud):

- A. assigning our own undesirable qualities to others in exaggerated amounts
- B. is an attempt to gain detachment from a stressful situation by dealing with it in abstract, intellectual terms
- C. a motive that cannot be gratified in one form is directed into a new channel
- D. denying that an unpleasant reality exists.

Answer: A

6. Preconscious (Freud):

- A. Concealing a motive from ourselves by giving strong expression to the opposite motive.
- B. person's current awareness.
- C. all the information that is not currently 'on mind' but person could bring into consciousness if called upon.
- D. a storehouse of impulses, wishes, and inaccessible memories that affect individual's thoughts and behaviour.

Answer: C

7. Classical conditioning:

- A. includes a problem-solving strategy or the creation of a mental map about the environment
- B. living creature learns that a certain event is followed by a special action
- C. living creature learns its given action has a special consequence
- D. explains ignoring stimuli with becoming familiar and having no serious consequences.

Answer: B

8. Generalization:

- A. the process of losing the connection.
- B. not giving the same response to similar stimuli.
- C. giving the same response to similar stimuli.
- D. learning the stimulus-response.

Answer: C

9. Perceiving distances - relative size:

- A. when parallel lines in a scene appear to converge in the image, they are perceived as vanishing in the distance
- B. among similar objects, those that appear closer to the horizon are perceived as being farther away.
- C. extremely distant objects, such as the moon, appear not to move at all
- D. if an image contains an array of similar objects that differ in size, the viewer interprets the smaller objects as being farther away.

Answer: D

10. Shape constancy:

- A. the perceived shape is constant while the retinal image changes.
- B. the perceived object's size remains constant no matter how far away it is.
- C. the perceived lightness of a particular object changes very little, if at all, even when the intensity of the source, or the amount of light changes dramatically.
- D. the visual system presents the colours.

Answer: A

11. In the classic study of obedience carried out by Milgram what percentage of people went all the way to the end of the shock series?

- A. 33%

- B. 65%
- C. 90 %
- D. 15%

Answer: B

12. Which of the following is NOT an attachment style observed among children?

- A. Avoidant
- B. Anxious
- C. Secure
- D. Paralyzed

Answer: D

13. Which of the following is NOT a dimension in Sternberg's Theory of Love?

- A. Similarity
- B. Intimacy
- C. Passion
- D. Commitment

Answer: A

14. The group polarization effect states that group decisions are more ... than the individual decisions.

- A. Risky
- B. Cautious
- C. Neglectful
- D. Extreme

Answer: D

15. Choose the one incorrect answer! "We reduce post-decision dissonance ..."

- A. by trying to choose the best option
- B. seeking confirmatory data in support of our decision
- C. downplaying the alternative option
- D. enhancing the value of the chosen option

Answer: A

II. MULTIPLE CHOICE

1. The major defense mechanisms are ...

- A. extinction.
- B. intellectualization.
- C. acquiring.
- D. repression.

Answers: B, D

2. A mental operation (Piaget) is a routine for ...

- A. separating.

- B. combining.
- C. transforming.
- D. reacting to information in a logical manner.

Answers: A, B, C

3. Contemporary perspectives in psychology ...

- A. memorial.
- B. behavioural.
- C. cognitive.
- D. psychoanalytic.

Answers: B, C, D

4. Behaviourism is tended to neglect complex human activities like ...

- A. planning.
- B. decision making.
- C. reasoning.
- D. communication.

Answers: A, B, C, D

5. Freud thought human mind was working on three levels. Unconscious is a storehouse ...

- A. of impulses.
- B. wishes.
- C. our current awareness.
- D. inaccessible memories that affect our thoughts and behaviour.

Answers: A, B, D

6. In Freud's theory Ego is ...

- A. the executive of personality.
- B. consisting of basic biological impulses and drives.
- C. a representation of values and morals of society.
- D. mediating among id demands, superego demands and the realities of world.

Answers: A, D

7. Schema is ...

- A. a cognitive structure.
- B. relatively stable over time.
- C. differ from one individual to another.
- D. a concept which does not explain differences in people's personality.

Answers: A, B, C

8. Altered states of consciousness:

- A. sleep,
- B. meditation,

- C. hypnosis,
- D. use of drugs.

Answers: A, B, C, D

9. REM sleep is characterized by ...

- A. a brain appears to be wide awake.
- B. a virtually paralyzed body.
- C. a very relaxed body.
- D. heart and breathing rates decrease.

Answers: A, B

10. Extrinsic motivation ...

- A. is based on internal incentives such as pleasure.
- B. arising from expectation of punishment.
- C. arising from expectation of reward.
- D. is based on internal incentives such as interest.

Answers: B, C

11. Presence of others deters an individual from taking action and help in and emergency situation ...

- A. because it is our duty to help.
- B. by defining the situation as a nonemergency.
- C. due to the process of pluralistic ignorance.
- D. by diffusing the responsibility for acting.

Answers: B, C, D

12. The elaboration likelihood model states that persuasion is going to follow the central route if ...

- A. we are motivated.
- B. elaboration is low.
- C. effortful thinking.
- D. attending to content of communication.

Answers: A, C, D

13. According to scientific data which of the following are determinants of liking?

- A. Honesty
- B. Proximity
- C. Familiarity
- D. Conscientiousness

Answers: B, C

14. Which of the following plays a role in schematic processing?

- A. intuition
- B. structured cooperative contact

- C. priming
- D. top-down processes

Answers: C, D

15. Which are components of attitudes?

- A. Cognitive
- B. Stereotypes
- C. Effective
- D. Behavioural

Answers: A, D

III. TRUE OR FALSE

1. Basic motivations come from biological needs.

Correct answer: true

2. Working memory's storage capacity is limited to 11 + 2 items, or chunks.

Correct answer: false

3. Generalization in learning: giving the same response to similar stimuli.

Correct answer: true

4. Psychologists create and apply questionnaires to get to know a person's characteristics, attitudes, experiences or opinions.

Correct answer: true

5. Clinical psychology is about how to persuade people to buy.

Correct answer: false

6. The left hemisphere is specialized for image creating, interpreting spatial relations and movements in left side of body.

Correct answer: false

7. The classic study of conformity was about how minorities can influence the members' own decisions in a group.

Correct answer: false

8. Rewarding kids with a snack for a desired behaviour will undermine the kids' inner motivation to do it over time.

Correct answer: true

9. Because most initial encounters probably range from neutral to slightly negative, the most frequent result of proximity is hostility.

IV. ANALYSIS OF RELATION – ANALYSING OF TRUTH OF STATEMENTS AND THE CONNECTION

1. In Roger's theory two kinds of inconsistency can develop in people: between the self and the experiences of reality and between the real self and the ideal self.

Answer: A

2. Freud developed a structural model, which divided personality into three major systems that interact to govern human behaviour: the classical, the instrumental and the habitual.

Answer: C

3. From working memory, information can be lost or forgotten partly, because old items displace new ones.

Answer: C

4. Psychoanalysis is both a theory of personality and a method of psychotherapy, because Carl Rogers and Abraham Maslow were the two most prominent and decisive individuals of humanistic school.

Answer: B

BIOETHICS AND PROFESSIONAL ETHICS

I. SIMPLE CHOICE

1. The four major principles of medical ethics are ...

- A. autonomy, nonmaleficence, beneficence, and justice.
- B. privacy, autonomy, beneficence and justice.
- C. autonomy, beneficence, universality and justice.
- D. autonomy, beneficence, nonmaleficence and morality.

Answer: A

2. ... blends law, philosophy, insights from the humanities and medicine to bear on the complex interaction of human life, science, and technology.

- A. Bioethics
- B. Metaethics
- C. Nursing ethics
- D. Normative ethics

Answer: A

3. Which of these is NOT a field of ethics?

- A. metaethics
- B. normative ethics
- C. descriptive ethics
- D. practical ethics

Answer: D

4. Utilitarianism is part of ... theory.

- A. deontological
- B. universalism-based
- C. consequentialism
- D. virtue

Answer: C

5. ... implies that an act is morally right if and only if that act causes “the greatest pleasure for the greatest number”.

- A. Utilitarianism
- B. Deontology
- C. The “golden rule” concept
- D. The doctrine of double effect

Answer: A

6. Which of these is NOT a bioethical principle?

- A. double effect
- B. respect of autonomy

- C. beneficence
- D. justice

Answer: A

7. Which of these is NOT part of autonomous decision-making?

- A. autonomy of thinking
- B. autonomy of willing
- C. autonomy of acting
- D. autonomy of believing

Answer: D

8. What do conservative thinkers believe about the moral status of the fetus?

- A. The fetus is not morally a human being until birth.
- B. The fetus is morally a human being from conception.
- C. The fetus becomes morally a human being at viability.
- D. The fetus becomes morally a human being at quickening.

Answer: B

9. What do some writers argue about the moment of syngamy during fertilisation?

- A. It marks the beginning of a potential human being.
- B. It marks the presence of a new, unique living individual human being.
- C. It is irrelevant to the discussion of personhood.
- D. It occurs after implantation

Answer: B

10. Which places have laws first specifically permitting assisted suicide?

- A. United States, Canada, and Australia
- B. Oregon, Belgium, and The Netherlands
- C. United Kingdom, France, and Germany
- D. Japan, South Korea, and China

Answer: B

II. MULTIPLE CHOICE

1. Bioethics is a/an ...

- A. branch of normative ethics.
- B. theoretical ethics.
- C. applied ethics.
- D. interdisciplinary science.

Answers: A, C, D

2. The sanctity of life refers to: ...

- A. The infinite, inexpressible value of life.
- B. The concept that we cannot save everybody.
- C. The survival of the fittest idea.

D. That life is sacred and was given as a present.

Answers: A, D

3. What is a potential consequence of euthanasia becoming a means of health care cost containment?

- A. Increased access to pain control for the poor and minorities.
- B. Increasing structural injustice because of the unequal distribution of treatments.
- C. Doctors could be financially better off if patients choose euthanasia.
- D. Governments are increasing funding for patient care.

Answers: B, C

4. Which of the following are key features of deontological ethics?

- A. Focus on consequences
- B. Emphasis on duties and obligations
- C. Consistency in moral decision-making
- D. Maximising happiness

Answers: B, C

5. What are the criticisms of deontology?

- A. It lacks a clear rationale for determining duties
- B. It struggles with conflicting obligations
- C. It overemphasises consequences
- D. It may neglect the welfare of others

Answers: A, B, D

6. Which of the following are core principles of classic utilitarianism?

- A. Obligations
- B. Maximising total happiness
- C. Following moral rules regardless of outcomes
- D. Aggregating the good for all affected

Answers: B, D

7. What are the common arguments against euthanasia mentioned in the document?

- A. It could be used for cost containment
- B. It may become non-voluntary
- C. It devalues human life
- D. It is always painless

Answers: A, B, C

8. What does James Rachels argue in favour of active euthanasia?

- A. Euthanasia devalues human life.
- B. There is no moral difference between killing and letting die
- C. Passive euthanasia is always preferable
- D. The motive and outcome are what matter morally

Answers: B, D

9. What does the concept of “negative responsibility” imply?

- A. You are morally responsible for the harms you allow to happen
- B. You are not responsible for the harms caused through others
- C. Only intentional actions matter morally
- D. Unintentional harms can still carry moral weight

Answers: A, D

10. Which of the following are types of euthanasia?

- A. Voluntary euthanasia
- B. Non-voluntary euthanasia
- C. Direct euthanasia
- D. Spontaneous euthanasia

Answers: A, B, C

III. TRUE OR FALSE

1. Ethics is often called “practical philosophy”.

Correct answer: true

2. Assisted suicide: a physician provides an individual with the information, guidance, and means to take his or her own life with the intention that they will be used for this purpose.

Correct answer: true

3. Normative ethics intends to examine the moral principles of western cultures.

Correct answer: false

4. Moral absolutism means that there should be universal values valid for everyone.

Correct answer: true

5. Beneficence is the most powerful bioethical principle.

Correct answer: false

6. Prioritisation on the basis of age is morally justifiable.

Correct answer: false

IV. ANALYSIS OF RELATION – ANALYSING OF TRUTH OF STATEMENTS AND THE CONNECTION

1. The selection of genetically damaged fetuses in the form of artificial abortion is morally acceptable, because nature also performs such a selection in the form of spontaneous abortions.

Answer: D

2. The foetus's heartbeat inevitably proves that she is already a human person, because no one can live without a beating heart.

Answer: D

3. Age by itself cannot be justified as a selection criterion, because ethically every human life should have the same value.

Answer: A

4. According to the concept of negative responsibility, there is no moral difference between active and passive euthanasia, because everyone should take responsibility for their actions.

Answer: B

BIOSTATISTICS

I. SIMPLE CHOICE

1. A list of 5 pulse rates is: 70, 64, 80, 74, 92. What is the median for this list?

- A. 74
- B. 76
- C. 77
- D. 80

Answer: A

2. Simpson's Paradox occurs when ...

- A. No baseline risk is given, so it is not known whether or not a high relative risk has practical importance.
- B. A confounding variable rather than the explanatory variable is responsible for a change in the response variable.
- C. The direction of the relationship between two variables changes when the categories of a confounding variable are taken into account.
- D. The results of a test are statistically significant but are really due to chance.

Answer: C

3. If a researcher sets a level of significance at .05 (i.e. 5%), what does this mean?

- A. Five times out of 100, a significant result will be found that is due to chance alone and not to true relationships.
- B. Ninety-five times out of 100, a significant result will be found that is due to chance alone and not to true relationships.
- C. Five times out of 100, a significant result will be found that is not due to chance, but to true relationship.
- D. None of the above.

Answer: A

4. How does the shape of the t distribution compare to the normal distribution?

- A. The t distribution is taller and less spread out, especially when n is large.
- B. The t distribution is taller and less spread out, especially when n is small.
- C. The t distribution is flatter and more spread out, especially when n is large.
- D. The t distribution is flatter and more spread out, especially when n is small.

Answer: D

5. A set of scores is presented in a histogram. The histogram shows a series of bars that tend to decrease in height from left to right. What is the shape of the distribution?

- A. Leptokurtic
- B. Positively skewed
- C. Negativity skewed
- D. Normal

Answer: B

6. Which statistical test is used to identify whether there is a relationship between two categorical variables?

- A. Student's t-test.
- B. Spearman's correlation test.
- C. Pearson's Chi-square test.
- D. Mann-Whitney test.

Answer: C

7. What does the statistic Cramer's V indicate?

- A. The significance of the Chi-square test.
- B. The expected frequencies in a contingency table.
- C. The amount of common variability of two numeric variables.
- D. The strength of association between two categorical variables.

Answer: D

8. A Pearson correlation of $r=-0.6$ indicates

- A. An increase in X is accompanied by an increase in Y; the relationship is strong.
- B. An increase in X is accompanied by an increase in Y; the relationship is moderate.
- C. An increase in X is accompanied by a decrease in Y; the relationship is strong.
- D. An increase in X is accompanied by a decrease in Y; the relationship is moderate.

Answer: D

9. A Type II error is an error that ...

- A. rejects H_0 , given that H_1 is false
- B. fails to reject H_0 , given that H_1 is true
- C. fails to reject H_0 , given that H_1 is false
- D. rejects H_0 , given that H_1 is true

Answer: B

10. A scatterplot shows:

- A. The frequency with which values appear in the data.
- B. The average value of groups of data.
- C. Scores on one variable are plotted against scores on a second variable.
- D. The proportion of data falling into different categories.

Answer: C

II. MULTIPLE CHOICE

1. Which statement(s) below are true regarding the types of errors in hypothesis testing?

- A. A Type I error occurs when the null hypothesis is rejected, but it should not have been.
- B. A Type II error occurs when the null hypothesis is rejected, but it should not have been.
- C. A Type I error occurs when the null hypothesis is not rejected, but it should have been.
- D. A Type II error occurs when the null hypothesis is not rejected, but it should have been.

Answer: A, D

2. Letter grades in the exam: A, B, C, D, etc. is a/an:

- A. Discrete variable.
- B. Ordinal variable.
- C. Categorical variable.
- D. Scale variable.

Answer: A, B, C

3. What kind of variables would you crosstabulate?

- A. Two or more categorical.
- B. Two or more continuous.
- C. One continuous and two or more categorical.
- D. One categorical and two or more continuous.

Answer: A

4. When interpreting a correlation coefficient, it is important to look at:

- A. The significance of the correlation coefficient.
- B. The magnitude of the correlation coefficient.
- C. The +/ - sign of the correlation coefficient.
- D. All of the above.

Answer: D

5. A teacher gave a statistics test to a class of Geography students and computed the measures of central tendency for the test scores. Which of the following statements cannot be an accurate description of the scores?

- A. The majority of students had scores above the mean.
- B. The majority of students had scores above the median.
- C. The majority of students had scores above the mode.
- D. All of the above options (A, B and C) are false statements

Answer: B

6. Which of the following assumptions are required if an independent t-test is to be used?

- A. Samples are drawn from a normally distributed population.
- B. Homogeneity of variances (equal variances).
- C. The data are either interval or ratio scales.
- D. Linear association between the dependent and independent variables is required.

Answer: A, B, C

7. What is the null hypothesis for a Pearson chi-square test of independent?

- A. Both variables have a significant relationship.
- B. Both variables have equal means.
- C. Both variables are independent.
- D. Both variables are dependent.

Answer: C

8. In an independent t-test output of SPSS, Levene's test result is $p = .006$. What can we infer from this number?

- A. The means of both groups are assumed to be unequal.
- B. The homogeneity of variances is not met.
- C. The variances of both groups are assumed to be equal.
- D. The variances of both groups are assumed to be unequal.

Answer: B, D

9. Which of the following statements is the most accurate description of the concept of standard deviation?

- A. The total distance from the smallest score to the highest score.
- B. The square root of the total distance from the smallest score to the highest score.
- C. The squared average distance between all scores and the mean.
- D. The average distance between a score and the mean.

Answer: D

10. Consider a trial of a criminal. If a Type I error has occurred in the judgement, then which of the following statement is true?

- A. a guilty person is set free
- B. an innocent person is convicted
- C. a guilty person is convicted
- D. an innocent person is set free

Answer: B

III. TRUE OR FALSE

1. Standard deviation is unaffected by outliers.

Correct answer: false

2. If the mean is much smaller than the median in a dataset, it indicates that the dataset is not bell-shaped.

Correct answer: true

3. A teacher asks students to identify their favourite reality television show. The different television shows make up a nominal scale.

Correct answer: true

4. A researcher risks a Type I error anytime the decision is 'fail to reject'.

Correct answer: false

5. If the sample size increases, the confidence interval will decrease in size.

Correct answer: true

6. When the level of significance of a hypothesis test is increased, the probability of committing a Type I error is decreased

Correct answer: false

IV. ANALYSIS OF RELATION – ANALYSING OF TRUTH OF STATEMENTS AND THE CONNECTION

1. The Level of Significance is defined as the probability of rejection of a True Null Hypothesis; thus, below this probability, a Null Hypothesis is rejected.

Answer: A

2. In Testing of Hypothesis Type I error occurs when we fail to reject the Null Hypothesis if it is True, and Type II error occurs when we reject the Null Hypothesis if it is False.

Answer: E

3. A sample survey is a type of experimental study and the best method for investigating causal relationships is an experimental study.

Answer: D

4. Categorical variables are the same as qualitative variables and quantitative variables can be continuous variables.

Answer: B

CALCULUS FOR BUSINESS AND ECONOMICS

I. SIMPLE CHOICE

1. If π is the profit, than ...

- A. $\pi = TR + TC$ (TR: total revenue; TC: total cost)
- B. $\pi = TR - TC$
- C. $\pi = TC - TR$
- D. $\pi = TC$

Answer: B

2. If the interest rate is 4 %, than the scale factor is ...

- A. 4
- B. 104
- C. 1.04
- D. 1.4

Answer: C

3. The linear equation form is ...

- A. $y = ax + b$
- B. $y = ax^2 + bx + c$
- C. $y = \log(x)$
- D. $y = \sin(x) + b$

Answer: A

4. If the Discriminant ($D = b^2 - 4ac$) of the second degree equation is positive, than ...

- A. the equation has no real solutions.
- B. the equation has exactly one solution.
- C. the equation has two real solutions
- D. the equation has many solutions

Answer: C

5. The demand function is $P = -2Q + 50$. Determine the price (P) if the quantity (Q) is 10.

- A. 20
- B. 25
- C. 35
- D. 30

Answer: D

6. The profit function is $\pi = -Q^2 + 5Q - 4$ (Q: quantity) --- Determine the break-even points.

- A. $Q_1 = 2$ $Q_2 = 4$
- B. $Q_1 = 1$ $Q_2 = 4$
- C. $Q_1 = 3$ $Q_2 = 4$
- D. $Q_1 = 1$ $Q_2 = 3$

Answer: B

7. The value of a good rises by 10% in a year. If it was worth 2000 HUF at the beginning of the year, find its value at the ending of the year.

- A. 2100
- B. 1800
- C. 2200
- D. 1900

Answer: C

8. The demand function is $Q=10-P$ and the supply function is $Q=3P-2$. Find the equilibrium price. (Q: quantity P: price)

- A. 5
- B. 4
- C. 2
- D. 3

Answer: D

9. The break-even point is the point at which ...

- A. total cost and total revenue are equal
- B. total cost is higher than total revenue
- C. total revenue is higher than total cost
- D. if the profit is positive

Answer: A

10. The supply function is $P=2Q+20$. Determine the quantity (Q) if the price (P) is 40.

- A. 5
- B. 10
- C. 15
- D. 20

Answer: B

II. MULTIPLE CHOICE

1. Select the second-degree (quadratic) functions. (π : profit, Q: quantity)

- E. $\pi=5Q-8$
- F. $\pi=-2Q^2+5Q+8$
- G. $\pi=\log Q^2-2Q+5$
- H. $\pi+5Q=-Q^2+10$

Answers: B, D

2. The break-even point is the point at which ...

- A. total cost and total revenue are equal.
- B. total cost is higher than total revenue.
- C. total revenue is higher than total cost.

D. if the profit is zero.

Answers: A, D

3. The demand function is $Q=10-P$ and the supply function is $Q=3P-2$. (Q: quantity, P: price)

- A. The equilibrium price is 4.
- B. The equilibrium price is 3.
- C. The equilibrium quantity is 7.
- D. The equilibrium quantity is 8.

Answers: B, C

4. If the interest rate is 5 %, than the scale factor is ...

- A. 5.
- B. more than 1.
- C. 1.5.
- D. 1.05.

Answers: B, D

5. The profit function is $\pi=-Q^2+6Q-8$ (Q: quantity) --- Select the break-even points.

- A. $Q=2$
- B. $Q=4$
- C. $Q=3$
- D. $Q=1$

Answers: A, B

6. The Discriminant ($D=b^2-4ac$) of the second degree equation ...

- A. determine the number of solutions.
- B. is positive, if the equation has 2 real solutions.
- C. is negative, if the equation has no real solutions.
- D. is always positive.

Answers: A, B, C

7. Which of the following statements is true?

- A. The profit is always positive.
- B. The company is profitable if the profit is higher than 0.
- C. It is possible that the profit is negative.
- D. If the profit is positive, than total revenue is higher than total cost.

Answers: B, C, D

8. Which of the following statements is true?

- A. The highest value of the second-degree function is the maximum.
- B. The second-degree function does not have any maximum or minimum.
- C. The second-degree function always has one maximum or minimum.
- D. The second-degree function always has one maximum and one minimum.

Answers: A, C

9. Which of the following statements is true, if the general form of a linear function is $y=ax+b$?

- A. If $a>0$, then the function is increasing.
- B. If $a<0$, then the function is increasing.
- C. If $b>0$, then the function is increasing.
- D. If $a<0$, then the function is decreasing.

Answers: A, D

10. Which of the following equations are true? (π : profit; TR: total revenue; TC: total cost; P: price; Q: quantity)

- A. $\pi=TR-TC$
- B. $\pi=TR+TC$
- C. $TR=P*Q$
- D. $TR=TC+\pi$

Answers: A, C, D

III. TRUE OR FALSE

1. The profit is always negative.

Correct answer: false

2. The break-even point is the point at which total revenue and total cost are equal.

Correct answer: true

3. The equilibrium point is the point at which the demand and supply functions are not equal.

Correct answer: false

4 The lowest value of the second-degree function is the maximum.

Correct answer: false

5. The Discriminant ($D=b^2-4ac$) of the second degree equation determine the number of solutions.

Correct answer: true

6. The general linear function form is $y=a \cdot x+b$

Correct answer: true

IV. ANALYSIS OF RELATION – ANALYSING OF TRUTH OF STATEMENTS AND THE CONNECTION

1. The total revenue (TR) depends on the price of the product, because the total revenue is the multiplication of the price and the sold quantity of the good.

Answer: A

2. The Discriminant ($D=b^2-4ac$) always determines the number of solutions of the second-degree equations, because the Discriminant is always positive.

Answer: C

3. The second-degree function does not have any minimum or maximum point, because the second-degree function is always decreasing.

Answer: E

4. The profit of the company is always positive, because the profit is the difference between the total revenue and the total cost.

Answer: D

CO-CREATING HEALTH

I. SIMPLE CHOICE

1. Which of the following best supports health as a result of personal activity?

- A. Increasing hospital admissions
- B. Relying solely on medication
- C. Engaging in daily exercise and healthy habits
- D. Avoiding responsibility for health decisions

Answer: C

2. The role of the community in health creation includes:

- A. Offering unverified treatments
- B. Isolating individuals with chronic illnesses
- C. Supporting healthy behaviours through shared environments
- D. Discouraging public health education

Answer: C

3. What does the term "client cluster" in health co-creation refer to?

- A. A database of hospital bills
- B. A group of clients with identical preferences
- C. A segment of clients with similar needs and behaviours
- D. A cluster of medical equipment

Answer: C

4. Health value creation primarily involves:

- A. Advertising private insurance plans
- B. Increasing medical costs
- C. Maximising hospital stay durations
- D. Generating positive health outcomes and experiences

Answer: D

5. Which element is essential in designing services for health co-creation?

- A. Active involvement of clients in shaping services
- B. Excluding patients from decisions
- C. A top-down medical directive
- D. Passive consumption of care

Correct answer: A

6. Which of the following is a benefit of digitalising healthcare?

- A. Replacing all medical staff with machines
- B. Enhancing access to health records and services
- C. Making services more complex for users
- D. Limiting patient autonomy

Answer: B

7. The European Health Data Space (EHDS) aims to:

- A. Prevent cross-border healthcare
- B. Promote exclusive data use for private firms
- C. Enable secure, cross-border access to health data
- D. Eliminate digital tools in healthcare

Answer: C

8. Which of the following best describes the foundation of the data economy in health?

- A. Using paper-based records
- B. Controlling access to data by citizens
- C. Removing patients from the data process
- D. Transforming raw data into actionable health insights

Answer: D

9. The value chain from data to health includes:

- A. Data collection, analysis, application, and outcome measurement
- B. Printing medical records for filing
- C. Disregarding digital data
- D. Ignoring feedback loops

Answer: A

10. What is the primary benefit of personalisation in digital health services?

- A. Providing one-size-fits-all treatments
- B. Reducing patient engagement
- C. Tailoring services to individual needs and preferences
- D. Limiting treatment choices

Answer: C

11. Explainable Artificial Intelligence (XAI) is important because:

- A. It removes the need for healthcare professionals
- B. It makes AI decisions transparent and understandable
- C. It replaces personalised care
- D. It hides how decisions are made

Answer: B

12. One limitation of AI in healthcare is:

- A. It always works without error
- B. It has full legal responsibility
- C. It may lack interpretability and contextual judgment
- D. It requires no data input

Answer: C

13. Health co-creation in physical activity can include:

- A. Mandatory bed rest for all clients
- B. Participatory design of wellness programmes based on client feedback
- C. Passive watching of fitness content
- D. Prohibiting self-monitoring tools

Answer: B

14. In nutrition, co-creation of health can be supported by:

- A. Ignoring individual dietary preferences
- B. Standardised diets without feedback
- C. Personalised meal plans based on health data and goals
- D. Banning food tracking tools

Answer: C

15. Mental health co-creation involves:

- A. Collaborative decision-making with digital support tools
- B. Use of stigma to ensure compliance
- C. Patient exclusion from treatment planning
- D. Unsupervised use of medication

Answer: A

II. MULTIPLE CHOICE

1. Which of the following are features of evidence-based medicine (EBM)?

- A. Use of clinical guidelines derived from systematic research
- B. Prioritising individual beliefs over data
- C. Integration of patient values with scientific evidence
- D. Ignoring real-world patient experiences

Answers: A, C

2. Real-world evidence contributes to service design by:

- A. Reflecting the outcomes of interventions in everyday settings
- B. Removing variability in patient behaviour
- C. Enhancing personalisation based on actual patient experiences
- D. Providing artificial scenarios for model testing

Answers: A, C

3. Clients with different health behaviours may differ in:

- A. Adherence to treatment plans
- B. Motivation for preventive care
- C. Need for data privacy legislation
- D. Willingness to use digital tools

Answers: A, B, D

4. Which strategies help in serving clients with varying health behaviours?

- A. Standardising care regardless of client input
- B. Segmenting clients by behavioural profiles
- C. Tailoring interventions to motivation and risk levels
- D. Providing only written instructions

Answers: B, C

5. Health behaviour clusters can be defined by:

- A. Shared values and routines
- B. Common travel patterns
- C. Digital engagement levels
- D. Attitudes toward self-care

Answers: A, C, D

6. In service design, typical health behaviour clusters are useful for:

- A. Assigning uniform treatment plans
- B. Designing group-specific communication and support tools
- C. Personalising digital service elements
- D. Replacing professional counselling

Answers: B, C

7. Cross-border digital services must address:

- A. Multilingual accessibility
- B. Interoperability of health records
- C. Uniform pricing of services
- D. Compliance with regional legal frameworks

Answers: A, B, D

8. Which elements are vital in delivering cross-border digital health services?

- A. Cross-country data sharing standards
- B. Personalised nutrition labels
- C. Patient authentication and secure access
- D. Coordination among national health authorities

Answers: A, C, D

9. Concepts for personalised health services include:

- A. Co-creation with the individual client
- B. Delivering the same service to every patient
- C. Using data from wearables and apps
- D. Personal outcome measurement

Answers: A, C, D

10. Which tools are useful in personalised health services?

- A. Machine learning for pattern recognition
- B. Single-factor lifestyle surveys

- C. Interactive health coaching platforms
- D. Self-assessment tools

Answers: A, C, D

11. Medical wellness services may include:

- A. Individualised fitness and nutrition planning
- B. One-size-fits-all gym subscriptions
- C. Integration with mental health programmes
- D. Monitoring through digital devices

Answers: A, C, D

12. Good medical wellness design considers:

- A. Evidence-based stress reduction methods
- B. Continuous data collection
- C. Mandatory pharmaceutical use
- D. Personal preferences and goals

Answers: A, B, D

13. Measuring co-created health outcomes involves:

- A. Using only national health statistics
- B. Collecting subjective experience data
- C. Evaluating behaviour change and clinical markers
- D. Assessing service-user interaction patterns

Answers: B, C, D

14. Effective co-creation evaluation strategies include:

- A. Excluding patients from feedback loops
- B. Combining quantitative and qualitative data
- C. Tracking patient engagement over time
- D. Ignoring individual preferences in reporting

Answers: B, C

15. In co-production for service design, which are key principles?

- A. Equality between service users and providers
- B. Passive delivery of care
- C. Shared responsibility in health outcomes
- D. Iterative development with user feedback

Answers: A, C, D

III. TRUE OR FALSE

1. Accessing services such as lab visits and patient transport is considered part of the care delivery value chain.

Correct answer: true

2. Measuring patient outcomes is only relevant after treatment and has no role in service planning.

Correct answer: false

3. Patient education and counselling are essential elements of the “Informing” stage in the care delivery value chain.

Correct answer: true

4. The “Recovering/Rehabilitating” phase only applies to surgical patients.

Correct answer: false

5. Feedback loops in the care delivery value chain support continuous improvement and better patient outcomes.

Correct answer: true

6. The individual health planning process focuses primarily on diagnosing disease.

Correct answer: false

7. The health wheel during the individual health planning session helps clients assess different aspects of their life related to health.

Correct answer: true

8. The health counselling session includes both structured questioning and open discussion to promote client engagement.

Correct answer: true

9. The client’s own perception and willingness to change play only a minor role in health planning.

Correct answer: false

IV. ANALYSIS OF RELATION – ANALYSING OF TRUTH OF STATEMENTS AND THE CONNECTION

1. Accessing services such as patient portals and remote consultations is part of the care delivery value chain; these services help in measuring the client's readiness and willpower to start a health improvement process.

Answer: C

2. The care delivery value chain includes "Monitoring/Managing" as a phase focused on lifestyle modifications and condition tracking; this supports long-term follow-up in personalised health plans.

Answer: A

3. Individual health planning starts from personal will, readiness, and desire; this explains why patient outcome measurement is entirely optional in the care delivery value chain.

Answer: C

4. Formulating up to three personal health objectives is a key step in individual health planning; these objectives are often translated into small, specific actions like physical activity routines.

Answer: A

5. The "Intervening" phase of the care delivery value chain includes drug therapy and counselling; this phase encourages clients to choose the most pleasant lifestyle options available.

Answer: C

6. Individual health planning provides feedback and follow-up options; these help reinforce commitment to behaviour change and build trust between client and coach.

Answer: A

COMPLEX PHYSIOTHERAPY

I. SIMPLE CHOICE

1. What is the recommended temperature of water for passive aquatherapy?

- A. 33-35 C
- B. 36-38 C
- C. 24-26 C
- D. 28-30 C

Answer: A

2. What is called a bath reaction?

- A. A bath reaction may occur on days 2-4 of bathing, with characteristically elevated lab values that do not decrease with rest.
- B. A reaction on days 2 to 4 of bathing with an increase in clinical signs, which resolves as bathing progresses.
- C. May occur on days 4 to 8 of bathing, with elevated laboratory values and increasing clinical signs, which may require definitive discontinuation of treatment.
- D. May occur on days 4 to 8 of bathing, with increasing clinical signs and elevated laboratory values, which resolve after a few days of rest.

Answer: D

3. What is medicinal water?

- A. Water that springs up naturally
- B. Hot water used for healing by experience
- C. Mineral water with proven curative properties
- D. Thermal water with medicinal properties

Answer: C

4. Specific to Aquafitness:

- A. 36 C water is the most ideal for aquafitness
- B. Aquafitness should only be practised by healthy people
- C. Aquafitness does not require swimming skills
- D. Aquafitness is contraindicated in older age

Answer: C

5. What is the temperature of water of indifferent temperature?

- A. 28-32 C
- B. 36-38 C
- C. 32-34 C
- D. 34-36 C

Answer: D

6. What is balneotherapy?

- A. Aquatic movement therapy
- B. Cold bath therapy for fever
- C. Healing with medicinal waters
- D. Hot water compresses

Answer: C

7. Which statement is correct?

- A. 85 percent of back problems are caused by the strengths of back muscles
- B. movement of a patient who has suffered a heart attack is prohibited
- C. strength weight lifting training has a beneficial effect on heart patients
- D. during its daily activity, the muscle uses 30% of the maximum capacity of the muscle

Answer: D

8. With what tools does physiotherapy carry out its healing activities?

- A. with drug therapy
- B. exclusively with different medicinal devices
- C. using a wide variety of physical energies
- D. with whale therapy

Answer: C

9. In which areas can physiotherapy procedures be used?

- A. in all fields of medicine
- B. only in locomotor patients
- C. only in neurological cases
- D. exclusively in the field of rheumatology and traumatology

Answer: A

10. How does balneology exert its healing effect ...

- A. by the physical properties of water
- B. by its relaxing effect on the human body
- C. by the healing effect of the minerals dissolved in the water
- D. by the thermal water

Answer: C

11. After hospital care ...

- A. the patient does not have the opportunity for NEAK-supported physiotherapy
- B. can only get treatment privately
- C. at the request indicated in the final report, he has the right to receive physiotherapy at home
- D. is possible on the recommendation of the general practitioner

Answer: C

12. What energies does physiotherapy use?

- A. physical
- B. physical and chemical

- C. mechanical
- D. electrical

Answer: B

13. In Hungary, we call thermal water

- A. . the cracked or unearthen mineral water, the temperature of which exceeds 30C
- B. whose temperature exceeds 20 C
- C. whose temperature is above 35C
- D. whose temperature is above 20 C

Answer: A

14. Physiotherapy is a health service where the main goal is:

- A. maintenance and restoration of movement functional abilities
- B. maintaining health
- C. prevention and cure of diseases
- D. all are true
- E. none of them

Answer: D

15. What is true about mineral water?

- A. contains at least 100 mg/l of minerals
- B. contains at least 1000 mg/dl of minerals
- C. contains at least 1000 mg/l of minerals
- D. contains at least 1000 g/l of minerals

Answer: C

16. From the physical properties of water which is connected to Archimedes law?

- A. buoyancy
- B. hydrostatic pressure
- C. medium resistance
- D. temperature

Answer: A

17. What is medicinal water?

- A. Naturally occurring water
- B. Hot water used for healing based on experience
- C. Mineral water with proven curative properties
- D. Thermal water with medicinal properties

Answer: C

18. Specific to Aquafitness:

- A. 36 C water is the most ideal for aquafitness
- B. Aquafitness should only be practised by healthy people
- C. Aquafitness does not require swimming skills

D. Aquafitness is contraindicated in older age

Answer: C

19. What is the recommended water temperature for aerobic aqua fitness?

A. 24-26 C

B. 33-35 C

C. 26-29 C

Answer: C

II. MULTIPLE CHOICE

1. The ultimate goal of the physiotherapy activity is ...

A. to influence and improve the individual's lifelong mobility, as far as possible

B. to preserve, improve and restore the damaged movement function

C. using the physiotherapy tool system

Answers: A, B, C

2. The purpose of movement in water

A. Pain reduction

B. Decrease range of motion

C. Decreasing muscle strength and irregulating tone

D. Developing balance

E. Development of coordination

Answers: A, D, E

3. What kind of energies does physiotherapy use?

A. physical

B. chemical

C. mechanical

Answers: A, B, C

4. What kind of energies does balneotherapy use?

A. electric

B. chemical-, thermo-,

C. hydro-

Answers: B, C

5. Physiotherapy is ...

A. physiotherapy means healing with only physical energies

B. physiotherapy means healing with natural energies

C. does not use chemical energy

D. is the oldest branch of medical therapy

E. exercise therapy does not fit into the system of physical therapy

Answers: B, D

6. Choose, which of these methods are hydrotherapy?

- A. Subaqueous gymnastic
- B. Weight bath
- C. Compress
- D. Dead sea mud treatment

Answers: A, B, C,

7. What does it mean, balneotherapy?

- A. It means, heals through only the physical properties of water
- B. Balneology is a branch of science that deals with the effects of medicinal water.
- C. Balneotherapy is the totality of treatments with mineral water, during therapy the chemical properties of the water mainly affect it
- D. It involves the medical use of natural mineral waters, mud, and gases found in nature for preventive, therapeutic, and rehabilitation purposes.

Answers: B, C, D

8. Which of the following are not passive aqua therapy technique?

- A. Aqua step
- B. Ai Chi
- C. Water Lotus Pillow
- D. Watsu

Answers: A, B

9. In which prevention field does the physiotherapist work?

- A. primary
- B. secondary
- C. tertiary

Answers: A, B, C

10. Physiotherapy ...

- A. is not the same as physical therapy
- B. uses natural energies for healing
- C. is a narrower term because it only uses purely physical energy for healing.

Answers: A, B

11. By using physiotherapy methods, we can affect:

- A. the musculoskeletal system (bone and muscle system)
- B. the circulatory system (heart, blood vessels and lymphatic system)
- C. the viscera (digestion, breathing, urination, genitals)
- D. the nervous system and the sensory organs.

Answers: A, B, C, D

12. Therapeutic gymnastics,

- A. a branch of mechanotherapy, uses movement as a therapeutic stimulus

- B. to eliminate the functional impairment that has occurred,
- C. it has no role in prevention, only in healing

Answers: A, B

13. Cave therapy

- A. is a special form of climate therapy.
- B. climatic caves are primarily suitable for the treatment of people suffering from respiratory and musculoskeletal diseases.
- C. caves are classified according to their temperature; we distinguish between cold and warm caves.
- D. the special microclimate of caves has only chemical stimuli, have beneficial biological effects on the human body.

Answers: A, B, C

14. Medical Spa treatment

- A. Medical treatment can be provided with social security support at a health care provider providing medical rehabilitation services, in a medical spa, and in a public bath.
- B. In medical spas, medical services or rehabilitation activities are provided using natural healing factors.
- C. Medical Spa treatment is a medical treatment that belongs to the category of medical rehabilitation services, which is mainly used in rehabilitation treatments serving to improve the function of chronic rheumatological, orthopedic, neurological, and vascular diseases.

Answers: A, B, C

15. Complex medical spa treatment

- A. can only be provided by a healthcare provider providing medical rehabilitation services with social security support, or by a medical spa.
- B. Medical services available under health insurance can only be ordered by a specialist, however, even a specialist cannot order spa treatment provided with social security support in private practice.
- C. Medical Spa treatment services with social security support can only be ordered by a funded healthcare provider, by a rheumatologist, physiotherapist, orthopaedic, musculoskeletal rehabilitation, physical medicine and rehabilitation medicine, or by a traumatologist in the case of a traumatological indication.

Answers: A, B, C

III. TRUE OR FALSE

- 1. Movement therapy can also be used in the fields of traumatology, cardiology, pulmonology, and gynaecology.

Correct answer: true

- 2. Hydrostatic pressure increases excretion and lower limb oedema.

Correct answer: false

- 3. Buoyancy can unbalance, allowing equilibrium to develop, and allows for easier movement

Correct answer: true

4. The Aquawallgym is a Hungarian development technique, has a device which can be used to perform sport-specific movements, portable shallow and deep water "gym machine"

Correct answer: true

5. The diaphragm's function is impaired due to increased abdominal pressure during immersion in water

Correct answer: true

6. The joint-friendly properties of water, due to its resistance to the medium, are useful for relieving the load.

Correct answer: false

7. During immersion into the water, the use of indifferent temperatures of the water reduces balance and coordination capability.

Correct answer: false

8. The muscle-strengthening effect of water is well suited for use due to its resistance to turbulence and friction water?

Correct answer: true

9. The executors of physiotherapy interventions are Physiotherapist, Physiotherapy assistant, Therapeutic masseur

Correct answer: true

10. All thermal water are medicinal water.

Correct answer: false

11. Musculoskeletal and spinal diseases, which are particularly problematic, rank second in the world in terms of paid sick pay, and are the number one cause of absenteeism among individuals under the age of 45.

Correct answer: true

12. Balneotherapy main healing effect is the temperature of water

Correct answer: false

IV. ANALYSIS OF RELATION – ANALYSING OF TRUTH OF STATEMENTS AND THE CONNECTION

1. At least half of urban people over the age of 35 have been working in jobs requiring the same testing situation for at least ten years, and these problems are responsible for almost a fifth of job losses.

Answer: A

2. Various musculoskeletal complaints are responsible for 18 percent of permanent absences from work, because every second person consults a doctor in their lifetime due to persistent back pain.

Answer: B

3. The ultimate goal of physiotherapy is to influence and improve the individual's lifelong mobility to the greatest extent possible, to preserve, improve and restore impaired movement function with the help of a physiotherapy tool system (physiotherapy activities), because the physiotherapy is extremely effective in the field of musculoskeletal rehabilitation.

Answer: B

4. Physiotherapy typically involves a combination of different therapeutic approaches to address the patient's individual needs and challenges and therefore can only be applied to prevention to a very limited extent.

Answer: C

5. S. Kneipp was well ahead of his time when he developed his methods, his principle was that the human soul and body can only be healed in their unity, therefore, Sebastian Kneipp's natural, effective healing method could also be called a five-step therapy, because the combination of water, herbs, nutrition, exercise, and lifestyle form the basis of an effective, yet gentle therapy.

Answer: B

6. Physiotherapy is mostly used as a symptomatic therapy, but there are some types of treatment that are also acceptable as a causal therapy, such as therapeutic exercises, since their effect cannot be replaced by any other treatment.

Answer: A

ELECTRONIC DOCUMENTATION IN HEALTHCARE

I. SIMPLE CHOICE

1. What is the primary goal of a data-driven personalised health service?

- A. To eliminate human intervention in healthcare
- B. To ensure patients pay lower costs
- C. To tailor healthcare delivery to individual needs and conditions
- D. To minimise the number of doctors in the system

Answer: C

2. Which of the following is typically included under ‘Service Content’ in a cross-border healthcare service?

- A. Local tourism packages
- B. Description of who does what in service delivery
- C. Insurance brokerage firms
- D. Pharmaceutical regulations

Answer: B

3. What kind of values are considered under ‘Health Value to be Delivered’?

- A. Only clinical laboratory results
- B. Medical and experiential (perceived by the client) values
- C. Cultural and historical values of a country
- D. Technical specifications of medical devices

Answer: B

4. What is a key component of profiling for personalisation in a digital health service?

- A. Real estate ownership data
- B. Browsing history
- C. Medical records and lifestyle data
- D. Traffic violation history

Answer: C

5. Which of the following is NOT typically used to identify potential clients in a health tourism service?

- A. Demographic data
- B. Travel preferences
- C. Favourite colours
- D. Health status and medical history

Answer: C

6. What would likely be found under ‘Digital Measures and Tools of Personal Support’?

- A. Passport control software
- B. Automated scheduling apps and wearable devices

- C. Airline seat selection tools
- D. National census software

Answer: B

7. When characterising an impersonalised client, which information is MOST relevant?

- A. Local language proficiency
- B. Favourite sports team
- C. Medical history, lifestyle, and social habits
- D. Entertainment preferences

Answer: C

8. In a data ecosystem for monitoring and management, which of the following is essential?

- A. Paper charts and manual filing
- B. Feedback loops, data flow, and ICT infrastructure
- C. Postcards from patients
- D. Local folklore stories

Answer: B

9. How can outcomes be measured in a personalised health service?

- A. Only through the patient's personal opinion
- B. Only through clinical tests
- C. Through both medical data and subjective user feedback
- D. Through the number of appointments booked

Answer: C

10. What is the purpose of 'Personal Outcomes as the Target'?

- A. To predict future healthcare trends
- B. To ensure consistent health policies across countries
- C. To align healthcare services with individual health goals and perceptions
- D. To calculate hospital profits

Answer: C

II. MULTIPLE CHOICE

1. Which of the following contribute to health as a result of personal and community activity?

- A. Regular physical activity and balanced nutrition
- B. Participation in local health programmes
- C. Passive observation of public health messaging
- D. Community-led initiatives to promote healthy lifestyles

Answers: A, B, D

2. What are key purposes of documentation in healthcare related to forecasting and risk estimation?

- A. Supporting predictive analytics for early intervention
- B. Archiving paper forms for legal compliance only
- C. Enabling machine learning models to assess risk
- D. Reducing the number of clinical staff

Answers: A, C

3. Which components are essential for effective hospital IT systems handling diagnostics and imaging?

- A. Secure data storage systems
- B. Machine reading and automated analysis
- C. Physical paper folders
- D. Sufficient computing infrastructure

Answers: A, B, D

4. What are necessary elements for creating an individualised health plan?

- A. Patient preferences and goals
- B. Involvement of a multidisciplinary care team
- C. Standardised national treatment templates
- D. Regular review and adaptation

Answers: A, B, D

5. What factors support the identification of disease and behavioural patterns from data?

- A. Valid and authentic datasets
- B. Manual note-taking during consultations
- C. Longitudinal data from wearables
- D. Reliable prediction algorithms

Answers: A, C, D

6. Which statements describe the function of the data–information–knowledge–prediction (wisdom) pyramid in healthcare?

- A. It helps individuals interpret raw data without support
- B. It structures information to guide behavioural change
- C. It serves as a basis for personalised decision support
- D. It reduces the need for clinical judgement

Answers: B, C

7. How can professionals support patients using data-driven healthcare solutions?

- A. Helping patients interpret data visualisations
- B. Replacing digital tools with paper instructions
- C. Coaching patients in digital self-monitoring tools
- D. Ignoring patient-generated health data

Answers: A, C

8. What skills are part of digital health literacy?

- A. Identifying trustworthy online sources
- B. Blindly following online health influencers
- C. Interpreting medical data from wearables
- D. Recognising misinformation

Answers: A, C, D

9. How can gamification and feedback mechanisms support health behaviour change?

- A. Providing daily and weekly goals
- B. Penalising poor health behaviour
- C. Delivering motivating visual progress indicators
- D. Making routine tasks more engaging

Answers: A, C, D

10. What are major aims of the European Health Data Space (EHDS)?

- A. Facilitate access to personal health records across borders
- B. Limit sharing of anonymised health data
- C. Support research and policymaking through secure data use
- D. Promote interoperability among EU healthcare systems

Answers: A, C, D

III. TRUE OR FALSE

1. The involvement of patients in setting their own health goals is a key component of a person-centred health plan.

Correct answer: true

2. Digital health literacy only involves the ability to use smartphones and health apps.

Correct answer: false

3. Machine reading and computing infrastructure are essential for processing medical imaging in hospital IT systems.

Correct answer: true

4. Forecasting algorithms in healthcare are mainly used for administrative budgeting and are unrelated to patient care.

Correct answer: false

5. Gamification techniques, such as providing progress feedback, can increase patient motivation for healthier behaviour.

Correct answer: true

6. The European Health Data Space is designed to support secure data sharing across EU countries to improve care, research, and policy.

Correct answer: true

IV. ANALYSIS OF RELATION – ANALYSING OF TRUTH OF STATEMENTS AND THE CONNECTION

1. Profiling for personalisation in digital healthcare services requires individual health data; such profiling enables accurate risk forecasting for personalised interventions.

Answer: A

2. Digital tools such as mobile apps and wearables support behaviour change in clients.; the use of these tools automatically guarantees improved clinical outcomes.

Answer: C

3. Cross-border health services must manage multilingual access to patient data, and hospital meal planning is a critical function of these services.

Answer: B

4. A data ecosystem includes infrastructure for feedback, data flow, and system monitoring, this allows a person-centred health team to tailor services in real time.

Answer: A

ECONOMICS, HEALTH ECONOMICS

I. SIMPLE CHOICE

1. Which of the following is an example of a government correcting market failure related to a merit good?

- A. Imposing a tariff on imported steel
- B. Providing subsidies for early childhood education
- C. Legalizing cannabis use across all states
- D. Setting a price ceiling on rental apartments

Answer: B

2. If the price elasticity of demand for a good is -2, a 10% increase in price will result in:

- A. A 5% decrease in quantity demanded
- B. A 10% decrease in quantity demanded
- C. A 20% decrease in quantity demanded
- D. A 2% decrease in quantity demanded

Answer: C

3. A country has a CPI of 103.2 in year 2 and 106.5 in year 3. What is the inflation rate between these years?

- A. 3.2%
- B. 3.1%
- C. 3.0%
- D. 3.5%

Answer: B

4. The natural rate of unemployment includes which of the following types?

- A. Cyclical and Structural
- B. Frictional and Cyclical
- C. Frictional, Structural, and Seasonal
- D. Seasonal and Cyclical

Answer: C

5. In the Lorenz curve diagram, what does a Gini coefficient of 0.5 indicate?

- A. Perfect income equality
- B. Very low income inequality
- C. Moderate income inequality
- D. Absolute income inequality

Answer: C

6. Which of the following would likely occur during a period of deflation?

- A. Increased consumer spending
- B. Increased investment by firms

- C. Increased unemployment
- D. Increased aggregate demand

Answer: C

7. A government introduces a progressive tax system. Which group pays a higher proportion of their income?

- A. Low-income earners
- B. All groups pay the same proportion
- C. Middle-income earners
- D. High-income earners

Answer: D

8. What best describes structural unemployment?

- A. Caused by seasonal changes in demand
- B. Caused by downturns in the business cycle
- C. Caused by mismatch between workers' skills and job requirements
- D. Caused by voluntary transitions between jobs

Answer: C

9. The Palma ratio compares:

- A. The top 10% income to bottom 10%
- B. The richest 10% to the poorest 40%
- C. The top 20% to bottom 20%
- D. The richest 50% to the poorest 50%

Answer: B

10. A subsidy for the production of flu vaccines is justified because:

- A. Vaccines are private goods with no externalities
- B. Vaccines are demerit goods that need regulation
- C. There is underconsumption of a good with positive externalities
- D. There is overproduction of a good with negative externalities

Answer: C

II. MULTIPLE CHOICE

1. Which of the following are reasons why merit goods are underconsumed in a free market?

- A. They have positive externalities
- B. Consumers lack full information
- C. They are rival and excludable
- D. They are subsidized by the government

Answers: B, C

2. Which of the following would be included in the Consumer Price Index (CPI) basket?

- A. Rent of primary residence

- B. Gasoline prices
- C. Income tax rates
- D. Government defense spending

Answers: A, B, C

3. Which of the following groups are losers during periods of high inflation?

- A. People on fixed incomes
- B. Savers
- C. People with indexed wages
- D. Exporters

Answers: A, B, D

4. Which of the following contribute to structural unemployment?

- A. Mismatch of skills with job requirements
- B. Automation and technological change
- C. Seasonal variations in production
- D. Decline of specific industries or regions

Answers: A, B, D

5. Which are likely consequences of deflation?

- A. Increased real debt burden
- B. Higher real interest rates
- C. Increase in consumer demand
- D. Rising unemployment

Answers: A, B, D

6. Which of the following methods are commonly used to measure income inequality?

- A. Gini coefficient
- B. Palma ratio
- C. Lorenz curve
- D. Human Development Index (HDI)

Answers: A, B, C

7. Which of the following policies are used by governments to reduce poverty and inequality?

- A. Transfer payments
- B. Subsidizing merit goods
- C. Regressive taxation
- D. Universal basic income

Answers: A, B, D

8. Which indicators reflect the macroeconomic objectives of a government?

- A. GDP growth rate
- B. Unemployment rate

- C. CPI inflation rate
- D. Interest rate parity

Answers: A, B, C

9. Which factors can lead to market failure?

- A. Externalities
- B. Public goods
- C. Imperfect information
- D. Full employment

Answers: A, B, C

10. Which of the following are typically used by governments to intervene in markets?

- A. Taxes
- B. Subsidies
- C. Price controls (ceilings/floors)
- D. Interest rate targeting by central banks

Answers: A, B, C

III. TRUE OR FALSE

1. The Lorenz curve shows the cumulative distribution of income within a population.

Correct answer: true

2. Merit goods are underprovided in a free market because they generate negative externalities.

Correct answer: false

3. Cyclical unemployment rises during periods of economic expansion.

Correct answer: false

4. A progressive tax system collects a larger percentage of income from high-income earners than from low-income earners.

Correct answer: true

5. The natural rate of unemployment includes frictional, structural, and seasonal unemployment.

Correct answer: true

6. Deflation tends to stimulate consumer spending because goods become cheaper over time.

Correct answer: false

IV. ANALYSIS OF RELATION – ANALYSING OF TRUTH OF STATEMENTS AND THE CONNECTION

1. Merit goods are underconsumed in a free market because consumers tend to overestimate their personal benefits.

Answer: C

2. Structural unemployment occurs when workers lack the skills required for modern industries because technological progress and globalization change the structure of labor markets.

Answer: A

3. The Gini coefficient measures income inequality because a higher Gini coefficient indicates a more equal income distribution.

Answer: C

4. Inflation can reduce the real value of savings because savers earn a higher real interest rate when inflation is high.

Answer: C

ENVIRONMENTAL ECONOMICS

I. SIMPLE CHOICE

1. The main challenges for Environmental Economics ...

- A. not enough advertisement for the topic.
- B. burning issue, rather limited time for solution.
- C. absolutely no interest by the people.

Answer: B

2. Economic is a

- A. social science.
- B. political science.
- C. natural science.

Answer: A

3. Economics deals with ...

- A. only with consumption.
- B. with the market.
- C. it is a complex science of systems, production, distribution, market research.

Answer: A

4. Environmental Economics is ...

- A. economic driven by green parties.
- B. economic important for present generation.
- C. economic of sustainable development.

Answer: C

5. Environmental economics is ...

- A. a new science / second half of XX. century.
- B. is actually started with the industrial revolution.
- C. started with using the electricity.

Answer: A

6. Environmental management based on ...

- A. use of the environment for the clean agriculture.
- B. use of the environment as a resource.
- C. use of the environment for not polluting industry.

Answer: B

7. One of the main problems of our further „existence” ...

- A. growing population.
- B. nuclear power plants.

C. external radiation / from the space.

Answer: A

8. The environmental tax ...

A. increases the prices / generally

B. stop the pollution

C. increase the competitiveness

Answer: A

9. Not belongs to fossil energy sources ...

A. gas.

B. oil.

C. atom energy.

Answer: C

10. Global warming in the last ten years ...

A. 0,2 Celsius.

B. 0,05 Celsius.

C. 0,4 Celsius.

Answer: A

II. MULTIPLE CHOICE

1. Barrier to saving the environment?

A. Very different way of solution recommended.

B. Scientific groups are not publishing the right data.

C. Different way of interest by politic and industry.

D. It takes long time to find the solution.

Answers: A, C

2. The main problems of EE today.

A. Different opinions by different scientific groups.

B. Green parties are the main barriers.

C. Very different interests / politicians, green parties, multis, industry, local people.

D. The warming up is figured much more seriously as it is.

Answers: A, C

3. The sustainable tourism as based on ...

A. Less travel individually.

B. Reduce the number of travels by law.

C. The responsibility of local government only.

D. Educate the tourist to see their own responsibility.

Answers: A, D

4. One of the types of scientific schools ...

- A. normative
- B. natural
- C. empirical
- D. social

Answers: A, C

5. Population cycles in Europe ...

- A. 1100-1350 / agrarian revolution / population increase.
- B. 1650-1850 / industrialization / population started to grow.
- C. 1750-1980 / industrialization / population explosion.
- D. 1500-1600 / after plague / population started to grow.

Answers: A, C

6. The effect of the environmental tax and fines ...

- A. Environmental tax reduces the prices.
- B. Environmental tax increases the prices.
- C. Environmental fines reduce the profit of the companies.
- D. Environmental fines increase the profit of the companies.

Answers: B, C

7. Seveso / chemical plant disaster / 1976

- A. Dioxin released in the air.
- B. CO₂ released in the air.
- C. It was reported one week later.
- D. It was reported immediately.

Answers: A, C

8. Consequences of warming up ...

- A. the size of population started to decrease
- B. extreme temperature
- C. fish stock decline
- D. new species

Answers: B, C

9. The difficulties to stop warming up ...

- A. lack of political will, joint effort.
- B. formerly were made large investments in industries.
- C. the economic is not benefits from curbing warming.
- D. mainly effect the North part of the Earth.

Answers: A, B

10. Water distributions:

- A. Rivers, lakes / 0,02 %
- B. Polar ice, glacier, snow / 11,3 %
- C. Groundwater / 0,29 %
- D. Oceans, seas / 76.3 %

Answers: A, C

III. TRUE OR FALSE

1. Environmental economics examines not only economic laws, but also social and environmental impacts.

Correct answer: true

2. All economic activities have a positive or negative impact on the environment / job creation vs. pollution.

Correct answer: true

3. Fossil energy sources / coal, gas, petroleum / were produced in 2 million years.

Correct answer: false

4. The size of population worldwide is 6 Bio in 2023.

Correct answer: false

5. The water contamination is partly based on phosphor and nitrogen load.

Correct answer: true

6. It is necessary to involve all actors / airlines, agencies, local residents, tourists politicians to have a sustainable tourism by regular screening.

Correct answer: true

IV. ANALYSIS OF RELATION – ANALYSING OF TRUTH OF STATEMENTS AND THE CONNECTION

1. Margaret Thatcher closed the coal mines because it was not economical.

Answer: A

2. The pollution is not increasing dramatically, and it decreases the warming up.

Answer: E

3. Wastewater fines introduce in one of the countries, it increases the profit of some companies.

Answer: C

4. The population explosion has not stopped, and it makes life expectancy longer.

Answer: D

EVENT MANAGEMENT

I. SIMPLE CHOICE

1. Which is the first step from the following to organize an event?

- A. Sending invitation letter.
- B. Decoration of the venue.
- C. Goal of the event.
- D. Hiring technical equipment.

Answer: C

2. What does an event brief mean?

- A. The guests' dress code.
- B. The event budget.
- C. A short summary of the event, its purpose, and parameters.
- D. The report prepared after the event.

Answer: C

3. Which factor is the most important when choosing an event venue?

- A. The venue decoration.
- B. The weather.
- C. The style of the band.
- D. The venue's accessibility and capacity.

Answer: D

4. What does the event rundown/roll book contain?

- A. The detailed time schedule of the event.
- B. The guest list.
- C. Only the list of performers.
- D. The catering menu.

Answer: A

5. Which element does NOT belong to event marketing?

- A. Social media campaign.
- B. Venue decoration.
- C. Poster design.
- D. Advertising on online platforms.

Answer: B

6. Which authority's permit may be required for a public event?

- A. Tax Authority (NAV)
- B. National Meteorological Service
- C. Police
- D. Disaster Management Authority

Answer: C

7. What is the role of post-event evaluation?

- A. Billing the guests.
- B. Documenting the execution and drawing conclusions.
- C. Returning the decorations.
- D. Re-inviting the guests.

Answer: B

8. What characterizes a B2B event?

- A. Family activities
- B. Business-to-business networking
- C. Entertainment show
- D. Kids' programs

Answer: B

9. What does RSVP mean on an invitation?

- A. Dress code
- B. Dietary restrictions
- C. Please respond if attending
- D. Seating arrangement

Answer: C

10. Which does NOT belong to event logistics?

- A. Transport of technical equipment
- B. On-site parking
- C. Scheduling
- D. Selecting the host

Answer: D

11. What role does branding play in an event?

- A. Only merchandise production.
- B. Representing the brand visually and experientially.
- C. Cleaning after the event.
- D. Controlling guest behaviour.

Answer: B

12. Why is a post-event feedback survey created?

- A. Statistical data collection
- B. Legal requirement
- C. To understand attendees' feedback
- D. Re-announcing the event

Answer: C

13. What permit is needed for a music performance at a public event?

- A. Music rights permit (e.g., Artisjus)
- B. Tax Authority registration
- C. Building permit
- D. Commercial license

Answer: A

14. Which technical equipment is NOT necessary for every event?

- A. Microphone
- B. Projector
- C. Speaker
- D. Lighting

Answer: B

15. What does “green event” mean?

- A. An event held in a nature-like location.
- B. Use of environmentally friendly solutions.
- C. Using only green decorations.
- D. Selling organic products.

Answer: B

16. Why is it important to keep an accurate guest list?

- A. Everyone receives a gift.
- B. Because it is required by law.
- C. To have enough space for dancing.
- D. To avoid over- or under-catering.

Answer: D

17. What is the main purpose of a site visit before an event?

- A. To inspect the venue and plan logistics.
- B. To meet the guests.
- C. To decorate the venue.
- D. To deliver equipment.

Answer: A

18. When should invitations ideally be sent out for a large corporate event?

- A. One day before the event.
- B. One week before the event.
- C. One month before the event.
- D. After the event.

Answer: C

19. Why is it important to have a contingency plan for outdoor events?

- A. To avoid weather-related disruptions.

- B. To reduce the number of guests.
- C. To speed up the event.
- D. To limit the food options.

Answer: A

20. Which social media platform is best for promoting visual content for events?

- A. LinkedIn
- B. Instagram
- C. Twitter
- D. Reddit

Answer: B

II. MULTIPLE CHOICE

1. Which considerations are essential when selecting an event venue?

- A. Capacity and layout feasibility.
- B. The venue's color and ceiling height.
- C. Accessibility and parking availability.
- D. Technical infrastructure.

Answers: A, C, D

2. Which cost elements can be included in an event budget?

- A. Venue rental.
- B. Expenses unrelated to the event.
- C. Rental of technical equipment.
- D. Catering services.

Answers: A, C, D

3. What are the fundamental tools of successful event marketing?

- A. Poster campaigns.
- B. Personalized invitations.
- C. Monitoring inflation rates.
- D. Social media engagement.

Answers: A, B, D

4. What aspects should be considered when structuring an event program?

- A. Participants' interests and age group.
- B. Personal preferences of the organizers.
- C. Inclusion of breaks and intermissions.
- D. Duration and objective of the event.

Answers: A, C, D

5. What risks should event organizers prepare for?

- A. Weather conditions (for outdoor events).
- B. Participants' political beliefs.

- C. Technical malfunctions.
- D. Health emergencies.

Answers: A, C, D

6. What are possible methods of post-event evaluation?

- A. Participant satisfaction survey.
- B. Relying solely on guests' Facebook activity.
- C. Debriefing session with the team.
- D. Budget assessment.

Answers: A, C, D

7. Which factors define the identity of an event?

- A. Size of sponsor logos.
- B. Visual elements (colors, graphics, decoration).
- C. Communication style.
- D. Expectations of the target audience.

Answers: B, C, D

8. Which digital tools can support event planning?

- A. Online ticketing systems.
- B. Video game platforms.
- C. Email automation.
- D. Project management software and AI tools.

Answers: A, C, D

9. What should be considered when choosing the date of an event?

- A. Venue availability.
- B. Availability of the target audience.
- C. Organizer's personal vacation schedule.
- D. Timing of other similar events.

Answers: A, B, D

10. Which elements are part of an event script (run-of-show)?

- A. Schedule of activities.
- B. Contact information of participants.
- C. Technical execution details.
- D. Assignment of responsibilities.

Answers: A, C, D

11. What criteria should be considered when selecting subcontractors?

- A. References and experience.
- B. Personal likability.
- C. Reliability and flexibility.
- D. Pricing and service packages.

Answers: A, C, D

12. What types of feedback are useful in post-event evaluation?

- A. Participant opinions.
- B. Experiences of staff members.
- C. Number of social media shares.
- D. Sales statistics from the catering provider.

Answers: A, B, C

13. Which types of events require enhanced security measures?

- A. Small family gatherings.
- B. Political events.
- C. Large-scale public concerts.
- D. Sports events.

Answers: B, C, D

14. What factors can enhance the sustainability of an event?

- A. Use of reusable materials.
- B. Emphasis on digital invitations.
- C. Use of single-use plastic items.
- D. Preference for local suppliers.

Answers: A, B, D

15. Which roles are essential on the day of the event?

- A. Event planner or coordinator.
- B. Technical manager.
- C. Security personnel.
- D. Financial auditor.

Answers: A, B, C

16. Which factors contribute to a positive attendee experience?

- A. Comfortable seating.
- B. Punctual time management.
- C. Noisy and overcrowded venues.
- D. Interactive programs.

Answers: A, B, D

17. What tasks are considered part of post-event activities?

- A. Collecting participant feedback.
- B. Designing event decorations.
- C. Evaluating the budget.
- D. Preparing a satisfaction report.

Answers: A, C, D

18. Which types of events may require protocol knowledge?

- A. International conferences.
- B. Informal social gatherings.
- C. National ceremonies.
- D. Corporate award galas.

Answers: A, C, D

19. Which stakeholders must be involved in events held in public spaces?

- A. Local municipality.
- B. Police or public space authorities.
- C. Relatives of local residents.
- D. Area manager or asset custodian.

Answers: A, B, D

20. How can an event be made more inclusive?

- A. Providing multilingual communication.
- B. Ensuring an accessible entrance.
- C. Prioritized service for VIP guests only.
- D. Employing sign language interpreters.

Answers: A, B, D

III. TRUE OR FALSE

1. The meaning of MICE is Meetings, Incentives, Conferences/Congresses, Exhibitions.

Correct answer: true

2. The sponsor offers their support without expecting anything in return.

Correct answer: false

3. Incentive travels can motivate the employees to work harder and better.

Correct answer: true

4. Exhibitions are only for customers.

Correct answer: false

5. There are five stages in event planning.

Correct answer: false

6. A successful event always starts with a detailed planning process.

Correct answer: true

7. Event planners are not responsible for ensuring the safety of participants.

Correct answer: false

8. It is not necessary to have a backup plan for outdoor events.

Correct answer: false

9. Permits are only required for large public events.

Correct answer: false

10. Post-event evaluation helps improve future event planning.

Correct answer: true

11. Event planners don't need to consider accessibility for people with disabilities.

Correct answer: false

12. Creating a detailed schedule/roll book helps the event run smoothly.

Correct answer: true

IV. ANALYSIS OF RELATION – ANALYSING OF TRUTH OF STATEMENTS AND THE CONNECTION

1. Effective budget planning is a crucial aspect of event organization; however, catering providers are often contracted as external partners.

Answer: B

2. While events generally do not require prior official authorization, on-site security arrangements remain of paramount importance.

Answer: D

3. Event organizers do not consider the preparation of a security plan to be essential; consequently, every event proceeds entirely without incident.

Answer: E

4. Understanding the target audience facilitates the development of the event program, as it ensures the inclusion of relevant content.

Answer: A

5. Event organizers never utilize participant feedback, which is why subsequent events are consistently of higher quality.

Answer: E

6. The visual identity of an event contributes significantly to brand building, as a cohesive visual appearance enhances memorability.

Answer: A

7. The quality of event technology is of critical importance; nevertheless, the date of the event may still be subject to change.

Answer: B

8. Although event organizers do not employ guest coordinators, all participants nevertheless manage to find their assigned places on time.

Answer: D

FIRST AID

I. SIMPLE CHOICE

1. The number of chest compressions during adult CPR, if ventilation is also used.

- A. 15
- B. 5
- C. 30
- D. 12

Answer: C

2. The first step when starting first aid.

- A. Remove the victim from the danger area
- B. Assess the environment.
- C. Check the breathing of the victim.
- D. Call professional.

Answer: B

3. The first element of the ABCDE approach.

- A. Assessment
- B. Analysis
- C. Airway
- D. Action

Answer: C

4. Adult CPR ...

- A. A lay rescuer can start chest compressions even in bed
- B. The depth of chest compressions should be between 8-10 cm.
- C. The frequency of chest compressions should be between 100-120/minute.
- D. The depth of chest compressions can be achieved by bending the rescuer's arm

Answer: C

5. What type of lesion is characterized by the following symptoms: confusion, blotchy reddened skin, swollen lips, difficulty breathing?

- A. Myocard infarct
- B. Stroke
- C. Anafilaxis
- D. Hypoglycaemie

Answer: C

6. What type of lesion is characterized by the following symptoms: unconsciousness, unilateral loss of movement, speech disorder, headache?

- A. Myocard infarct
- B. Stroke

- C. Anafilaxis
- D. Hypoglycaemie

Answer: B

7. How long is it recommended to cool a burn wound ...

- A. 20 minutes
- B. 15 minutes
- C. 60 minutes
- D. for baby 30 minutes

Answer: A

8. What type of lesion is characterized by the following symptoms: retrosternal chest pain, sweating skin, nausea?

- A. Myocard infarct
- B. Stroke
- C. Anafilaxis
- D. Hypoglycaemie

Answer: A

9. Severe hypothermia

- A. Shivering
- B. Alert
- C. Numbness in limbs, loss of dexterity, clumsiness
- D. Body temperature 90 F - 82F (30-28°C)

Answer: D

10. Dislocation

- A. Crepitation
- B. Internal bleeding
- C. Loss of function
- D. Visible fracture end

Answer: C

11. What injury do the following symptoms indicate? Bleeding from the nose, dizziness, loss of memory, anisochory?

- A. Fractures of the base in first scala
- B. Fractures of the base in medial scala
- C. Fractures of the base in third sala
- D. Concussion

Answer: A

12. In which case should the binding be made with a different philosophy?

- A. The care of the wound on the top of the head
- B. The care of the wound on the palm.

- C. The care of the wound with severe bleeding.
- D. The care of the wound on the shoulder.

Answer: C

13. Ideally how much first aid provider necessary to do HAINES position?

- A. 1
- B. 2
- C. 3
- D. 4 or more

Answer: C

14. How many times should back blows be given at the first sign of severe airway obstruction?

- A. 1
- B. 3
- C. 5
- D. to support a cough

Answer: C

15. In what cases can the FAST test form help?

- A. To determine the depth of unconsciousness.
- B. To determine the PTX.
- C. To determine the stroke.
- D. To determine the anafilaxis.

Answer: C

16. How to position a conscious skull-injured person?

- A. In the recovery position
- B. Lay on the back with lifted torso.
- C. Lay the casualty on the back with h/h knees bent up to prevent the wound gaping and reduce train on the injured area.
- D. Lay on the back with raised legs.

Answer: B

17. How to position an abdominal injured person?

- A. In the recovery position.
- B. Lay on the back with lifted torso.
- C. Lay the casualty on the back with h/h knees bent up to prevent the wound gaping and reduce train on the injured area.
- D. Lay on the back with raised legs.

Answer: C

18. What is the possible blood loss constant in a closed femur fracture with arterial complications?

- A. 100-800 ml
- B. 50-400 ml
- C. 300-2000 ml
- D. 500-5000ml

Answer: C

19. Which type of injury is typical? Fracture with extensive soft-tissue laceration (>10 cm), damage, or loss or an open segmental fracture.

- A. Open fracture III. grade
- B. Open fracture II. grade
- C. Covered fracture
- D. Open fracture I. grade

Answer: A

20. What lesion is most likely in the presence of the following symptoms? Difficulty breathing, chest pain, unilateral decreased/absent breath sounds, anxiety or agitation, jugular venous distention.

- A. Myocard infarct
- B. Lung embolisation
- C. Tension pneumothorax
- D. Rib fracture

Answer: C

II. MULTIPLE CHOICE

1. Known for types of stroke:

- A. Ischemic stroke
- B. Hemorrhagic stroke
- C. Allergic stroke
- D. Hypovolemic stroke

Answers: A, B

2. Symptoms of a bone fracture ...

- A. inability to move
- B. pathological movement
- C. pain
- D. dislocation

Answers: A, B, C, D

3. What does CC mean in the ccABCDE scheme?

- A. Cardiac arrest
- B. Call emergency
- C. Critical external bleeding
- D. Cervical region

Answers: C, D

4. Symptoms of stroke:

- A. Difficult breathing
- B. Speech disorder
- C. Movement weakness on one side of the body
- D. Urticaria

Answers: A, B, C

5. Symptoms of haemorrhagic shock:

- A. Casualty may feel weak, faint or giddy
- B. High blood pressure
- C. Normocardia
- D. Skin is cold and moist with sweat

Answers: A, D

6. Wound care

- A. Cleaning the environment of the wound
- B. By severe blood loss immediate bleeding control
- C. Wash out the wounds
- D. The use of disinfection solution

Answers: A, B, D

7. Elements of the chain of survival

- A. early assessment
- B. early breathing
- C. early defibrillation
- D. early advanced care

Answers: A, C, D

8. The dangers of unconsciousness

- A. Regurgitation
- B. Cardiac arrest
- C. Hypoglycaemia
- D. Block the airway

Answers: A, D

9. The elements of the GCS:

- A. Best motorical response
- B. Best pulse number
- C. Best verbal response
- D. Best eye opening

Answers: A, C, D

10. What is the first step in treating severe bleeding?

- A. Preparation of bandages.

- B. Applying direct pressure to the wound.
- C. If available, apply a tourniquet.
- D. The rescuer washes her/his hands.

Answers: B, C

11. How to lose body temperature?

- A. Respiration
- B. Evaporation
- C. Shivering
- D. Radiation

Answers: A, B, D

12. Possible consequences of electric shock:

- A. Injury to the joints
- B. Burn injury
- C. Immediate cardiac arrest
- D. Electrical signal on the skin

Answers: A, B, C, D

13. What can a first aid provider do for an unconscious casualty?

- A. Save the cervical region.
- B. Use the HAINES position.
- C. Nothing.
- D. Let the victim in the finding position.

Answers: A, B

14. What can cause sudden cardiac arrest?

- A. Myocard infarct
- B. Electric shock
- C. Hypoglycaemie with unconsciousness
- D. Submersion

Answers: A, B

15. What information is required when calling for help?

- A. What has happened?
- B. What the victims' noticeable injuries, symptoms, or signs are?
- C. When the accident occurred or symptoms or signs began?
- D. Where you and/or the victim are?

Answers: A, B, C, D

16. What can a first responder do when they detect an environmental hazard?

- A. Nothing.
- B. Carefully enter the danger zone and rescue the victim.
- C. Call professional.

D. Trying to create security.

Answers: C, D

17. What can first responders do when they detect a myocardial infarction?

A. Reassure the casualty.

B. Sit or lie the casualty in a comfortable position.

C. Call for help.

D. Self-administration of 150-300 mg chewable aspirin as soon as possible after the onset of chest pain.

Answers: A, B, C, D

18. Baby CPR

A. The baby should be placed on a hard surface.

B. The depth of chest compressions should be 4-5 cm.

C. After 15 chest compressions, 2 breaths should be given.

D. The frequency of chest compressions should be between 130-150.

Answers: A, C

19. What can the first aid provider do with a patient in hypovolemic shock?

A. Lay the casualty down, keeping the head low and to one side to lessen the dangers of vomiting.

B. Give fluids if the patient is thirsty.

C. Keep him/her comfortable, wrapping a blanket, rug or coat around him/her.

D. Check the breathing and circulation.

Answers: A, C, D

III. TRUE OR FALSE

Baby CPR

1. After checking vital signs, 15 chest compressions should be performed.

Correct answer: false

2. The frequency of compressions is the same as for adult care.

Correct answer: true

3. After 30 chest compressions, 2 rescue breaths should be given.

Correct answer: false

4. The rescuer gives mouth-to-mouth and nose ventilation.

Correct answer: true

Environmental diseases

5. Hypothermia is the core temperature below 35C.

Correct answer: true

6. Heat exhaustion usually happens when the casualty has lost fluid through excessive sweating.

Correct answer: true

7. In the heat stroke the body can't cool itself adequately.

Correct answer: true

8. In the heat cramps the light massage and stretching are dangerous.

Correct answer: false

9. In all cases of unconsciousness, stable recovery position is required.

Correct answer: false

10. Unconsciousness can also cause floppy muscle tone and convulsions.

Correct answer: true

11. A person with impaired consciousness may respond to verbal stimuli.

Correct answer: true

12. The only way to keep the free airway is the recovery position.

Correct answer: false

IV. ANALYSIS OF RELATION – ANALYSING OF TRUTH OF STATEMENTS AND THE CONNECTION

1. Sudden cardiac death in infancy is most often caused by a cardiac abnormality, because the circulation of infants is similar to that of adults.

Answer: D

2. The unconscious person shows lack of muscle tone or muscle spasms, because the unconsciousness may be due to hypoglycemia.

Answer: B

3. Stroke is a common disease in adults, because high blood pressure is often known to be the underlying cause of stroke.

Answer: B

4. Sprains often cause visible bruising at the site of the injury, because the capillaries are also damaged by the external force.

Answer: A

5. The first aider have to let the injured casualty in the finding position, because some fracture involved internal bleeding.

Answer: D

6. The puncture wound sometime dangered the life, because the sharp object do penetration or perforation.

Answer: A

7. A foreign body in the airway does not require treatment because it can be coughed out even in severe obstruction.

Answer: E

8. Myocardial infarction is a life-threatening condition because coronary occlusion often causes ventricular fibrillation.

Answer: A

GASTRONOMY AND REFORM NUTRITION

I. SIMPLE CHOICE

1. What does OKOSTÁNYÉR ® recommend about daily fruit and vegetable intake?

- A. Eat at least 3 portions of vegetable or fruit a day.
- B. Eat at least 4 portions of vegetable or fruit a day.
- C. Eat at least 5 portions of vegetable or fruit a day.
- D. Eat at least 6 portions of vegetable or fruit a day.

Answer: C

2. What does OKOSTÁNYÉR ® recommend about daily fluid intake?

- A. Drink 4 glasses of fluid a day.
- B. b. Drink 6 glasses of fluid a day.
- C. c. Drink 7 glasses of fluid a day.
- D. d. Drink 8 glasses of fluid a day.

Answer: D

3. Which nutrient has the highest energy content (kcal)?

- A. alcohol
- B. fat
- C. protein
- D. carbohydrate

Answer: B

4. Which nutrient does not provide energy?

- A. alcohol
- B. carbohydrates
- C. minerals
- D. fats

Answer: C

5. In terms of a healthy, balanced diet, what is the recommended maximum percentage of your daily energy intake that comes from added sugar?

- A. 5 %
- B. 10%
- C. 15%
- D. 20%

Answer: B

6. How much should be the daily total energy intake from fat by adults according to the national recommendation?

- A. 10%

- B. 25%
- C. 30%
- D. 45%

Answer: C

7. Which carbohydrate is an insoluble fibre?

- A. Cellulose
- B. Maltose
- C. Starch
- D. Fructose

Answer: A

8. Which food groups are the sources of incomplete protein?

- A. Meat and meat products
- B. Milk and dairy products
- C. Cereals and legumes
- D. Eggs

Answer: C

9. Which vitamin is a fat-soluble vitamin?

- A. Vitamin B12
- B. Vitamin B6
- C. Vitamin C
- D. Vitamin A

Answer: D

10. Which is the “normal” BMI range?

- A. 17.00-18.49
- B. 18.50-24.99
- C. 16.00-16.99
- D. 25.00-29.99

Answer: B

11. According to Kiellman, what is the probability of a child developing allergies if both parents suffer from some form of allergy?

- A. 5-10 %
- B. 20-40 %
- C. 40-50 %
- D. 60-80 %

Answer: C

12. How long can prepared infant formula be stored in the refrigerator?

- A. 12 h
- B. 24 h

C. 36 h

D. 48 h

Answer: B

13. What is the amount of energy required for basal metabolism in healthy adults?

A. 600 – 800 kcal/day

B. 900 – 1000 kcal/day

C. 1200 – 1800 kcal/day

D. 2000 – 2800 kcal/day

Answer: C

14. Approximately what percentage of household waste is food?

A. 5-8 %

B. 10-12 %

C. 15-20 %

D. 25-30 %

Answer: D

15. What is obesity?

A. high level of body fat

B. high level of muscle fat

C. the imbalance between energy intake and energy expenditure

D. chronic infectious disease

Answer: A

16. What is primary approach of obesity treatment?

A. drug and herbal therapy

B. dietary therapy and movement therapy

C. behavioural therapy and meditation and yoga exercises

D. Surgical solutions: gastric banding, liposuction

Answer: B

17. What is the most serious symptom of peanut allergy?

A. burning sensation in the lips and mouth

B. anaphylaxis

C. runny nose

D. epileptic seizure

Answer: B

18. What is the recommended energy restriction for a weight loss diet?

A. 500 kcal/day

B. 800 kcal/day

C. 1000 kcal/day

D. 1500 kcal/day

Answer: A

19. What phenomenon are we talking about?: Repeated poorly chosen diets can lead to the body not responding to a relatively reduced energy intake (no weight loss) resulting in weight regain

- A. dehydration
- B. yo-yo effect
- C. acidification of the body
- D. general inflammation

Answer: B

20. Which recommendation is incorrect from an environmental perspective?

- A. Convert your diet to vegan!
- B. Buy fresh food!
- C. Buy local food!
- D. Don't use single-use packaging!

Answers: A

II. MULTIPLE CHOICE

1. What is allowed by the pollotarian diet?

- A. to consume pork
- B. to consume fish
- C. to consume fruits
- D. to consume chicken

Answers: C, D

2. What elements should a vegan dieter pay specific attention to?

- A. calcium
- B. essential amino acids
- C. fibres and vitamin C
- D. B12

Answers: A, B, D

3. Nutritional benefits of sea fish (marine fishes) are: ...

- A. complete protein
- B. incomplete protein
- C. saturated fatty acids
- D. omega 3 fatty acids

Answers: A, D

4. Which micronutrients are essential for healthy bones?

- A. iron
- B. calcium
- C. vitamin D

D. magnesium

Answers: B, C

5. Nutritional benefits of meat consumption are: ...

A. vitamin B12,

B. iron

C. calcium

D. polyunsaturated fatty acids

Answers: A, B

6. What are the possible complications of long-term diabetes?

a. Kidney damage

b. Vision loss

c. Microvascular complications

d. Pneumonia

Answers: A, B, C

7. What are the symptoms of type 2 diabetes?

A. frequent urination and feeling of thirst

B. frequent infections, slow healing

C. redness, eczema in the skin folds

D. itching, dry skin, wounds that heal slowly

Answers: A, B, D

8. In what formats are food supplements available in sports?

A. capsule, pastille, tablet,

B. as a deodorant, in aerosol form

C. sachet containing powder/syrup

D. ampoule containing liquid

Answers: A, C, D

9. Which of the following can be given to an infant first?

A. chia seed

B. apple

C. sweet potato

D. malt

Answers: B, C

10. Which foods often trigger anaphylactic reactions in patients with food allergies?

A. nuts

B. eggs

C. soy

D. watermelon

Answers: A, B

11. Which fad diets are characterized by low carbohydrate content?

- A. Atkins diet
- B. Ketogenic diet
- C. Paleo diet
- D. Gluten free diet

Answers: A, B

12. Which of the following are most similar to the national nutritional recommendations in terms of nutrient balance?

- A. Vegan diet
- B. Ornish diet
- C. Mediterranean diet
- D. Semi-vegetarian diet

Answers: C, D

13. What are renewable energy sources?

- A. biomass
- B. solar and wind energy
- C. hydroelectric power
- D. petroleum and natural gas

Answers: A, B, C

14. How can type 2 diabetes be prevented?

- A. Regular exercise
- B. Maintaining a normal body weight
- C. Adequate fluid intake
- D. Sufficient sleep and rest

Answers: A, B

15. What are the possible causes of food allergies?

- A. Genetic factors
- B. Environmental pollution (O₃, NO_x, SO_x, soot, latex particles)
- C. Change in the number of body chromosomes
- D. Lifestyle (smoking, diet, medication)

Answers: A, B, D

16. When might an athlete need a dietary supplement?

- A. following a strict diet (vegan)
- B. recovering from illness
- C. recommended by a coach or teammate
- D. if you sleep more than 10 hours a day

Answers: A, B

17. Why is healthy eating important for children?

- A. Disease prevention
- B. Healthy weight
- C. Better concentration and school performance
- D. Protect yourself from the influence of social media

Answers: A, B, C

18. What are the complications of obesity?

- A. infectious hepatitis, cataracts, prostate enlargement
- B. hypertension, coronary heart disease, stroke
- C. diabetes mellitus, heart failure, tumour (colon, breast, cervix)
- D. sleep apnea, menstrual disorders

Answers: B, C, D

19. What characterizes starting foods in complimentary feeding (boils / cooked food)?

- A. always contains smoked meat
- B. the consistency is pasty or liquid
- C. never heat-treated
- D. it contains few spices and little salt

Answers: B, D

20. What are the basic principles of a diabetic diet?

- A. Use of cholesterol-rich ingredients
- B. A gluten-free diet
- C. A diet free of refined sugar
- D. Frequent small meals (at least 4 per day)

Answers: C, D

III. TRUE OR FALSE

1. BMI does provide information about fat mass and fat-free mass in the body.

Correct answer: false

2. Coconut oil is rich in SFA.

Correct answer: true

3. Vegans occasionally consume dairy products.

Correct answer: false

4. There are OKOSTÁNYÉR ® recommendations for older adults.

Correct answer: false

5. One of the most permissive diets today is the flexitarian diet.

Correct answer: true

6. Type 1 diabetes is also known as insulin-dependent diabetes.

Correct answer: true

7. A food allergy is a specific, always reproducible pathological immune response to food or its component that acts as an antigen.

Correct answer: true

8. On New Year's Day, it is customary to eat lentils, because according to superstition, this will ensure that our children will be healthy.

Correct answer: false

9. The primary treatment for diabetes is insulin therapy.

Correct answer: false

10. Food allergies can cause neurological symptoms such as migraines and poor sleep.

Correct answer: true

11. The traditional Christmas lunch for Christians is fish soup or wine soup, fried fish, turkey roasted with chestnuts, and pumpkin.

Correct answer: true

12. Gestational diabetes usually goes away after pregnancy

Correct answer: true

IV. ANALYSIS OF RELATION – ANALYSING OF TRUTH OF STATEMENTS AND THE CONNECTION

1. People with celiac disease can eat brown rice, tapioca, and teff, as these do not contain gluten.

Answer: A

2. Traditional Hungarian aspic is made from pig's trotters and ears because they contain the most collagen.

Answer: A

3. Some baby water can be given without boiling because it has a low sodium content.

Answer: B

4. Abdominal obesity (apple type) has a greater health risk than subcutaneous obesity (pear type), because the latter is mainly an aesthetic problem.

Answer: B

5. Durum wheat has a high protein content, so no eggs are needed to make pasta from it.

Answer: A

6. Bulgur is gluten-free because it is made from hulled and broken rice.

Answer: E

7. Fruits has high fibre content, thus they help to prevent osteoporosis.

Answer: C

8. Lactose-intolerant patients can consume all fermented dairy products because the microorganisms in them produce the enzyme lactase.

Answer: C

HEALTH AND SOCIETY

I. SIMPLE CHOICE

1. The subjective data gathered by the researcher is highly valued. It's the essence of ...

- A. cultural relativism
- B. comparative methodology
- C. holistic approach
- D. participant observation

Answer: D

2. Which of these is NOT a feature of cultural anthropology?

- A. cultural relativism
- B. central focus on culture
- C. ethnocentrism
- D. comparativism

Answer: C

3. ... is a hostile attitude or feeling toward a person because he/she belongs to a group to which one has assigned objectionable qualities.

- A. Prejudice
- B. Stereotype
- C. Both of them
- D. None of them

Answer: A

4. What is the central idea of cultural relativism in anthropology?

- A. Cultures can be compared and measured by the same scale
- B. A hierarchy can be established among different cultures
- C. Any culture can only be understood by its own terms
- D. Ethnocentrism is the best perspective

Answer: C

5. People adapt their behaviour based on:

- A. Their own preferences
- B. The expectations of those they consider important
- C. Random choices
- D. Government regulations

Answer: B

6. Stigmatisation involves:

- A. Valuing individuals based on their differences
- B. Devaluing individuals based on perceived differences
- C. Promoting social inclusion

D. Encouraging diversity

Answer: B

7. Ethnocentrism refers to:

A. The belief that all cultures are equal

B. The practice of judging other cultures by the standards of one's own culture

C. The study of ancient cultures

D. The adaptation to new cultures

Answer: B

8. Which of the following is NOT a characteristic of culture?

A. Common

B. Learned

C. Symbolic

D. Genetic

Answer: D

9. Subcultures are:

A. Completely separate from the wider society

B. Smaller cultural groups within a wider society

C. Only found in urban areas

D. Always in opposition to the dominant culture

Answer: B

10. What is the significance of body shape, size, and decoration in society?

A. They have no social significance.

B. They serve as a means of communication about social position, age, sex, or religion.

C. They are purely for aesthetic purposes.

D. They are only important in Western societies.

Answer: B

11. What is the goal of intercultural activities?

A. To prevent complications or leverage the advantages of coexistence.

B. To enforce cultural relativism.

C. To isolate cultural differences.

D. To establish dominance of one culture.

Answer: A

12. What does social stratification primarily refer to?

A. Equal distribution of resources

B. Structured inequalities between social groups

C. Random social differences

D. Government-imposed class systems

Answer: B

13. Which of the following is an example of vertical social mobility?

- A. Moving to a new city
- B. Changing from one religion to another
- C. Being promoted from clerk to manager
- D. Joining a sports club

Answer: C

14. What is the key difference between open and closed societies?

- A. Open societies have no laws
- B. Closed societies are more democratic
- C. Open societies allow social mobility
- D. Closed societies have better healthcare

Answer: C

15. Absolute poverty is best defined as:

- A. Inability to afford luxury goods
- B. Lack of access to internet
- C. Not having the minimum resources for physical survival
- D. Earning less than the national average

Answer: C

16. What does “specific aetiology” refer to in the biomedical model?

- A. The belief that all diseases are psychological
- B. The idea that each disease has a specific, identifiable cause
- C. The use of herbs and natural remedies
- D. The rejection of scientific methods

Answer: B

17. What is the biomedical model primarily based on?

- A. Cultural beliefs and traditions
- B. Holistic and spiritual healing
- C. Scientific and objective understanding of disease
- D. Patient narratives and experiences

Answer: C

18. Which of the following is NOT a core element of the biomedical model?

- A. Mind-body dualism
- B. Specific aetiology
- C. Mechanical metaphor
- D. Holistic healing

Answer: D

19. What does “medicalisation” refer to?

- A. The use of alternative medicine
- B. The process of turning non-medical issues into medical problems
- C. The rejection of modern medicine
- D. The privatisation of healthcare

Answer: B

20. According to WHO (1948), health is defined as:

- A. The absence of disease
- B. A state of complete physical, mental, and social well-being
- C. The ability to work and be productive
- D. A strong immune system

Answer: B

II. MULTIPLE CHOICE

1. What does sociology primarily study?

- A. Human biology and genetics.
- B. Human social life and group behaviour.
- C. Individual psychological processes.
- D. Social inequalities and institutions.

Answers: B, D

2. What distinguishes sociology from common sense?

- A. It relies on personal opinions.
- B. It uses systematic observation and evidence.
- C. It confirms everyday assumptions.
- D. It challenges obvious explanations and explores alternatives.

Answers: B, D

3. What are examples of social structures studied in sociology?

- A. DNA sequences
- B. Social institutions like family and religion
- C. Physical buildings
- D. Social categories like class and race

Answers: B, D

4. Why is studying sociology useful in everyday life?

- A. It helps in understanding cultural differences.
- B. It teaches how to diagnose diseases.
- C. It supports self-enlightenment and awareness.
- D. It replaces the need for political science.

Answers: A, C

5. What were two major historical events that influenced the emergence of sociology?

- A. The Enlightenment and the Cold War.
- B. The French Revolution and the Industrial Revolution.
- C. The Renaissance and the Reformation.
- D. The American Civil War and World War I.

Answers: B, C

6. Which of the following are core elements of the biomedical model?

- A. Mind-body dualism
- B. Holistic healing
- C. Specific aetiology
- D. Cultural relativism

Answers: A, C

7. What are the characteristics of the social model of health?

- A. Health is purely biological.
- B. Health is influenced by social and environmental factors.
- C. Illness is a result of spiritual imbalance.
- D. Health and disease are socially produced.

Answers: B, D

8. According to the interdisciplinary model, what defines human health?

- A. Only physical well-being.
- B. A bio-psycho-social balance.
- C. Complete absence of symptoms.
- D. Physical, mental, and social well-being.

Answers: B, D

9. What are major social determinants of health inequalities?

- A. Eye colour and height
- B. Age and gender
- C. Social class and ethnicity
- D. Favourite food and hobbies

Answers: B, C

10. What are characteristics of absolute poverty?

- A. Defined by comparison to others in society
- B. Based on minimum subsistence requirements
- C. Focused on material deprivation
- D. Includes inability to attend social events

Answers: B, C

11. Stereotype is...

- A. a rigid model of knowledge, which belongs to the socially available images.
- B. strictly bound to prejudice, but it is not the same thing.

- C. a biased expression of an arbitrarily formulated judgement.
- D. mostly leading to discrimination.

Answers: A, B

12. Means of communication in relation to the body includes ...

- A. the inner functioning of the organs of the body.
- B. origination of the body.
- C. the shape and surface of the body.
- D. the size and clothing of the body.

Answers: C, D

13. Cultures could not be compared and measured by the same scale and no hierarchy could be established among them. This draws from ...

- A. having culture as the central element of investigation.
- B. the critique of comparative methodology.
- C. the holistic approach.
- D. the concept of cultural relativism.

Answers: B, D

14. It is quite difficult to recognise the values of a society because ...

- A. they are not straight visible and clearly perceivable.
- B. they are indirectly forming the attitudes and opinions of people.
- C. they are directly forming the attitudes and opinions of people.
- D. they are tangible and obvious for all.

Answers: A, B

15. What does the concept of “medicalisation” involve?

- A. Viewing non-medical problems as medical issues
- B. Increasing reliance on traditional healing
- C. Expanding the scope of medical authority
- D. Reducing the role of doctors in society

Answers: A, C

16. What does the functionalist model of health emphasise?

- A. The ability to fulfil normal social roles.
- B. The absence of mental illness.
- C. Health as a prerequisite for societal functioning.
- D. The rejection of medical authority.

Answers: A, C

17. What are the key features of the biomedical model of health?

- A. Health is a social construct.
- B. Illness is caused by specific biological factors.
- C. Health is defined by the ability to function socially.

D. Disease is a deviation from normal biological functioning.

Answers: B, D

18. What are the criticisms of the WHO definition of health?

A. It is too focused on physical health.

B. The term “well-being” is too vague for sociological use.

C. It ignores mental health.

D. It has political and programmatic implications.

Answers: B, D

19. According to sociological perspectives, what characterises the layperson’s view of health?

A. Ability to carry out daily activities.

B. Absence of all symptoms.

C. Functional fitness.

D. Strict adherence to medical diagnosis.

Answers: A, C

20. Which of the following are core elements of the WHO definition of health?

A. Social well-being

B. Complete physical and mental well-being

C. Ability to work

D. Freedom from pain

Answers: A, B

III. TRUE OR FALSE

1. Spoken abuse is the weakest form of expressing stereotypes.

Correct answer: false

2. The reference group: it’s a group whose supposed perspective is used by the person in question of her own perception of space.

Correct answer: true

3. The generalised other is a common attitude of a community, and the generalised other represents the common standpoints of the most important groups.

Correct answer: true

4. Body and self are overlapped, so necessarily the same thing.

Correct answer: false

5. Our bodies are embedded in a social context, so deeply affected by our social experiences, as well as by the norms and values of the groups to which we belong.

Correct answer: true

6. Culture has no role in adaptation to the social and natural environment.

Correct answer: false

7. Social roles: the expected behaviours (including rights and obligations) of someone with a given position (status) in society.

Correct answer: true

8. Health is the absence of disease.

Correct answer: false

9. According to the WHO, health is a complex state of genetical, spiritual and social well-being.

Correct answer: false

10. According to the WHO, health is a complex state of biological, psychological and social well-being.

Correct answer: true

11. Cultures can be compared to each other easily.

Correct answer: false

12. Language barriers are the most important sources of intercultural conflicts.

Correct answer: false

IV. ANALYSIS OF RELATION – ANALYSING OF TRUTH OF STATEMENTS AND THE CONNECTION

1. It is difficult to recognise the values of a society because they are often abstract and could be manifested very differently.

Answer: A

2. Cultures can easily be compared to each other because the measure by which we do it is grounded in our own tradition.

Answer: D

3. Well-being is a central concept in understanding health because it is easy to define and measure.

Answer: C

4. Power and prestige are unequally distributed between individuals and social groups because we occupy different social positions.

Answer: B

5. Vertical and lateral mobility are often combined because, in the so-called closed societies, movement between socioeconomic positions is easy.

Answer: C

6. Laypersons tend to view health as the capacity to carry out their daily activities, because medicine does not want them to understand biological processes.

Answer: C

7. Prejudice is a hostile attitude or feeling toward a person because he/she belongs to a group to which one has assigned objectionable qualities.

Answer: A

8. In the social model of disability, the focus lies on the impairment of the patient because only a few barriers are posed by society.

Answer: E

HEALTH ASPECTS OF OPERATING TOURISM SERVICES

I. SIMPLE CHOICE

1. Please choose the correct sentence!

- A. Public health institutions emphasize the prevention of disease and the health needs of the population as a whole.
- B. Public health institutions emphasize the prevention of disease and the health needs of the individuals.
- C. Public health institutions emphasize the treatment of disease and the health needs of the population as a whole.

Answer: A

2. Cholera is predominant mainly in developing countries that lack a clean drinking water supply. Name the type of diarrheal infection associated with *V. cholerae*.

- A. Acute bloody diarrhoea
- B. Acute watery rice water diarrhoea
- C. Mild watery diarrhoea
- D. Watery diarrhoea with no blood

Answer: B

3. During traveling and Outdoor activities Wearing long sleeves and long pants tucked into socks is recommended for avoidance of exposure to ticks that transmit.

- A. *Vibrio cholerae*
- B. *Clostridium tetani*
- C. *Borrelia burgdorferi*
- D. *Escherichia Coli*

Answer: C

4. Organisms are widely distributed in man-made facilities, including air-conditioning ducts and cooling towers, potable water, large, warm-water plumbing (DHW) systems, humidifiers, whirlpools and technical medical equipment in hospitals.

- A. *Staphylococcus* species
- B. *Mycobacteria* species
- C. *Lactobacillus* species
- D. *Legionella* species

Answer: D

5. Humans become infected with *L. pneumophila* by:

- A. Kissing a person who is a legionella carrier.
- B. Breathing aerosols from contaminated environmental water sources.
- C. Receiving a mosquito bite.
- D. Consuming undercooked food.

Answer: B

6. The most important cause of epidemic viral gastroenteritis in adults. The viruses are most often associated with epidemic outbreaks of waterborne, foodborne, and shellfish-associated gastroenteritis.:

- A. Human rotaviruses.
- B. Rhinoviruses.
- C. Caliciviruses
- D. Herpes simplex viruses
- E. Poliovirus

Answer: C

7. Cook poultry, ground beef, and eggs carefully. Do not eat or drink foods containing raw eggs, or raw (unpasteurised) milk. To avoid diseases caused by:

- A. Salmonella spp.
- B. Bacillus cereus
- C. coli
- D. Pseudomonas aeruginosa

Answer: A

8. A traveller visiting sub-Saharan Africa might contract malaria if bitten by an infected:

- A. Anopheles mosquito.
- B. Tick
- C. Flies
- D. Mites

Answer: A

9. A 60-year-old traveller diagnosed with Legionnaire's disease after he returned home from attending a convention. He could have acquired it from:

- A. A person suffering from the infection while travelling by aeroplane.
- B. From a chronic carrier in the congress centre.
- C. From inhalation of the aerosol in the air-conditioned room.
- D. By sharing an infected towel with a fellow delegate at the convention.

Answer: C

10. Causative agent: Borrelia burgdorferi. The vector is the Ixodes tick. Natural reservoir hosts of the agent are rodents, deer and other mammals?

- A. Lyme's disease
- B. Endemic typhus
- C. Scrub typhus
- D. Trench fever

Answer: A

11. Choose the correct definition for "risk" from the list

- A. The product of the prevention and exclusion of the hazard and the probability of the occurrence of the hazard.

- B. The product of the severity of the hazard and the frequency of its likely occurrence.
- C. The product of the severity of the danger and the prevention and exclusion of the danger.
- D. The product of the severity of the danger and the time that can be spent on preventing and eliminating the danger.

Answer: B

12. From the list, choose which is the dangerous temperature range for the growth of microbes?

- A. minimum: 0.0C-60.0C
- B. minimum: 0.0C-52.0C
- C. minimum: 5.0C-60.0C
- D. minimum: 5.0C-52.0C

Answer: C

13. Choose the correct transport temperature value for the ready- made meal from the ones listed?

- A. minimum: 60.0C
- B. minimum: 63.0C
- C. minimum: 55.0C
- D. minimum: 58.0C

Answer: B

14. What is the purpose of the food chain concept 'From farm to table'?

- A. To track food price
- B. To reduce waste
- C. To ensure food safety
- D. To enhance flavour

Answer: C

15. What should workers NOT wear in a food preparation area?

- A. Hair net
- B. Beard protector
- C. Jewelry
- D. Work coat

Answer: C

16. What is forbidden during food preparation?

- A. Wearing gloves
- B. Phone calls
- C. Using cutting boards
- D. Wearing hats

Answer: B

17. Which bacterium is commonly associated with poultry and eggs?

- A. Coli
- B. Staphylococcus aureus
- C. Salmonella
- D. Clostridium botulinum

Answer: C

18. What is the main food safety concern with Clostridium botulinum?

- A. Spoilage
- B. High sugar
- C. Powerful neurotoxin
- D. Colour change

Answer: C

19. What is the main cause of food infection?

- A. Living pathogens in food
- B. Chemical contamination
- C. Improper packaging
- D. Incorrect labeling

Answer: A

20. How often should preventive pest control be performed?

- A. Monthly
- B. Weekly
- C. Twice a year
- D. Annually

Answer: C

II. MULTIPLE CHOICE

1. The permanent components of the outdoor-air are...:

- A. oxygen
- B. nitrogen
- C. nitrous-oxides
- D. argon

Answers: A, B, D

2. Which of the followings are true about the ozone layer?

- A. Located in the lowest layer of the Troposphere
- B. Protects living things on Earth from harmful UV radiation
- C. Air polluting material
- D. Located in the tropopause

Answers: B, D

3. Which of the followings are true about Methaemoglobinaemia disease?

- A. It is caused by the high concentration of flourine and iodine ions in the drinking water.

- B. Other name is the blue baby syndrome.
- C. It is caused by the high nitrate concentration of drinking water which can reducing the ability of haemoglobin to carry oxygen to cells.
- D. toxic disease by the polluted water in cases of adults, because they have high sensitivity to nitrate.

Answers: B, C

4. What are the most important chemicals added during bathing water purification?

- A. Coagulant
- B. pH regulator
- C. disinfectant
- D. softener

Answers: A, B, C

5. Name which substances are suitable for disinfection in bathing technology!

- A. NaClO
- B. Cl₂
- C. H₂SO₄
- D. Hydrogen peroxide+silver combination

Answers: A, B, D

6. Which are indoor carconigenic pollutant?

- A. Ozone
- B. Benzene
- C. Carbone-monoxide
- D. Formaldehyde

Answers: B, D

7. Which are true about the free active (disinfectant) concentration of bath water?

- A. In case of general pools it should be between 0.5-2 mg/l
- B. In case of general pools it can be a maximum of 1 mg/l
- C. In the case of warm water (>30°C) adventure pools it should be between 1-2 mg/l
- D. In case of general pools it should be between 0.25-0.5 mg/l

Answers: A, C

8. What types of microfilters can be used in public baths?

- A. Paper filter
- B. Sponge filter
- C. Sand filter
- D. Diatomaceous earth filter

Answers: C, D

9. What are the most common allergenic plants in Europe?

- A. Ragweed

- B. Birch family
- C. Grass family
- D. Cypress family

Answers: A, B, C, D

10. Which statements are NOT true about HEPA (High Efficiency Particulate) filters?

- A. HEPA filter efficiency is over 99.95% for particles 0.3 μm and larger
- B. HEPA filter efficiency is over 99.95% for particles 0.12 μm and larger
- C. HEPA filter efficiency is over 99.95% for particles between 0.12 and 0.3 μm
- D. HEPA filter efficiency is over 99.95% only for contaminants larger than 1 nm

Answers: B, C, D

11. Choose the micro-organism(s) that can cause food infection.

- A. Salmonella
- B. Shigellae
- C. Campylobacter jejuni
- D. Staphylococcus aureus

Answers: A, B, C

12. Choose the hazards from the ones listed (groups of hazards) which affect the safe consumption of food.

- A. Physical hazards
- B. Chemical hazards
- C. Microbiological, biological hazards
- D. Personal hygiene hazards

Answers: A, B, C

13. Choose the requirements for cleaning tools from the ones listed!

- A. It should be cleanable and disinfectable.
- B. Cleaning tools must be provided separately according to their function. (e.g. separately for cleaning the social room, separately for cleaning the meat preparation room)
- C. The devices must be marked (in which room they can be used)
- D. It withstands the load well; such is the material of wood.

Answers: A, B, C

14. Choose the elements of GHP (Good Hygiene Practice) from those listed.

- A. Personal hygiene
- B. Cleaning and disinfection
- C. Waste management
- D. Water

Answers: A, B, C, D

15. From the list, choose the correct way to indicate Additives on the product label.

- A. "E" number and additive name

- B. Food additive group name and additive name
- C. Additive name
- D. Food additive group names and additive "E" number

Answers: B, D

16. Choose the micro-organism(s) that can cause food poisoning

- A. Salmonella
- B. EIEC E. coli
- C. Yersinia enterocolitica
- D. Clostridium botulinum

Answers: D

17. Choose from the ones listed what the essence of "Self-check"/HACCP system is!

- A. Checking the total process during the production process.
- B. If the process has exceeded the CCP limit, you can (must) intervene.
- C. The production of an unsafe product will not continue.
- D. The regular presence of the plant manager in the plant so that the workers can see them, so the food production process will be faster.

Answers: A, B, C

18. From the ones listed, choose which are the most important factors during cleaning and disinfection

- A. The colour of the tools
- B. The concentration of the cleaning and disinfecting agent used
- C. Date of cleaning and disinfection
- D. Impact time

Answers: B, D

19. From the list, choose when should the employee wash their hands if they are preparing food?

- A. Before smoking.
- B. Before and after using the toilet.
- C. After blowing the nose
- D. Between different hygiene operations. e.g. between vegetable preparation and processing heat-treated food.

Answers: A, B, C, D

20. From the list, choose what is characteristic of food additives (1333/2008/EC)

- A. not normally consumed as a food by itself.
- B. are not used as a characteristic ingredient of foodstuffs.
- C. is intentionally added to food for technological purposes.
- D. can be used in big quantities, and they cause a favourable effect in the process or product.

Answers: A, B, C

III. TRUE OR FALSE

1. Nitrite is responsible for the development of Methemoglobinemia in infants, they have less and less haemoglobin capacity, and their diaphorase enzyme is also less active.

Correct answer: true

2. Catering waiting period is the time that must be observed between the last treatment with the plant protection product and the harvest in order for the residues to fall below the limit value.

Correct answer: true

3. The essence of self-checking (e.g HACCP system) is that it is possible to intervene in the process, i.e. to restore the product manufacturing process to the regulated state.

Correct answer: true

4. Large UV exposure is a risk of lung cancer.

Correct answer: false

5. Carbon-dioxide (CO₂) in the atmosphere is responsible for the process „greenhouse-effect“.

Correct answer: true

6. Every year around 7 million deaths are due to exposure from both outdoor and household air pollution.

Correct answer: true

7. The paper filters are acceptable to use in public bathes and spas.

Correct answer: false

8. The acceptable free chlorine concentration in case of warm water adventure pools is 0,5 mg/l.

Correct answer: false

9. The ragweed is a strong allergen plant in Central Europe.

Correct answer: true

10. The combined chlorine is useful disinfectant in the pool water.

Correct answer: false

11. The water circulation system can be switched off during pool closures.

Correct answer: false

12. Indoor radon exposure is a risk factor for lung cancer.

Correct answer: true

IV. ANALYSIS OF RELATION – ANALYSING OF TRUTH OF STATEMENTS AND THE CONNECTION

1. The "best before" date refers to safety, while the "use by" date relates to sensory quality.

Answer: E

2. Viruses do not multiply in food; nevertheless, they may remain infectious.

Answer: A

3. Misleading food labeling is prohibited; therefore, the NutriScore rating must be indicated on all food products.

Answer: C

4. Moulds can produce mycotoxins; these toxins are always inactivated by heat treatment.

Answer: C

5. High nitrate concentrations in drinking water pose a risk to infants under 5 months of age because, when reduced to nitrite in their bodies, it binds to hemoglobin 400 times more strongly than oxygen.

Answer: A

6. Indoor air with high radon concentrations protects health because it has a good disinfectant effect.

Answer: E

7. Low levels of chlorination by-products are important in swimming pools because they can cause occupational exposure for pool workers.

Answer: A

8. The health tourism professional cannot advise interested clients on the development of the pollen situation, because there are no public, up-to-date online data and forecasts in Europe.

Answer: E

HEALTH CARE AND QUALITY MANAGEMENT

I. SIMPLE CHOICE

1. Which management function focuses on setting priorities and determining performance targets?

- A. Planning
- B. Controlling
- C. Staffing
- D. Directing

Answer: A

2. Which of the following is part of the external domain of healthcare managers?

- A. Patient satisfaction
- B. Government regulations
- C. Staff motivation
- D. Budget allocation

Answer: B

3. Which quality measurement belongs to the “Five Ds”?

- A. Decision
- B. Development
- C. Death
- D. Delegation

Answer: C

4. The Donabedian model distinguishes between structure, process, and:

- A. Competence
- B. Outcome
- C. Efficiency
- D. Strategy

Answer: B

5. Which type of indicator assesses how many doctors are accredited for a certain procedure?

- A. Structural indicator
- B. Process indicator
- C. Outcome indicator
- D. Performance indicator

Answer: A

6. According to Kotler, the key to achieving organizational goals is:

- A. Competitive pricing
- B. Satisfying customer needs better than competitors

- C. Marketing promotion
- D. Cost reduction only

Answer: B

7. Which of the following is a structural indicator in healthcare?

- A. Surgical mortality rate per month
- B. Number of accredited doctors per procedure
- C. Patient satisfaction survey
- D. Life expectancy at birth per day

Answer: B

8. Which of the following is not part of the 7 pillars of quality?

- A. Efficacy
- B. Legitimacy
- C. Profitability
- D. Equity

Answer: C

9. The PDCA cycle is also called:

- A. Ishikawa diagram
- B. Shewhart cycle
- C. 5 Whys method
- D. SWOT analysis

Answer: B

10. Which quality improvement model focuses on eliminating waste?

- A. Lean
- B. Six Sigma
- C. PDCA
- D. Experience-based Co-design

Answer: A

II. MULTIPLE CHOICE

1. Key competencies of healthcare managers include:

- A. Conceptual skills
- B. Technical skills
- C. Interpersonal skills
- D. Physical skills

Answers: A, B, C

2. According to the 7 pillars of quality, which dimensions are included?

- A. Effectiveness
- B. Efficiency

- C. Equity
- D. Profit maximization

Answers: A, B, C

3. The Five Whys technique is used for:

- A. Root cause analysis
- B. Budget allocation
- C. Market segmentation
- D. Identifying problems

Answers: A, D

4. Which are part of the marketing mix (7P) in healthcare (for services)?

- A. Product
- B. People
- C. Physical evidence
- D. Price

Answers: A, B, C, D

5. Which are essential steps in the PDCA cycle?

- A. Plan
- B. Deliver
- C. Check
- D. Analyse

Answers: A, C

6. Which factors influence patient satisfaction?

- A. Interpersonal skills of staff
- B. Waiting time
- C. Cost of service
- D. Environment

Answers: A, B, C, D

7. Which tools are essential for developing a healthcare marketing plan?

- A. SWOT analysis
- B. Market research
- C. Ishikawa diagram
- D. Competitive positioning

Answers: A, B, D

8. Which are considered characteristics of a good health care indicator?

- A. Defined clearly
- B. Reliable and valid
- C. Easily manipulated
- D. Meaningful for decision-making

Answers: A, B, D

9. Which are typical structural indicators in healthcare that are important in health management?

- A. Number of hospital beds
- B. Accreditation of medical staff
- C. Qualifications of healthcare professionals
- D. Patient satisfaction scores

Answers: A, B, C

10. Which factors are included in Five Forces model for healthcare?

- A. Power of the management
- B. Power of consumers and payers
- C. Innovations in technology
- D. Organizational culture

Answers: B, C

III. TRUE OR FALSE

1. A line manager supervises staff who report directly to them.

Correct answer: true

2. Healthcare management always focuses only on internal operations.

Correct answer: false

3. PREMs collect information about treatment outcomes.

Correct answer: false

4. Six Sigma model focuses on reducing variation.

Correct answer: true

5. Ishikawa diagrams are used for marketing positioning.

Correct answer: false

6. Quality in healthcare can be assessed by the Five Ds (Death, Disability, Disease, Discomfort, Dissatisfaction).

Correct answer: true

IV. ANALYSIS OF RELATION – ANALYSING OF TRUTH OF STATEMENTS AND THE CONNECTION

1. Outcome indicators measure survival rates, and they directly guarantee efficiency in resource allocation.

Answer: C

2. PREMs measure patient-reported experiences, and PROMs measure patient-reported health outcomes.

Answer: A

3. SWOT analysis identifies internal and external factors, and it is primarily used to evaluate financial statements.

Answer: C

4. Quality improvement requires systematic methods and stakeholder participation, and its ultimate goal is better patient outcomes.

Answer: A

HEALTH CARE LAW

I. SIMPLE CHOICE

1. What was the first name of discipline of health care rules?

- A. Medical Law
- B. Health Law
- C. Health Care Law
- D. Public Health

Answer: A

2. Which statement is false?

- A. Public health law is a part of all legal systems.
- B. Ethics has been an important driver in the development of health care law.
- C. Health care providers are more likely to get into trouble for malpractice than be sued for violating laws and regulation.
- D. The volume of litigation in the field of health care has increased significantly.

Answer: C

3. Which area is the earliest illustration of the interface between health and health regulation?

- A. Patients' rights
- B. Malpractice litigation
- C. Public health
- D. Professional regulation

Answer: C

4. Which answer is false? The minimum requirements of right to health is ...

- A. equality
- B. availability
- C. quality
- D. acceptability

Answer: A

5. Which is true?

- A. In every country the fundamental rules are contained in one document.
- B. In most countries there is not written constitution.
- C. In most countries the fundamental rules are contained in the written constitution.
- D. In a country the most important constitutional principles are to be found in many written constitutions.

Answer: C

6. No sanction without a breach means...

- A. nobody should be punished by police unless he/she had broken a law.

- B. everybody should be punished by state.
- C. nobody should be punished by state unless he/she had broken a law.
- D. everybody has the same law, so the same law should govern everyone.

Answer: C

7. Which answer is the most correct? The form of consent can be only...

- A. written consent.
- B. oral, written and implied consent.
- C. oral and written consent.
- D. signed consent form with two witnesses.

Answer: B

8. Which of the following does not have legal capacity?

- A. Foetus
- B. Patient in coma
- C. Semmelweis University
- D. Patient in prison

Answer: A

9. Which is not economical damage?

- A. Pain
- B. Travelling cost
- C. Psychological damage
- D. Loss of a loved person

Answer: B

10. If the competent patient causes damage to the healthcare provider, what are the legal consequences?

- A. nothing
- B. a penalty
- C. finding of a violation of the law
- D. payment of compensation for the damage caused

Answer: D

II. MULTIPLE CHOICE

1. What are examples of non-economic damage?

- A. Severe pain.
- B. Medical expenses.
- C. Loss of a limb.
- D. Travelling cost.

Answers: A, C

2. The form of consent can be...

- A. written.

- B. non-verbal (implied consent).
- C. oral.
- D. signed consent form with two witnesses.

Answers: A, B, C, D

3. Elements of medical malpractice:

- A. wrongful conduct
- B. damage
- C. intention
- D. causal link between the damage and the wrongful conduct

Answers: A, B, D

4. Which of the following patients has patient rights?

- A. a patient in a closed mental hospital
- B. a patient sentenced to imprisonment to be served
- C. a foetus in utero
- D. stateless patient

Answers: A, B, D

5. Which of the following is not a penalty?

- A. payment of a damage fee
- B. compensation
- C. disqualification from employment/ practising
- D. sent to the prison

Answers: A, B

6. From a legal point of view, which persons are?

- A. Natural persons
- B. Legal entities
- C. Juridical persons
- D. Animals

Answers: A, B, C

7. What are the specific data?

- A. Ethnic origin
- B. Political opinions
- C. Religious or other similar beliefs
- D. Sexual life

Answers: A, B, C, D

8. What can be the sources of law?

- A. Acts
- B. Constitution
- C. House rules of a hotel

D. Contract

Answers: A, B, C

9. What are the secondary sources of law in the European Union?

A. founding treaties

B. decrees

C. regulations

D. recommendations

Answers: B, D

10. What can be the forms of alternative dispute resolution?

A. mediation

B. arbitration

C. court proceedings

D. public administrative proceedings

Answers: A, B

III. TRUE OR FALSE

1. The Bolam test means: the doctor is not guilty of negligence if he/she has acted in accordance with a practice accepted as proper by a responsible body of medical men skilled in that particular art.

Correct answer: true

2. Anyone who was partly responsible for the harm done to them could not recover in tort.

Correct answer: true

3. Everybody (without any limitation) can legally consent to medical or dental treatment.

Correct answer: false

4. In Hungary everybody is entitled to life-saving care or one that prevents serious or lasting injury, and the right to such care may not be restricted.

Correct answer: true

5. Health care law regulates only the private health affairs in the society.

Correct answer: false

6. The patient in coma has patient rights.

Correct answer: true

7. A dying patient no longer has patient rights.

Correct answer: false

IV. ANALYSIS OF RELATION – ANALYSING OF TRUTH OF STATEMENTS AND THE CONNECTION

1. A foreign patient can refuse any kind of health care, as foreign patients also have patient rights.

Answer: D

2. A foetus has no legal capacity and therefore the foetus has no patient rights.

Answer: A

3. Foreign patients in private health care in Hungary and Hungarian patients in public health care in Hungary are subject to different patient rights rules, as foreign patients always pay for the health service in Hungary.

Answer: E

4. If the healthcare provider causes harm to the patient, the health care provider will always pay compensation, as compensation is strictly regulated by criminal law.

Answer: E

HEALTH DESTINATION DEVELOPMENT IN HEALTH TOURISM, PRINCIPLE OF WELLNESS

I. SIMPLE CHOICE

1. What is the primary goal of health tourism?

- A. Promoting local cuisine
- B. Seeking medical or wellness treatment while traveling
- C. Visiting historical places
- D. Attending international business meetings

Answer: B

2. Which of the following is a type of health tourism?

- A. Adventure tourism
- B. Medical tourism
- C. Ecotourism
- D. Space tourism

Answer: B

3. What is a major driver of international health tourism?

- A. Political instability
- B. Lower cost of medical treatment abroad
- C. Language barriers
- D. Travel restrictions

Answer: B

4. Which sector most directly supports health tourism?

- A. Agriculture
- B. Healthcare services
- C. Retail
- D. Entertainment

Answer: B

5. What type of treatment is typically included in wellness tourism?

- A. Heart surgery
- B. Kidney transplant
- C. Spa and massage therapies
- D. Chemotherapy

Answer: C

6. Which of the following countries is known for advanced medical tourism?

- A. India
- B. Greenland
- C. Iceland

D. Mongolia

Answer: A

7. What is a key element of managing a health tourism facility?

A. Developing theme parks

B. Ensuring high-quality medical care and customer service

C. Organizing concerts

D. Managing imports and exports

Answer: B

8. Accreditation in medical tourism is important because it:

A. Increases government taxes

B. Delays medical procedures

C. Ensures international quality and safety standards

D. Limits medical options

Answer: C

9. Which organization often accredits hospitals involved in medical tourism?

A. FIFA

B. Joint Commission International (JCI)

C. UNESCO

D. WHO

Answer: B

10. What is a major ethical issue in medical tourism?

A. Organ trafficking and unregulated procedures

B. Overpopulation

C. Climate change

D. Cultural diversity

Answer: A

11. What is one way to improve a health tourism destination?

A. Increase road tolls

B. Invest in hospital infrastructure and training

C. Ban all insurance companies

D. Promote fossil fuels

Answer: B

12. Which of the following best describes wellness tourism?

A. Traveling for surgery

B. Traveling for emergency care

C. Traveling for preventive and lifestyle therapies

D. Traveling for criminal justice services

Answer: C

13. Which demographic is most likely to participate in wellness tourism?

- A. Children under 10
- B. People over 80
- C. Middle-aged adults with disposable income
- D. College dropouts

Answer: C

14. What is “cross-border healthcare”?

- A. Buying medications online
- B. Sending medical bills across borders
- C. Receiving healthcare services in another country
- D. Working in a hospital in your own country

Answer: C

15. Which factor is least important for medical tourists?

- A. Quality of healthcare
- B. Quality of television programming
- C. Cost of treatment
- D. Waiting times

Answer: B

16. What is a medical travel facilitator?

- A. An agency that helps patients plan their medical trips abroad
- B. A surgery tool
- C. A border officer
- D. A travel writer

Answer: A

17. Which of these is a major challenge in health tourism management?

- A. Too many tourists
- B. Managing patient safety and legal liability
- C. Lack of hotel rooms
- D. Long airline flights

Answer: B

18. What is the economic impact of health tourism?

- A. Reduces local employment
- B. Has no impact
- C. Generates revenue and creates jobs
- D. Increases crime rates

Answer: C

19. What role does digital marketing play in health tourism?

- A. Prevents patient bookings

- B. Attracts international patients through online platforms
- C. Replaces doctors
- D. Bans negative reviews

Answer: B

20. Which of the following is NOT a benefit of health tourism for host countries?

- A. Increased foreign exchange
- B. Brain drain of local healthcare professionals
- C. Job creation
- D. Growth in healthcare infrastructure

Answer: B

II. MULTIPLE CHOICE

1. Which of the following are types of health tourism?

- A. Medical tourism
- B. Wellness tourism
- C. Dark tourism
- D. Dental tourism

Answers: A, B, D

2. What are key motivators for people engaging in health tourism?

- A. Cost savings
- B. High-quality healthcare
- C. Political reasons
- D. Shorter waiting times

Answers: A, B, D

3. Which stakeholders are commonly involved in managing health tourism?

- A. Hospitals
- B. Travel agencies
- C. Tour guides
- D. Local fishermen

Answers: A, B, C

4. What challenges face developing countries in health tourism?

- A. Lack of international accreditation
- B. Limited infrastructure
- C. Overuse of national parks
- D. Insufficient skilled professionals

Answers: A, B, D

5. Which of the following services are commonly offered in wellness resorts?

- A. Detox programs
- B. Yoga and meditation

- C. Emergency surgery
- D. Spa therapies

Answers: A, B, D

6. What are essential features of a successful health tourism destination?

- A. Good international connectivity
- B. Quality healthcare facilities
- C. High crime rate
- D. Skilled multilingual staff

Answers: A, B, D

7. Which of the following are advantages of health tourism for patients?

- A. Affordable treatment
- B. High-quality procedures
- C. Long travel time
- D. Access to specialized care

Answers: A, B, D

8. What can affect the reputation of a health tourism destination?

- A. Negative patient experiences
- B. Media coverage of malpractice
- C. Local weather
- D. Lack of follow-up care

Answers: A, B, D

9. Which of the following procedures are common in medical tourism?

- A. Cosmetic surgery
- B. Dental implants
- C. Organ transplants
- D. Skydiving lessons

Answers: A, B, C

10. How can health tourism contribute to a country's economy?

- A. Boosts foreign exchange earnings
- B. Creates employment
- C. Increases tax revenue
- D. Reduces tourism traffic

Answers: A, B, C

11. Which sectors must coordinate to develop health tourism effectively?

- A. Healthcare
- B. Hospitality
- C. Transportation
- D. Agriculture

Answers: A, B, C

12. What are patient concerns when choosing a medical tourism provider?

- A. Safety and quality of care
- B. Legal rights and recourse
- C. Medical equipment cost
- D. Language and communication barriers

Answers: A, B, D

13. What are the benefits of international hospital accreditation?

- A. Increases patient trust
- B. Enhances service quality
- C. Promotes ethical standards
- D. Lowers treatment prices artificially

Answers: A, B, C

14. Which tools help promote health tourism online?

- A. Hospital websites
- B. Patient testimonials
- C. Social media campaigns
- D. Telephone directories

Answers: A, B, C

15. What roles can governments play in promoting health tourism?

- A. Developing policies and regulations
- B. Investing in healthcare infrastructure
- C. Marketing the country as a destination
- D. Limiting visa access

Answers: A, B, C

16. What are examples of cross-border health services?

- A. Patients traveling for treatment
- B. Doctors offering teleconsultation internationally
- C. Exporting pharmaceutical products
- D. Surgeries performed abroad for domestic patients

Answers: A, B, D

17. Which customer services are vital in a health tourism package?

- A. Interpreter services
- B. Airport transfers
- C. Post-treatment care coordination
- D. Souvenir shopping

Answers: A, B, C

18. What factors make a country attractive for dental tourism?

- A. Affordable pricing
- B. Qualified dental professionals
- C. High-end shopping malls
- D. Quick appointment scheduling

Answers: A, B, D

19. Which medical fields are often marketed in medical tourism?

- A. Fertility treatment
- B. Orthopaedic surgery
- C. Neurosurgery
- D. Traditional fishing therapy

Answers: A, B, C

20. What risks are associated with health tourism?

- A. Infections and complications
- B. Lack of legal protections
- C. Post-treatment follow-up challenges
- D. Travel discounts

Answers: A, B, C

III. TRUE OR FALSE

1. Statement: Europe is one of the leading regions for health and wellness tourism globally.

Correct answer: true

2. Statement: The European Union has no role in regulating cross-border healthcare services.

Correct answer: false

3. Statement: Germany and Hungary are popular European destinations for dental tourism.

Correct answer: true

4. Statement: Wellness tourism in Europe is only focused on luxury resorts and not preventive healthcare.

Correct answer: false

5. Statement: The cost of medical procedures in some Eastern European countries is significantly lower than in Western Europe.

Correct answer: true

6. Statement: European health tourism destinations do not require international healthcare accreditation.

Correct answer: false

7. Statement: Many European wellness centers integrate traditional practices such as hydrotherapy and balneotherapy.

Correct answer: true

8. Statement: Language barriers are not a concern for international patients visiting European health tourism destinations.

Correct answer: false

9. Statement: Spain is known for both its cosmetic surgery and wellness tourism offerings.

Correct answer: true

10. Statement: Health tourism in Europe is only seasonal and does not operate year-round.

Correct answer: false

11. Statement: European health tourism destinations are often located in areas with natural healing resources, such as mineral springs.

Correct answer: true

12. Statement: The COVID-19 pandemic had no impact on European health tourism.

Correct answer: false

IV. ANALYSIS OF RELATION – ANALYSING OF TRUTH OF STATEMENTS AND THE CONNECTION

1. Health tourism management involves ensuring patient safety. Effective safety protocols reduce medical complications during travel.

Answer: A

2. Medical tourists often seek low-cost treatments abroad. Health tourism destinations must also manage wildlife conservation programs.

Answer: B

3. Cross-border health agreements support patient mobility in Europe. These agreements prevent all types of medical fraud.

Answer: C

4. There is no need for marketing strategies in health tourism management. Health tourism destinations use targeted campaigns to attract foreign patients.

Answer: D

5. Telemedicine has become a part of pre-treatment consultations in health tourism. Telemedicine replaces the need for physical infrastructure in health destinations.

Answer: C

6. Staff training in cultural competence is part of managing international patient care. Trained staff improve communication and patient satisfaction.

Answer: A

7. All European health tourism destinations are funded by the European Union. EU funding helps develop cross-border healthcare infrastructure.

Answer: D

8. Health tourism management includes managing clinical standards. Climate change has no impact on health tourism in Europe.

Answer: C

HEALTH TOURISM PRODUCTS

I. SIMPLE CHOICE

1. Which of the following is a medical factor in Hungary?

- A. Fitness center
- B. Thermal spring water
- C. Golf course
- D. Adventure Park

Answer: B

2. What type of therapy involves seawater?

- A. Kneipp therapy
- B. Ayurveda
- C. Thalasso therapy
- D. Hydrotherapy

Answer: C

3. Which term refers to inner mental balance and awareness in wellness?

- A. Soulness
- B. Tourism
- C. Hotelness
- D. Busyness

Answer: A

4. What is the focus of lessons 13–16 in the course?

- A. Spa architecture
- B. Chinese medicine and Ayurveda
- C. European cuisine
- D. Traditional sports

Answer: B

5. What is Kneipp's method primarily associated with?

- A. Ayurvedic massage
- B. Thalasso therapy
- C. Water treatments and natural elements
- D. Surgical procedures

Answer: C

6. Which term is not a wellness-related trend discussed in the lessons?

- A. Mindness
- B. Selfness
- C. Roughness
- D. Soulness

Answer: C

7. Where are medical caves typically used?

- A. Sound therapy
- B. Respiratory treatments
- C. Massage techniques
- D. Fitness programs

Answer: B

8. What is typically included in medical tourism?

- A. Sightseeing tours
- B. Language learning
- C. Surgical and therapeutic treatments
- D. Cooking classes

Answer: C

9. What is the main goal of practical lessons 1–4?

- A. Nutrition studies
- B. Spa design
- C. Case studies based on Kneipp's work and thalasso therapy
- D. Massage training

Answer: C

10. Which wellness form combines physical, mental, and spiritual care?

- A. Medical tourism
- B. Adventure tourism
- C. Wellness tourism
- D. Industrial tourism

Answer: C

II. MULTIPLE CHOICE

1. Which of the following are medical factors found in Hungary?

- A. Thermal spring water
- B. Therapeutic mud
- C. Sauna parties
- D. Medical caves

Answers: A, B, D

2. What types of therapies are included in balneotherapy?

- A. Hydrotherapy
- B. Movement therapy
- C. Climatic therapy
- D. Chemotherapy

Answers: A, B, C

3. Which are examples of wellness-related concepts?

- A. Selfness
- B. Mindness
- C. Roughness
- D. Soulness

Answers: A, B, D

4. Which belong to traditional Eastern health systems?

- A. Chinese medicine
- B. Ayurveda
- C. Naturopathy
- D. Homeopathy

Answers: A, B

5. Which practices are associated with Kneipp's philosophy?

- A. Hydrotherapy
- B. Herbal medicine
- C. Sunbathing
- D. Ice therapy

Answers: A, B

6. Which services are commonly found in wellness hotels?

- A. Massages
- B. Saunas
- C. Clinical surgeries
- D. Yoga retreats

Answers: A, B, D

7. What components influence health tourism trends?

- A. Lifestyle changes
- B. Leisure patterns
- C. Local crime rates
- D. Generational needs

Answers: A, B, D

8. Which are typical locations for medical tourism?

- A. Clinics
- B. Adventure parks
- C. Thermal spas
- D. Hospitals

Answers: A, C, D

9. What can be part of a sustainable wellness facility?

- A. Local food sourcing
- B. Energy-efficient buildings
- C. Disposable plastic use
- D. Recyclable materials

Answers: A, B, D

10. What types of treatments are used in climatic therapy?

- A. Altitude exposure
- B. Sunshine therapy
- C. Rainforest walks
- D. Clean air inhalation

Answers: A, B, D

11. Which terms are directly linked with spiritual wellness?

- A. Soulness
- B. Selfness
- C. Mindness
- D. Roughness

Answers: A, B, C

12. Which of the following are therapeutic natural elements?

- A. Medical gas
- B. Medical clay
- C. Saltwater
- D. Artificial sweeteners

Answers: A, B, C

13. What types of saunas may be found in wellness centers?

- A. Infrared saunas
- B. Dry saunas
- C. Herbal saunas
- D. Carbonated saunas

Answers: A, B, C

14. What is the focus of Ayurveda?

- A. Diet
- B. Herbal treatments
- C. Industrial training
- D. Balance of energies

Answers: A, B, D

15. Which of the following are included in wellness services?

- A. Spa treatments
- B. Fitness programs

- C. Surgery
- D. Aromatherapy

Answers: A, B, D

16. Which are key features of medical spas?

- A. Medical supervision
- B. Herbal baths
- C. Natural environment
- D. Fast food services

Answers: A, B, C

17. What does selfness promote?

- A. Self-awareness
- B. Self-confidence
- C. Aggression
- D. Inner balance

Answers: A, B, D

18. Which therapies are part of movement therapy?

- A. Therapeutic exercise
- B. Hydro movement
- C. Meditation
- D. Manual therapy

Answers: A, B, D

19. Which of the following can contribute to healthy nutrition?

- A. Fresh vegetables
- B. Processed snacks
- C. Whole grains
- D. Sugar-free options

Answers: A, C, D

20. What are important evaluation factors for medical spas?

- a. Cleanliness
- b. Staff qualification
- c. Location beauty
- d. Water composition

Answers: A, B, D

III. TRUE OR FALSE

- 1. Thermal spring water and therapeutic mud are considered medical factors in Hungary.

Correct answer: true

- 2. Climatic therapy is not a part of balneotherapy.

Correct answer: false

3. The concept of "roughness" is central to wellness tourism.

Correct answer: false

4. Chinese medicine and Ayurveda are traditional Eastern health systems.

Correct answer: true

5. Sauna parties are part of Kneipp's traditional philosophy.

Correct answer: false

6. Wellness hotels typically offer saunas, massages, and yoga retreats.

Correct answer: true

7. Local crime rates are a primary influence on health tourism trends.

Correct answer: false

8. Medical tourism includes visiting thermal spas and hospitals for treatments.

Correct answer: true

9. Recyclable materials and local food sourcing contribute to sustainable wellness facilities.

Correct answer: true

10. Clean air inhalation and sunshine therapy are included in climatic therapy.

Correct answer: true

11. Mindness and selfness are related to spiritual wellness.

Correct answer: true

12. Fast food services are a key feature of medical spas.

Correct answer: false

IV. ANALYSIS OF RELATION – ANALYSING OF TRUTH OF STATEMENTS AND THE CONNECTION

1. Thermal water is a key medical factor in Hungary. / It is used in therapeutic spas.

Answer: A

2. Ayurveda focuses on energy balance. / It is widely practiced in Western surgery.

Answer: C

3. Climatic therapies include sunshine therapy. / They help improve certain chronic diseases.

Answer: A

4. Kneipp's philosophy includes diet control. / He was a pioneer in modern hospital surgery.

Answer: C

5. Mindness supports spiritual development. / It is a central part of industrial wellness retreats.

Answer: C

6. Family wellness targets all age groups. / It includes spiritual coaching.

Answer: B

7. Medical spas focus on medical supervision. / They often serve fast food to guests.

Answer: C

8. Herbal saunas are part of wellness treatments. / They help detoxify the body.

Answer: A

HOTEL MANAGEMENT

I. SIMPLE CHOICE

1. What does "occupancy rate" measure in a hotel context?

- A. The number of staff working in a hotel
- B. The percentage of available rooms sold during a period
- C. The number of guests staying longer than a week
- D. The total profit made by the hotel

Answer: B

2. What is the main function of the front office department?

- A. Cooking meals for guests
- B. Housekeeping and laundry
- C. Guest check-in/check-out and information services
- D. Organizing business events

Answer: C

3. Which of the following is a trend in modern hotel management?

- A. Removing Wi-Fi from hotel services
- B. Digital check-in and mobile key access
- C. Only accepting cash payments
- D. Ignoring guest reviews

Answer: B

4. What is the primary goal of the revenue management department?

- A. Hiring employees
- B. Cleaning rooms efficiently
- C. Maximizing hotel income through pricing strategies
- D. Planning weddings and conferences

Answer: C

5. According to the Hotelstars Union system, what is required for a 5-star rating?

- A. No reception desk
- B. Shared bathrooms
- C. 24-hour room service and concierge
- D. No Wi-Fi access

Answer: C

6. Which of the following is not a typical department in a hotel?

- A. Housekeeping
- B. Food and Beverage
- C. Marketing
- D. Agriculture

Answer: D

7. What does ADR stand for in hotel performance metrics?

- A. Average Direct Response
- B. Average Daily Rate
- C. Annual Dining Revenue
- D. Accommodation Duty Report

Answer: B

8. A boutique hotel is best described as:

- A. A large chain hotel with over 500 rooms
- B. A small, stylish hotel with a unique character
- C. A hotel with only budget rooms
- D. A self-catering apartment

Answer: B

9. What does RevPAR stand for?

- A. Revenue Per Available Room
- B. Reservation Per Arrival Rate
- C. Room Expense vs Profit Allocation Ratio
- D. Revenue Partnership Agreement Rate

Answer: A

10. What type of hotel caters mainly to business travelers and conferences?

- A. Resort hotel
- B. Airport hotel
- C. Conference or convention hotel
- D. Motel

Answer: C

II. MULTIPLE CHOICE

1. Which of the following are considered key hotel performance indicators?

- A. ADR
- B. RevPAR
- C. Occupancy Rate
- D. Food cost percentage

Answers: A, B, C

2. What departments are commonly found in a full-service hotel?

- A. Front Office
- B. Engineering/Maintenance
- C. Marketing & Sales
- D. Construction

Answers: A, B, C

3. What services are typically expected in a 5-star hotel under the Hotelstars Union system?

- A. 24/7 reception
- B. Concierge service
- C. Self-service check-in only
- D. Daily room cleaning

Answers: A, B, D

4. Which hotel types are usually considered part of the luxury segment?

- A. Boutique hotel
- B. Motel
- C. Resort hotel
- D. Conference hotel

Answers: A, C

5. What are the responsibilities of the housekeeping department?

- A. Cleaning guest rooms
- B. Managing room inventory
- C. Providing laundry services
- D. Serving food to guests

Answers: A, C

6. What are common ways to increase hotel revenue?

- A. Offering packages and upsells
- B. Implementing dynamic pricing
- C. Ignoring online reviews
- D. Enhancing guest loyalty programs

Answers: A, B, D

7. Which technologies are commonly used in modern hotel management?

- A. Property Management Systems (PMS)
- B. Manual paper logs
- C. Online booking engines
- D. Mobile check-in apps

Answers: A, C, D

8. What is the function of the revenue management team?

- A. Optimize pricing strategies
- B. Schedule housekeeping staff
- C. Forecast demand
- D. Maximize profit per room

Answers: A, C, D

9. Which of the following guests are typical target groups for business hotels?

- A. Tourists on holiday
- B. Conference attendees
- C. Corporate travelers
- D. Backpackers

Answers: B, C

10. What elements influence occupancy rate?

- A. Seasonality
- B. Room service menu
- C. Events or holidays in the area
- D. Competitor pricing

Answers: A, C, D

11. What are common services offered in resort hotels?

- A. Spa and wellness
- B. Airport transfers
- C. Outdoor recreational activities
- D. Long-term parking only

Answers: A, B, C

12. What are the characteristics of a boutique hotel?

- A. Small number of rooms
- B. Unique design and atmosphere
- C. Operated by large international chains only
- D. Personalized guest service

Answers: A, B, D

13. What metrics are typically used in hotel financial reporting?

- A. RevPAR
- B. Occupancy Rate
- C. Cost per guest
- D. ADR

Answers: A, B, D

14. Which departments interact directly with guests?

- A. Front Office
- B. Housekeeping
- C. Human Resources
- D. Food & Beverage

Answers: A, B, D

15. What are examples of upselling in a hotel?

- A. Offering a room upgrade
- B. Providing free bottled water

- C. Selling a spa package
- D. Giving complimentary breakfast

Answers: A, C

16. Which of the following may be part of Hotelstars Union rating criteria?

- A. Room amenities
- B. Reception and Services
- C. Staff uniforms
- D. Guest feedback forms

Answers: A, B

17. What are main tasks of the sales and marketing department in a hotel?

- A. Attract group bookings
- B. Promote hotel services
- C. Manage the laundry room
- D. Maintain client relationships

Answers: A, B, D

18. What guest services can enhance satisfaction and loyalty?

- A. Late check-out
- B. Personalized welcome note
- C. Unfriendly service
- D. Loyalty rewards program

Answers: A, B, D

19. Which of the following best describe dynamic pricing?

- A. Fixed pricing throughout the year
- B. Price changes based on demand
- C. Price based on real-time competitor rates
- D. Guest-selects-the-price strategy

Answers: B, C

20. What are benefits of a high RevPAR?

- A. Better room revenue performance
- B. Inefficient room usage
- C. Strong market positioning
- D. Low occupancy

Answers: A, C

III. TRUE OR FALSE

1. The front office is responsible for guest check-in and check-out.

Correct answer: true

2. RevPAR stands for "Revenue per Available Room."

Correct answer: true

3. A motel typically offers luxury services and spa treatments.

Correct answer: false

4. Boutique hotels are known for having a high number of standardized rooms.

Correct answer: false

5. Housekeeping is responsible for guest room cleanliness and laundry.

Correct answer: true

6. ADR stands for “Average Daily Revenue.”

Correct answer: false

7. Mobile check-in is considered a modern trend in hotel technology.

Correct answer: true

8. The revenue management team focuses on managing kitchen stock and supplies.

Correct answer: false

9. Hotelstars Union is a European hotel classification system.

Correct answer: true

10. A 5-star hotel must provide 24-hour room service according to Hotelstars Union.

Correct answer: true

11. The marketing department is mainly in charge of cleaning public areas.

Correct answer: false

12. Occupancy rate reflects the percentage of available rooms sold during a given time.

Correct answer: true

IV. ANALYSIS OF RELATION – ANALYSING OF TRUTH OF STATEMENTS AND THE CONNECTION

1. Luxury hotels offer spa and concierge services. These services are used to classify hotels under the Hotelstars Union system.

Answer: A

2. The front office department is responsible for guest laundry. Because they have access to guests’ check-in data.

Answer: C

3. ADR helps measure the average revenue generated per room per night. Hotels use ADR to track how clean the rooms are.

Answer: C

4. Conference hotels often have large meeting spaces and business services. This is because their main clientele consists of corporate and business travelers.

Answer: A

5. Boutique hotels are large properties operated by international chains. They are known for personalized service and unique design.

Answer: D

6. Occupancy rate shows how many guests are satisfied with the service. This metric is essential for revenue management.

Answer: C

7. Mobile check-in and digital keys are common in smart hotels. This trend reflects growing guest demand for contactless services.

Answer: A

8. Hotel restaurants are always open 24 hours a day. Because most guests demand late-night fine dining.

Answer: E

INTRODUCTION TO HEALTH TOURISM

I. SIMPLE CHOICE

1. What is the main goal of health tourism?

- A. To entertain tourists with extreme sports
- B. To improve, maintain or restore health and well-being through travel
- C. To promote local handicrafts
- D. To reduce hospital waiting lists

Answer: B

2. Which of the following is a facility associated with wellness tourism?

- A. Oncology center
- B. Wellness resort
- C. Emergency clinic
- D. Cardiac surgery unit

Answer: B

3. What is the primary focus of medical tourism?

- A. Preventive massage treatments
- B. Access to natural landscapes
- C. Receiving clinical and medical interventions
- D. Enjoying traditional cuisines

Answer: C

4. Which of the following is NOT typically considered a wellness tourism facility?

- A. Spa retreat
- B. Thermal bath
- C. Cosmetic surgery clinic
- D. Meditation resort

Answer: C

5. What distinguishes wellness tourism from medical tourism?

- A. Wellness tourism is government-funded
- B. Wellness tourism emphasizes preventive and lifestyle practices
- C. Medical tourism includes yoga and herbal treatments
- D. There is no difference

Answer: B

6. Which facility is most likely to serve both wellness and medical tourists?

- A. Luxury shopping mall
- B. Thermal bath with medical supervision
- C. Fast food chain
- D. Nightclub

Answer: B

7. What will students learn about customer experience in this course?

- A. How to install hotel software
- B. How to create sustainable infrastructure
- C. How to design journeys and experiences for specific target segments
- D. How to treat patients directly

Answer: C

8. Which of the following is a key target market in health tourism?

- A. Political campaigners
- B. National and generational customer groups
- C. Construction workers
- D. Digital artists

Answer: B

9. Why are lifestyle trends important in health tourism?

- A. They determine hotel star classification
- B. They impact health education in schools
- C. They influence demand and shape new product development
- D. They help in organizing traffic routes

Answer: C

10. What is a major emphasis of the course related to facility management?

- A. Increasing guest entertainment hours
- B. Reducing service variety
- C. Managing health tourism facilities sustainably
- D. Training staff in sports management

Answer: C

II. MULTIPLE CHOICE

1. Which of the following are branches of health tourism?

- A. Adventure tourism
- B. Wellness tourism
- C. Medical tourism
- D. Space tourism

Answers: B, C

2. Wellness tourism primarily focuses on:

- A. Preventive health practices
- B. Stress reduction and relaxation
- C. Emergency surgeries
- D. Holistic lifestyle improvement

Answers: A, B, D

3. Medical tourism involves:

- A. Hospital-based treatments
- B. Surgical procedures
- C. Visits to art galleries
- D. Dental care abroad

Answers: A, B, D

4. Which of the following are considered wellness tourism facilities?

- A. Thermal baths
- B. Spas
- C. Oncology clinics
- D. Yoga retreats

Answers: A, B, D

5. Facilities used in medical tourism include:

- A. Clinics
- B. Hospitals
- C. Hiking trails
- D. Rehabilitation centers

Answers: A, B, D

6. Health tourism services are tailored to which of the following target markets?

- A. Families
- B. Young professionals
- C. Generational groups (e.g. Baby Boomers, Gen Z)
- D. Competitive athletes

Answers: A, B, C

7. What do students learn about managing wellness and medical tourism facilities?

- A. Sustainable practices
- B. Hospitality marketing only
- C. Efficient facility operations
- D. Creating personalized customer journeys

Answers: A, C, D

8. Thermal baths can serve:

- A. Only local patients
- B. Both wellness and medical tourists
- C. Tourists seeking physical therapy
- D. Adventure-seeking youth

Answers: B, C

9. Lifestyle trends that influence health tourism include:

- A. Demand for organic food

- B. Increased interest in mindfulness
- C. Obsolete technology
- D. Rise in digital detox holidays

Answers: A, B, D

10. Wellness resorts typically offer:

- A. Detox programs
- B. Reconstructive surgery
- C. Meditation sessions
- D. Nature-based therapies

Answers: A, C, D

11. Health tourism products are developed by identifying:

- A. Customers' health goals
- B. Political opinions
- C. Leisure behaviors
- D. Cultural background of guests

Answers: A, C, D

12. A wellness hotel may offer:

- A. Acupuncture
- B. High-fat fast food
- C. Spa treatments
- D. Herbal therapies

Answers: A, C, D

13. Why is sustainability important in health tourism?

- A. It attracts more influencers
- B. It ensures long-term viability of the service
- C. It supports environmental responsibility
- D. It reduces operational costs

Answers: B, C, D

14. Medical tourists often travel for:

- A. Lower-cost treatments
- B. Treatments unavailable in their country
- C. Nightlife and shopping
- D. Privacy and discretion

Answers: A, B, D

15. Customer journey design includes:

- A. Mapping guest expectations
- B. Planning each service touchpoint
- C. Ignoring cultural needs

D. Aligning offers with lifestyle preferences

Answers: A, B, D

16. Retreats in health tourism are known for:

A. Group therapy sessions

B. Loud entertainment

C. Mindfulness and meditation

D. Detox and rejuvenation

Answers: A, C, D

17. Common wellness tourism activities are:

A. Spa treatments

B. Guided meditation

C. Cosmetic surgery

D. Hot spring bathing

Answers: A, B, D

18. Health tourism planning should consider:

A. Safety and hygiene standards

B. Sustainability of natural resources

C. The availability of parking lots only

D. Technological innovations

Answers: A, B, D

19. The term "health tourist" may refer to a person who:

A. Seeks medical therapy abroad

B. Travels to engage in preventive health services

C. Attends a music festival

D. Books a detox program

Answers: A, B, D

20. Cross-cultural considerations in health tourism include:

A. Language services

B. Gender preferences in treatments

C. Ignoring local customs

D. Dietary and religious needs

Answers: A, B, D

III. TRUE OR FALSE

1. Health tourism only includes medical treatments like surgery and dental care.

Correct answer: false

2. Wellness tourism focuses on prevention, relaxation, and lifestyle enhancement.

Correct answer: true

3. Thermal baths, spas, and retreats are considered typical wellness tourism facilities.

Correct answer: true

4. Medical tourism never takes place in private hospitals or clinics.

Correct answer: false

5. One goal of the course is to understand how to manage health tourism facilities sustainably.

Correct answer: true

6. All customer journeys in health tourism are identical, regardless of target segment.

Correct answer: false

7. Nationality, generation, and family status are important factors in segmenting health tourism markets.

Correct answer: true

8. Spas and wellness resorts are not included in the scope of health tourism.

Correct answer: false

9. Trends in leisure and lifestyle influence demand for health tourism services.

Correct answer: true

10. Health tourism often overlooks environmental sustainability concerns.

Correct answer: false

11. A retreat focusing on yoga and detox would be classified as part of wellness tourism.

Correct answer: true

12. Customer experience design is not relevant in health tourism.

Correct answer: false

IV. ANALYSIS OF RELATION – ANALYSING OF TRUTH OF STATEMENTS AND THE CONNECTION

1. Wellness tourism includes activities such as meditation and yoga. These are always delivered in hospital environments.

Answer: C

2. Medical tourism typically involves surgical or clinical procedures. These are often chosen by patients seeking lower treatment costs or better quality abroad.

Answer: A

3. Sustainability is irrelevant to the operation of health tourism facilities. Because most guests stay for very short periods of time.

Answer: E

4. Wellness hotels and retreats are common types of health tourism accommodations. They are designed to promote relaxation, prevention, and lifestyle improvement.

Answer: A

5. Health tourists are mostly students taking wellness courses abroad. Because health tourism is part of international education programs.

Answer: E

6. Customer journey mapping is essential for designing tailored wellness experiences. Because different guest segments have different expectations and preferences.

Answer: A

7. Trends such as mindfulness and digital detox affect the design of wellness programs. These trends reflect changing consumer behaviours and demands.

Answer: A

8. Thermal baths are primarily used for recreational swimming. Therefore, they are not part of the health tourism offering.

Answer: C

INTRODUCTION TO THE ECONOMICS OF HEALTH AND HEALTH TOURISM

I. SIMPLE CHOICE

1. Which of the following best describes scarcity in economics?

- A. Unlimited resources
- B. Limited resources vs. unlimited wants
- C. Equal distribution of wealth
- D. Free health care for all

Answer: B

2. Which is an example of a need?

- A. Going on holiday
- B. Eating food
- C. Buying a luxury car
- D. New fashion clothing

Answer: B

3. What is demand?

- A. Desire without resources
- B. A need without money
- C. Willingness and ability to pay for a good or service
- D. Unlimited consumption

Answer: C

4. Which shape represents equilibrium in a supply-demand graph?

- A. The crossing point of curves
- B. The highest point of demand curve
- C. The lowest point of supply curve
- D. The vertical axis

Answer: A

5. Which measure calculates the market value of all goods and services produced inside a country?

- A. GDP
- B. GNP
- C. Income per capita
- D. Gross domestic purchase

Answer: A

6. Which type of efficiency refers to allocating resources to the most cost-effective services?

- A. Technical efficiency

- B. Allocative efficiency
- C. Equity
- D. Effectiveness

Answer: B

7. Which indicator measures years of life lost + years lived with disability?

- A. QALY
- B. DALY
- C. QUALY
- D. DAILY

Answer: B

8. Which system enrolls mainly low-risk patients (young/healthy)?

- A. Solidarity insurance
- B. Capitation
- C. DRG
- D. Cherry-picking

Answer: D

9. What is the VAT rate in Hungary (general) in 2025?

- A. 9%
- B. 15%
- C. 18%
- D. 27%

Answer: D

10. Which financing source relies on contributions pooled before use?

- A. Out-of-pocket
- B. Prepayment
- C. Charity
- D. Co-payment

Answer: B

II. MULTIPLE CHOICE

1. Which are distinguishing features of health as an economic good?

- A. Uncertainty
- B. Asymmetric information
- C. Externalities
- D. Unlimited supply

Answers: A, B, C

2. Which are types of economic evaluation in healthcare?

- A. Cost-effect analysis
- B. Cost-utility analysis

- C. Cost-benefit analysis
- D. GDP growth analysis

Answers: B, C

3. Which are direct medical costs?

- A. Hospital inpatient care
- B. Prescription drugs
- C. Medical devices
- D. Loss of productivity

Answers: A, B, C

4. Which are types of private healthcare financing?

- A. Risk-managed insurance
- B. Out-of-pocket payments
- C. Public taxation
- D. Ad hoc reimbursement

Answers: A, B, D

5. Which are examples of health system actors?

- A. Patient
- B. Bank
- C. Funder
- D. Care developer

Answers: A, C

6. Which are forms of service payment in healthcare?

- A. DRG (Diagnosis-Related Group)
- B. Capitation
- C. Per diem
- D. Annual budget

Answers: A, B, C, D

7. Which are consequences of moral hazard in health insurance?

- A. Higher consumption
- B. Reduced incentives for healthy lifestyle
- C. More preventive screenings always
- D. Cost increase

Answers: A, B, D

8. Which are forms of progressive financing?

- A. Higher contribution for high-income groups
- B. Lower percentage for low-income groups
- C. VAT on food items
- D. Proportional contribution

Answers: A, B

9. Which of the following is a complementary good in healthcare?

- A. Cataract surgery and intraocular lens
- B. MRI scan and X-ray (used as substitutes)
- C. Public hospital and private hospital (substitutes)
- D. Surgery and health insurance

Answers: A, D

10. Which of the following is an example of complementary goods in rehabilitation?

- A. Gym membership and dental treatment
- B. MRI and CT scan (substitutes)
- C. Hip replacement surgery and physiotherapy
- D. Orthopedic shoes and physiotherapy

Answers: C, D

III. TRUE OR FALSE

1. Demand requires willingness and ability to pay.

Correct answer: true

2. Revenue is the same as profit.

Correct answer: false

3. Capitation means paying per hospital service used.

Correct answer: false

4. Catastrophic expenditure is defined as OOP > 40% of capacity to pay.

Correct answer: true

5. In health economics, equity means achieving the maximum health outcomes with the least amount of resources.

Correct answer: false

6. Scarcity in economics means that the demand for a good or service is greater than its availability.

Correct answer: true

IV. ANALYSIS OF RELATION – ANALYSING OF TRUTH OF STATEMENTS AND THE CONNECTION

1. Progressive contributions require higher income groups to pay more, and regressive contributions place higher burden on low-income groups.

Answer: A

2. Supply represents producers, and demand represents consumers.

Answer: A

3. Efficiency is about minimizing costs, and equity is about fairness.

Answer: B

4. Opportunity cost is the value of the next best alternative forgone, and it is a fundamental concept in health economics.

Answer: A

LEGAL AND ETHICAL ISSUES IN HEALTH TOURISM

I. SIMPLE CHOICE

1. Who has the right to information?

- A. All patients, it can never be restricted.
- B. All natural and legal persons.
- C. All patients, the information level is depending on their age and mental state.
- D. Patients with capacity to act.

Answer: C

2. Who of the following hotel guest is definitely incompetent?

- A. A guest who is under the influence of a mind-altering drug.
- B. A guest who has been convicted of a felony and is being transferred from a correctional facility.
- C. A 17-year-old guest.
- D. A blind person.

Answer: A

3. Which of the following is a patient right that cannot be restricted under any circumstances in the Hungarian Health Care Act?

- A. right to information
- B. right to health care
- C. right of access
- D. the right to human dignity

Answer: D

4. Who owns the medical records?

- A. the sectoral ministry responsible for health
- B. patient
- C. the health care provider involved in the patient's care
- D. the patient or the patient's legal representative

Answer: C

5. Which is the oldest patient right from historical view?

- A. the right to medical confidentiality
- B. right to information
- C. right to human dignity
- D. right of access

Answer: A

6. Which of the following forms of legal liability is certainly dangerous to society?

- A. civil liability
- B. tort

- C. crime against personality
- D. employment liability

Answer: C

7. When does a foreign patient have patient rights in Hungarian health care?

- A. does not have patient rights never
- B. always has patient rights
- C. if Hungary has an agreement with the country of patient's nationality
- D. only if the patient comes from an EU Member State

Answer: B

8. Which is definitely harmful to society?

- A. torts
- B. wrongful conduct
- C. breach of ethical rules
- D. criminal offence

Answer: D

9. Who owns the medical data?

- A. the sectoral ministry responsible for health
- B. patient
- C. the health care provider involved in the patient's care
- D. the patient or the patient's legal representative

Answer: B

10. What do "business ethics" primarily refer to?

- A. The legal requirements a business must follow.
- B. The set of moral principles and standards that guide conduct in the business world.
- C. How much profit a company makes.
- D. Only how a company interacts with its customers.

Answer: B

11. What does "integrity" in business ethics mean?

- A. Always making the most profit.
- B. Upholding honesty, trustworthiness, and reliability.
- C. Avoiding all laws and regulations.
- D. Only being honest when it benefits the company.

Answer: B

12. According to stakeholder theory, who should managers consider when making decisions?

- A. Only shareholders
- B. All parties with a stake in the firm
- C. Government regulators

D. Competitors

Answer: B

13. What is one argument against corporate moral agency?

- A. Corporations are legally recognized as people.
- B. Corporations are always morally responsible.
- C. Corporations can form intentions.
- D. Corporations lack minds and emotions.

Answer: D

14. What is a key concern with manipulative advertising?

- A. It undermines consumer autonomy.
- B. It is always illegal.
- C. It increases product prices.
- D. It is easily detected by consumers.

Answer: A

15. What is a key principle of accessible tourism?

- A. Segregated services for people with disabilities.
- B. Discounted travel for seniors.
- C. Universal design for inclusive access.
- D. Exclusive resorts for disabled travelers.

Answer: C

16. Who benefits from accessible tourism besides persons with disabilities?

- A. Only travel agencies.
- B. Older adults, pregnant women, and families with children.
- C. Only hotel owners.
- D. Only government officials.

Answer: B

17. According to the definition provided, sustainable tourism takes full account of its impacts on which three key aspects?

- A. Political, technological, and legal.
- B. Economic, social, and environmental.
- C. Historical, cultural, and geographical.
- D. Infrastructure, marketing, and finance.

Answer: B

II. MULTIPLE CHOICE

1. Compensatory damage can be...

- A. economic damage
- B. non-economic damage
- C. punitive damage

D. governmental damage

Answers: A, B

2. Patient wants to sue the health care provider due to medical error. Which country's court can rule if a patient is a national of a country other than the one in which he/she received healthcare? What solutions are possible under private international law?

A. the nationality or residence of the patient/health care provider

B. the territory of the state where the health service took place

C. the territory in which the damage occurred

D. agreement of the parties

Answers: A, B, C, D

3. Which of the following terms is relevant if the foreign patient wants to sue the Hungarian hospital because of his/her wrongful health care service?

A. International law

B. Private international law

C. Conflict of laws

D. National laws

Answers: B, C

4. What are the most important goals of informed consent?

A. To ensure the patient refuses the form

B. To involve the patient in choices about her health care

C. To provide a recommendation without patient involvement

D. To secure the patient's understanding

Answers: B, D

5. Which of the following persons have legal competency in Hungary?

A. 15-year-old pregnant woman

B. 18-year-old secondary school student

C. person sentenced to prison

D. deaf person

Answers: B, C, D

6. What are the binding sources of EU law?

A. Acts

B. Regulations

C. Recommendations

D. Founding treaties

Answers: B, D

7. Which of the following patient rights are regulated by law in Hungary?

A. Right to be informed

B. Right to self-determination

- C. Right to refuse the treatment
- D. Right to health care

Answers: A, B, C, D

8. Which of the following forms of legal liability is certainly dangerous to society?

- A. intentional injury resulting in permanent damage to the patient's health
- B. tort
- C. crime against personality
- D. employment liability

Answer: A, C

9. What does sustainable tourism seek to balance?

- A. Economic, social, and aesthetic needs.
- B. Cultural integrity and biodiversity.
- C. Tourist luxury and exclusivity.
- D. Governmental policies and global policies.

Answers: A, B

10. What are common threats to sustainable tourism?

- A. Overdevelopment
- B. Ignoring local culture
- C. Environmental degradation
- D. Increased tourist satisfaction

Answers: A, B, C

11. Which of the following are examples of ethical concerns in CBRC (Cross-border Reproductive Care)?

- A. Commodification of reproductive services
- B. Consent of surrogate mothers
- C. Disparities in access to treatment
- D. Standardized EU ethics codes

Answers: A, B, C

12. What are the most important goals of informed consent?

- A. To ensure the patient signs a form
- B. To involve the patient in choices about her health care
- C. To provide a recommendation without patient involvement
- D. To secure the patient's understanding

Answers: B, D

13. What are the two basic types of justice in healthcare?

- A) Comparative justice
- B) Autonomy and beneficence
- C) Distributive justice

D) Ethical and legal justice

Answers: A, C

14. What are the common reasons for seeking cross-border reproductive care (CBRC)?

A. Social media representations

B. Donor shortages

C. Social infertility (e.g., single or same-sex individuals)

D. Lower travel costs

Answers: B, C

15. What does Butler's definition of environmentally sustainable tourism emphasise?

A. Long-term viability

B. No degradation of the environment

C. Compatibility with other activities

D. Rapid expansion of tourism

Answers: A, B, C

III. TRUE OR FALSE

1. Every competent patient has legal capacity, but not every patient with legal capacity has legal competency.

Correct answer: true

2. If a patient insured in the Netherlands receives planned healthcare in Hungary, he or she can claim reimbursement in the amount that his or her own country would pay for the care received.

Correct answer: false

3. Not all European Union Member States are obliged to establish and operate a national contact point.

Correct answer: false

4. The GDPR is a law enacted by the WHO.

Correct answer: false

5. Guests who receive medical services in a hotel are not covered by the personal scope of the Health Care Act.

Correct answer: false

6. Having a clear code of conduct and a pipeline for anonymous reporting encourages employees to report ethical violations.

Correct answer: true

7. Accountability is a core principle of business ethics.

Correct answer: true

8. Business ethics regards the legal requirements a business must follow.

Correct answer: false

9. Sustainable tourism includes replacing traditional values with modern tourism practices.

Correct answer: false

10. CSR may be an efficient tool for companies to enhance their public image.

Correct answer: true

IV. ANALYSIS OF RELATION – ANALYSING OF TRUTH OF STATEMENTS AND THE CONNECTION

1. In the European Union (EU), emergency care is only available to citizens of EU Member States, as there are national contact points across the European Union.

Answer: D

2. Arbitration is an alternative dispute resolution because in arbitration process the parties choose the arbitrator.

Answer: B

3. Directive 2011/24/EU regulates cross-border healthcare in the European Union, as the directive regulates national patients' rights.

Answer: C

4. Sustainable tourism concerns local traditions as well, because cultural values are considered part of the environment.

Answer: A

5. Stakeholders would like to maximise profit at no cost, so shareholders put the focus on employees' rights.

Answer: E

6. Corporate social responsibility includes concerns about future generations, because corporations are moral agencies in the same way as humans.

Answer: C

MEDICAL TOURISM

I. SIMPLE CHOICE

1. What is the main difference between medical and wellness tourism?

- A. Medical tourism is always cheaper
- B. Medical tourism involves clinical procedures, while wellness tourism focuses on relaxation
- C. Wellness tourism requires insurance
- D. Medical tourism does not involve travel

Answer: B

2. Which country is well-known for affordable cosmetic surgery?

- A. Sweden
- B. Thailand
- C. Canada
- D. Germany

Answer: B

3. What is a major ethical concern in medical tourism?

- A. Flight delays
- B. Currency exchange
- C. Informed consent and malpractice laws
- D. Lost luggage

Answer: C

4. What kind of stakeholder is a travel facilitator in medical tourism?

- A. Patient
- B. Healthcare provider
- C. Intermediary
- D. Government official

Answer: C

5. What motivates many patients to seek treatment abroad?

- A. More expensive services
- B. Cultural experiences only
- C. Long waiting lists at home
- D. Risk of surgery

Answer: C

6. Which service is least likely to be offered by a medical tourism provider?

- A. Pre-consultation
- B. Spa treatment
- C. Surgery follow-up
- D. Theme Park tickets

Answer: D

7. What is an example of a treatment often sought in medical tourism?

- A. Art therapy
- B. Root canal
- C. Walking tour
- D. Sightseeing bus

Answer: B

8. Which body often provides accreditation for international hospitals?

- A. FIFA
- B. JCI (Joint Commission International)
- C. UNESCO
- D. IMF

Answer: B

9. What can impact the reputation of a medical tourism destination?

- A. Local cuisine
- B. Currency type
- C. Quality of healthcare
- D. Local dress code

Answer: C

10. What does a medical tourism facilitator do?

- A. Sells souvenirs
- B. Organizes visa paperwork, accommodation and appointments
- C. Only handles post-operative care
- D. Teaches local language

Answer: B

II. MULTIPLE CHOICE

1. Which are common treatments in medical tourism?

- A. Dental surgery
- B. Fertility treatments
- C. Spa massages
- D. Heart surgery

Answers: A, B, D

2. Which countries are major medical tourism destinations?

- A. India
- B. Germany
- C. Japan
- D. Thailand

Answers: A, B, D

3. Which stakeholders are involved in medical tourism?

- A. Hospitals
- B. Tour guides
- C. Insurance companies
- D. Travel agencies

Answers: A, C, D

4. What are risks associated with medical tourism?

- A. Poor follow-up care
- B. Travel complications
- C. Discount coupons
- D. Legal issues

Answers: A, B, D

5. What factors influence a patient's choice of medical tourism destination?

- A. Cost
- B. Climate
- C. Surgeon reputation
- D. Local fashion

Answers: A, B, C

6. What is included in a typical medical tourism package?

- A. Flight booking
- B. Surgical consultation
- C. Theme Park pass
- D. Hotel stay

Answers: A, B, D

7. Which marketing tools help promote medical tourism?

- A. Online reviews
- B. Patient testimonials
- C. Billboard ads in local neighborhoods only
- D. Health tourism websites

Answers: A, B, D

8. Which are examples of post-treatment services?

- A. Physiotherapy
- B. Spa treatments
- C. Sightseeing tours
- D. Follow-up consultations

Answers: A, D

9. What is necessary for sustainable medical tourism?

- A. Overbooked services
- B. Community inclusion
- C. Environmental protection
- D. Quality healthcare

Answers: B, C, D

10. Which are legal concerns in medical tourism?

- A. Licensing standards
- B. Informed consent
- C. Language learning
- D. Medical malpractice

Answers: A, B, D

11. What are key features of a high-quality hospital abroad?

- A. Accredited staff
- B. Unregulated treatments
- C. International standards
- D. Clean facilities

Answers: A, C, D

12. Which challenges are commonly faced in medical tourism?

- A. Insurance restrictions
- B. Language barriers
- C. Familiar cuisine
- D. Delayed flights

Answers: A, B, D

13. What can help patients choose safe medical providers?

- A. Online ratings
- B. Provider certifications
- C. Cheap pricing only
- D. Medical tourism agencies

Answers: A, B, D

14. What is often included in patient support services?

- A. Translators
- B. Legal advice
- C. Cultural briefings
- D. Theme Park passes

Answers: A, B, C

15. What can help ensure ethical medical tourism?

- A. Transparent pricing
- B. Exploiting weak regulations

- C. Informed patient choice
- D. Certified providers

Answers: A, C, D

16. Which technologies support international patient management?

- A. Telemedicine
- B. Medical databases
- C. Virtual tours
- D. Ride-sharing apps

Answers: A, B, C

17. What is often required before surgery abroad?

- A. Medical history
- B. Blood tests
- C. Rental car booking
- D. Pre-operative checkup

Answers: A, B, D

18. What increases trust in international healthcare providers?

- A. Transparent communication
- B. Accreditation
- C. Online influencers
- D. Word-of-mouth

Answers: A, B, D

19. What should a medical tourism policy consider?

- A. Legal protection
- B. Patient education
- C. Discount campaigns
- D. Local healthcare impact

Answers: A, B, D

20. Which are emerging trends in medical tourism?

- A. Cosmetic dentistry growth
- B. Telehealth consultations
- C. Decrease in cross-border treatment
- D. Wellness-medical hybrid packages

Answers: A, B, D

III. TRUE OR FALSE

- 1. Medical tourism refers to travel for clinical or surgical purposes.

Correct answer: true

- 2. All spa services are considered medical treatments.

Correct answer: false

3. Thailand is a leading destination for cosmetic surgery.

Correct answer: true

4. Medical tourism only benefits wealthy patients.

Correct answer: false

5. Joint Commission International accredits hospitals.

Correct answer: true

6. Post-operative care is unnecessary in medical tourism.

Correct answer: false

7. Cultural sensitivity improves the patient experience.

Correct answer: true

8. Medical tourists never require travel insurance.

Correct answer: false

9. Many patients travel for fertility or orthopedic surgeries.

Correct answer: true

10. Medical tourism can strain local healthcare resources.

Correct answer: true

11. Insurance policies are always valid internationally.

Correct answer: false

12. Ethical standards are crucial in medical tourism services.

Correct answer: true

IV. ANALYSIS OF RELATION – ANALYSING OF TRUTH OF STATEMENTS AND THE CONNECTION

1. Medical tourism involves traveling for healthcare purposes. Health services are cheaper in some countries.

Answer: A

2. Some patients prefer overseas treatments. All overseas clinics have higher standards.

Answer: C

3. Good post-operative care supports patient recovery. Most facilitators provide follow-up programs.

Answer: B

4. Language barriers can affect treatment quality. Interpreter services are offered in many clinics.

Answer: A

5. Medical tourism harms the environment. Travel emits carbon dioxide.

Answer: A

6. Insurance always covers international surgeries. Patients sometimes pay out-of-pocket abroad.

Answer: D

7. Hospital accreditation ensures basic quality standards. Many patients check these before booking.

Answer: A

8. Patients choose destinations based on fashion trends. Medical care quality is their top concern.

Answer: D

NATURE MEDICINE

I. SIMPLE CHOICE

1. What is the primary definition of phytotherapy?

- A. The use of synthetic drugs to treat disease.
- B. The use of plant-derived medicines to treat or prevent health conditions.
- C. A form of physical therapy using plants.
- D. The use of animal products for healing.

Answer: B

2. Which of the following is a key principle that distinguishes phytotherapy from traditional herbalism?

- A. Use of only fresh plants.
- B. Reliance on empirical traditional knowledge.
- C. Science-based evidence and standardization of plant extracts.
- D. Use of animal-derived ingredients.

Answer: C

3. Why is it important to consult a healthcare provider before using phytotherapy products?

- A. They are always toxic
- B. They may interact with other medications or cause side effects
- C. They are illegal in most countries
- D. They are only available by prescription

Answer: B

4. What is the primary goal of TCM treatment?

- A. To treat only the symptoms of disease
- B. To restore balance and harmony within the body
- C. To focus solely on anatomical structures
- D. To increase body temperature

Answer: B

5. In TCM, the concept of Yin and Yang primarily represents:

- A. Opposing but complementary forces in nature and the body
- B. The five internal organs
- C. The flow of blood
- D. The taste of herbal medicines

Answer: A

6. What is a primary characteristic of Thai massage compared to other massage therapies?

- A. Use of hot stones

- B. Assisted stretching and yoga-like postures
- C. Application of essential oils
- D. Focus on only the back and shoulders

Answer: B

7. What distinguishes qigong from tai chi?

- A. Qigong is more structured and complex
- B. Qigong involves simpler, often repetitive movements
- C. Qigong is always practiced for martial arts
- D. Qigong requires special equipment

Answer: B

8. Qigong is most closely associated with which traditional Chinese concept?

- A. Qi (vital energy)
- B. Yin and Yang
- C. Feng Shui
- D. Acupuncture needles

Answer: A

9. What is a widely recognized mental health benefit of practicing Tai Chi?

- A. Increased aggression
- B. Improved memory and reduced stress
- C. Decreased flexibility
- D. Slower reaction time

Answer: B

10. What is the main benefit of practicing yoga regularly?

- A. Only increases muscle size
- B. Only improves digestion
- C. Enhances both physical and mental well-being
- D. Only boosts cardiovascular endurance

Answer: C

11. Which of the following is a potential benefit of reflexology?

- A. Reducing stress and anxiety
- B. Improving vision
- C. Curing cancer
- D. Healing broken bones

Answer: A

12. What is the main principle behind reflexology?

- A. Applying heat to muscles
- B. Manipulating energy meridians
- C. Applying pressure to specific points that correspond to body organs

D. Using herbal compresses

Answer: C

13. Which part of the body is most commonly associated with reflexology treatments?

A. Back

B. Feet

C. Shoulders

D. Head

Answer: B

14. What is the primary focus of the NADA protocol in acupuncture?

A. Pain management for arthritis

B. Detoxification and addiction recovery

C. Weight loss support

D. Treatment of skin conditions

Answer: B

15. What is the core principle behind homeopathy?

A. Treating symptoms with opposite substances

B. Using large doses of natural substances

C. "Like cures like"—a substance causing symptoms in healthy people can treat similar symptoms in the sick

D. Only treating emotional problems

Answer: C

16. Which statement best describes the recommended dietary approach in lifestyle therapy?

A. High intake of processed meats and sugary drinks

B. Predominantly whole-food, plant-based diet

C. Unlimited consumption of red meat and pastries

D. Avoidance of all fruits and vegetables

Answer: B

17. What is a primary goal of lifestyle therapy in the management of chronic diseases?

A. To rely solely on pharmaceutical interventions

B. To use therapeutic lifestyle changes as the main treatment

C. To avoid addressing behavioural factors

D. To focus only on acute conditions

Answer: B

18. What is the primary purpose of muscle testing in holistic kinesiology?

A. To measure athletic performance

B. To diagnose energy imbalances in the body

C. To determine body fat percentage

D. To assess lung capacity

Answer: B

II. MULTIPLE CHOICE

1. Which of the following are among the five elements in traditional Chinese medicine?

- A. Wood
- B. Fire
- C. Air
- D. Metal

Answers: A, B, D

2. What are some possible contraindications to practicing alternative movement therapies, such as yoga or tai chi?

- A. Untreated high blood pressure
- B. Infectious disease
- C. Recent surgery or injury
- D. Chronic musculoskeletal problem

Answers: A, B, C

3. Which of the following are typically considered alternative exercise therapies?

- A. Tai Chi
- B. Qigong
- C. Massage therapy
- D. Pilates

Answers: A, B, C

4. Which of the following are typical components of qigong practice?

- A. Mindful movement
- B. Rhythmic breathing
- C. Weightlifting
- D. Meditation

Answers: A, B, D

5. Which of the following are commonly reported benefits of acupuncture in addiction treatment programs?

- A. Reduced anxiety
- B. Improved program adherence
- C. Reduced cravings
- D. Increased medication needs

Answers: B, C, D

6. Which of the following are typical sources of homeopathic remedies?***

- A. Plants
- B. Minerals

- C. Synthetic chemicals
- D. Animal products

Answers: A, B, D

7. Which of the following is one of the six pillars of lifestyle therapy?

- A. Whole, plant-based nutrition
- B. Regular exercise
- C. Regular medication
- D. Restorative sleep

Answers: A, B, D

8. Which of the following are parts of the triad of health in holistic kinesiology?

- A. Structural (physical) health
- B. Chemical/nutritional health
- C. Emotional/mental health
- D. Financial health

Answers: A, B, C

9. What are the characteristics of Bach-therapy rescue remedy, acute stress treatment?

- A. The first aid drop, also known as emergency drop, life-saving drop or rescue remedy, is a preparation consisting of the harmony of five flower essences.
- B. Its use is recommended in all cases when there is no time to examine mental states, immediate help is needed
- C. Its use is recommended primarily in emergency situations, in cases of sudden physical or mental trauma.
- D. The mixture was compiled by Johann Sebastian Bach himself.

Answers: A, B, C

10. Which alternative massage therapy is not based on balancing energy flow through meridian channels?

- A. Shiatsu massage
- B. Swedish massage
- C. Hot stone massage
- D. Sports massage

Answers: B, D

III. TRUE OR FALSE

1. The main characteristic of Thai massage compared to other massage therapies is that it uses hot stones.

Correct answer: false

2. Hot stone massage is an alternative massage therapy based on balancing the flow of energy (qi) through meridian channels and is often performed fully clothed on a mat.

Correct answer: false

3. The primary goal of lifestyle therapy in the treatment of chronic diseases is to use therapeutic lifestyle changes as the main treatment.

Correct answer: true

4. Frequently reported benefits of acupuncture in addiction treatment programs include improved program participation, reduced cravings, and increased medication adherence.

Correct answer: true

5. Traditional Chinese medicine is an activity that requires a physical therapy degree.

Correct answer: false

6. The NADA protocol (National Acupuncture Detoxification Association) is an integrative, complementary therapy method that supports the treatment of various addictions, psychological problems, stress and other health disorders through five specific ear acupuncture points

Correct answer: true

IV. ANALYSIS OF RELATION – ANALYSING OF TRUTH OF STATEMENTS AND THE CONNECTION

1. It is important to consult a healthcare provider before using herbal products, because they are prescription only.

Answer: C

2. Naturopathic activities that can only be performed after obtaining a professional qualification and activities that can only be performed after obtaining a qualification through further training culminating in an exam are regulated by decree / performing unauthorized healing and naturopathic activities entails strict sanctions.

Answer: A

3. If the spa management wants to introduce a naturopathic service, it must carefully examine the professional qualifications of the service provider, because the naturopathic regulation strictly defines which activities are permitted and what qualifications are required.

Answer: A

4. A person with a higher health professional qualification as a physiotherapist can perform manual therapy procedures, including spinal manipulation techniques, as chiropractors can also perform spinal manipulation according to the naturopathic medicine regulation.

Answer: E

ONLINE COMMUNICATION AND SMART DEVICES

I. SIMPLE CHOICE

1. How does continuous glucose monitoring (CGM) improve patient outcomes in diabetes management?

- A. By reducing the need for insulin
- B. By providing real-time glucose trends to adjust therapy
- C. By curing diabetes completely
- D. By lowering blood pressure

Answer: B

2. What key feature differentiates smart cardiac implants from traditional pacemakers?

- A. They can connect wirelessly to healthcare providers for remote monitoring
- B. They have longer battery life only
- C. They are larger in size
- D. They do not require surgery

Answer: A

3. Which data security concern is most significant in the use of smart health devices?

- A. Device battery drain
- B. Unauthorized access to patient health data
- C. Difficulty reading screens
- D. Device color options

Answer: B

4. What is one potential limitation of using wearable fitness trackers in clinical studies?

- A. High precision of data
- B. Lack of patient adherence and data reliability
- C. Integration with medical records
- D. Too affordable

Answer: B

5. In telehealth, what advantage do smart diagnostic devices provide over traditional in-clinic examinations?

- A. They reduce diagnostic accuracy
- B. They allow real-time data sharing and remote assessment
- C. They require more travel by patients
- D. They increase infection risks

Answer: B

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- C. They require more travel by patients
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Answer: B

11. In the communication process, what does noise mean?

- A. Music in advertisements
- B. Any disturbance that distorts the message
- C. The reaction of the receiver
- D. The medium of communication

Answer: B

12. Which communication principle focuses on showing respect and politeness?

- A. Concreteness
- B. Clarity

- C. Conciseness
- D. Courtesy

Answer: D

13. Why are colours important in marketing communication?

- A. They make advertisements more expensive
- B. They replace logos
- C. They help identify and differentiate the brand
- D. They are only used for cultural decoration

Answer: C

14. In online health communication, what is one major advantage over traditional communication?

- A. Limited reach
- B. Instant global access
- C. Delayed feedback
- D. High printing costs

Answer: B

15. Which principle of communication emphasizes using accurate facts and language?

- A. Correctness
- B. Completeness
- C. Consideration
- D. Conciseness

Answer: A

II. MULTIPLE CHOICE

1. Which of the following are benefits of using smart devices in remote patient monitoring?

- A. Real-time data collection
- B. Increased physical clinic visits
- C. Improved patient engagement
- D. Reduced hospital readmissions

Answers: A, C, D

2. What are potential challenges in implementing smart devices in healthcare?

- A. Data privacy concerns
- B. Interoperability with existing systems
- C. Enhanced diagnostic accuracy
- D. High initial costs

Answers: A, B, D

3. Which smart devices can be used for cardiac monitoring?

- A. Wearable ECG patches

- B. Smart fitness trackers
- C. Smart thermometers
- D. Smart blood pressure monitors

Answers: A, B, D

4. What features are often included in modern smart inhalers?

- A. Dose tracking
- B. Video calling function
- C. Reminders for usage
- D. Usage history logging

Answers: A, C, D

5. Which are advantages of using AI-powered diagnostic tools with smart devices?

- A. Reduced human error
- B. Faster diagnosis
- C. Continuous learning from new data
- D. Higher device cost

Answers: A, B, C

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- D. Higher device cost

Answers: A, B, C

11. Which are considered elements of the communication process?

- A. Sender
- B. Message
- C. E-mail
- D. Marketing campaign

Answers: A, B

12. Which of the following are advantages of online communication in healthcare compared to traditional methods?

- A. Interactivity with patients via social media
- B. Higher printing costs
- C. One-way communication
- D. Wider and faster reach to international patients

Answers: A, D

13. Which principles belong to the 7C's of Communication?

- A. Clarity
- B. Completeness
- C. Creativity
- D. Correctness

Answers: A, B, D

14. Which elements support brand positioning in marketing communication?

- A. Internal office furniture design
- B. Slogan placement in employee email signatures
- C. Logo
- D. Corporate stationery layout

Answers: C

15. A rehabilitation centre wants to keep international patients updated about new treatment programs. Which online communication channel is most appropriate?

- A. Regular email newsletters in English
- B. Posters inside the hospital building

- C. Conference calls with staff only
- D. Flyers distributed in local pharmacies

Answers: A

III. TRUE OR FALSE

1. Smart devices can transmit patient data to healthcare providers in real time.

Correct answer: true

2. All smart devices in healthcare are guaranteed to be completely secure and free of privacy risks.

Correct answer: false

3. Wearable devices can help detect irregular heart rhythms before symptoms appear.

Correct answer: true

4. Smart devices can transmit patient data to healthcare providers in real time.

Correct answer: true

5. All smart devices in healthcare are guaranteed to be completely secure and free of privacy risks.

Correct answer: false

6. Wearable devices can help detect irregular heart rhythms before symptoms appear.

Correct answer: true

7. In communication, the receiver should be the one who fully understands the message.

Correct answer: true

8. Online communication excludes private usage and is limited to business purposes.

Correct answer: false

9. Colours in marketing communication only serve aesthetic purposes and do not support brand differentiation.

Correct answer: false

IV. ANALYSIS OF RELATION – ANALYSING OF TRUTH OF STATEMENTS AND THE CONNECTION

1. Smart devices can improve patient monitoring significantly, but they completely eliminate the need for doctor visits.

Answer: C

2. Smart devices cannot collect any health data, but they provide instant alerts to doctors.

Answer: D

3. Smart devices can improve patient monitoring significantly, but they completely eliminate the need for doctor visits.

Answer: C

4. Smart devices cannot collect any health data, but they provide instant alerts to doctors.

Answer: D

5. Online communication allows faster information sharing, and therefore it has become a key tool in international health tourism marketing.

Answer: A

6. Smart devices can improve patient monitoring significantly, but they completely eliminate the need for doctor visits.

Answer: C

PATIENT PATHWAYS METHODOLOGY

I. SIMPLE CHOICE

1. Which dimension of care in the Donabedian model refers to using evidence-based treatments and standards?

- A. Accessibility
- B. Appropriateness
- C. Equity
- D. Timeliness

Answer: B

2. What is the main aim of quality improvement (QI) according to Batalden and Davidoff (2007)?

- A. Lowering organizational costs
- B. Better patient outcomes, system performance, and professional development
- C. Improving only staff satisfaction
- D. Building more hospitals

Answer: B

3. Which methodology is based on eliminating waste in healthcare processes?

- A. Lean
- B. Six Sigma
- C. PDCA
- D. EB CD

Answer: A

4. The Donabedian model distinguishes between structure, process, and:

- A. Competition
- B. Strategy
- C. Effectiveness
- D. Outcome

Answer: D

5. What does a PREM measure?

- A. Patient-reported outcomes
- B. Patient-reported experience
- C. Patient-reported excuses
- D. Patient-reported effectiveness

Answer: B

6. What does a PROM measure?

- A. Patient outcomes as reported by patients
- B. Patient-reported opportunities

- C. Hospital efficiency
- D. Patient-reported outputs

Answer: A

7. Which questionnaire assesses mobility, self-care, usual activities, pain/discomfort, and anxiety/depression?

- A. SF-36
- B. PROMIS
- C. EQ-5D
- D. WHO-QOL

Answer: C

8. Which pathway type extends beyond inpatient care to discharge and follow-up?

- A. Clinical pathway
- B. Care pathway
- C. Patient pathway
- D. Transmural pathway

Answer: B

9. In a flowchart, which shape represents a decision point?

- A. Oval
- B. Circle
- C. Diamond
- D. Triangle

Answer: C

10. In a flowchart, which shape marks the start or end of a process?

- A. Oval
- B. Square
- C. Hexagon
- D. Diamond

Answer: A

11. Perinatal mortality rate is an example of:

- A. Process indicator
- B. Structural indicator
- C. Outcome indicator
- D. PREM

Answer: C

12. Which dimension of care is related to timely interventions?

- A. Timeliness
- B. Safety
- C. Equity

D. Deadline

Answer: A

13. Which pathway type focuses on within-hospital care?

A. Clinical pathway

B. Patient pathway

C. Care pathway

D. Disease management pathway

Answer: C

14. What is the aim of care pathways?

A. Increase hospital profit

B. Enhance quality, safety, satisfaction, and optimize resources

C. Build more hospitals

D. Focus only on costs

Answer: B

15. Who are the main actors in health systems?

A. Patients, providers, funders, and organizers

B. Only doctors and nurses

C. Patients and government only

D. Patients, providers, insurance companies, politicians

Answer: A

II. MULTIPLE CHOICE

1. Which are dimensions of care in the Donabedian model?

A. Access

B. Efficiency

C. Safety

D. Timeliness

Answers: A, B, C, D

2. Which are phases of DMAIC in Six Sigma?

A. Define

B. Measure

C. Analyse

D. Collect

Answers: A, B, C

3. Which are examples of PROMs?

A. Patient number

B. Mobility

C. Anxiety/depression

D. Number of hospital beds

Answers: B, C

4. Which are examples of PREMs?

- A. Communication quality
- B. Respiratory syndrome
- C. Overall satisfaction
- D. Patient mobility

Answers: A, C

5. Which are common tools for understanding problems?

- A. 5 Whys
- B. Fishbone diagram
- C. Process telling
- D. SWOTT analysis

Answers: A, B

6. Which belong to the input–output–outcome–impact framework?

- A. Input = resources
- B. Output = immediate results
- C. Outcome = intermediate change
- D. Impact = long-term change

Answers: A, B, C, D

7. Which are opportunities of care pathways?

- A. Transparency
- B. Disruption identification
- C. Evidence-based processes
- D. Patient-centred care

Answers: A, B, C, D

8. Which are forms of pathway mapping?

- A. Flowcharts
- B. Simulations
- C. Post-it notes
- D. Interactive computer games

Answers: A, B, C

9. Which shapes are used in flowcharts?

- A. Oval
- B. Diamond
- C. Dot
- D. Arrow

Answers: A, B, D

10. Which benefits can PROMs provide in healthcare?

- A. Benchmarking
- B. Evaluating effectiveness
- C. Identifying best practice
- D. Predicting staff salaries

Answers: A, B, C

11. Which are main characteristics of care pathways?

- A. Explicitly defined goals based on evidence
- B. Defined roles for administration, treatment, and organisation
- C. Ignoring patient expectations
- D. Documentation and monitoring

Answers: A, B, D

12. Which opportunities are offered by well-defined care pathways?

- A. Transparency of care processes
- B. More evidence-based decision-making
- C. Always higher hospital revenues
- D. Improved patient-centred practices

Answers: A, B, D

13. Which outcomes can result from implementing treatment guidelines?

- A. Guaranteed profit for hospitals
- B. Improved patient safety
- C. More standardised care
- D. Variations in care

Answers: B, C

14. Which type of indicator measures the number of accredited doctors for a procedure?

- A. Outcome indicator
- B. Structural indicator
- C. Process indicator
- D. PREM

Answers: B

15. Which indicator(s) is/are more sensitive to quality differences?

- A. Process indicator
- B. Outcome indicator
- C. Structural indicator
- D. Impact indicator

Answers: A

III. TRUE OR FALSE

1. Quality improvement requires both theory of change and data.

Correct answer: true

2. Lean in healthcare defines waste as anything not adding value to the patient.

Correct answer: true

3. PREMs focus on outcomes, not experiences.

Correct answer: false

4. A diamond in a flowchart represents a decision point.

Correct answer: true

5. Flowcharts are used only in financial analysis.

Correct answer: false

6. Care pathways enhance quality by improving outcomes, safety, satisfaction, and resources.

Correct answer: true

7. Timeliness means evidence-based care.

Correct answer: false

8. Documentation and monitoring are essential components of effective care pathways.

Correct answer: true

9. Clinical pathways are generally limited to a single institution, such as a hospital department.

Correct answer: true

IV. ANALYSIS OF RELATION – ANALYSING OF TRUTH OF STATEMENTS AND THE CONNECTION

1. Flowcharts represent processes, and diamonds are used to show patient satisfaction.

Answer: C

2. PREMs measure patient-reported experiences, and PROMs measure patient-reported health outcomes.

Answer: A

3. The Donabedian model has structure, process, outcome, and it measures profitability.

Answer: C

4. PREMs and PROMs are both important for quality improvement, and they are always quantitative.

Answer: C

5. PROMs measure patient-reported outcomes, and EQ-5D is a widely used PROM questionnaire.

Answer: A

6. The Donabedian model distinguishes between structure, process, and outcomes, and it is widely applied in evaluating healthcare quality.

Answer: A

OPERATION AND HR MANAGEMENT IN HEALTH TOURISM

I. SIMPLE CHOICE

1. Human Resource Management aims to ensure the right person is in the right place, at the right time, with the right ...

- A. Salary
- B. Attitude
- C. Competence
- D. Contract

Answer: C

2. A ... analysis identifies the duties, responsibilities, and requirements of a specific position.

- A. Market
- B. Budget
- C. Risk
- D. Job

Answer: D

3. Recruitment primarily aims to widen the pool of potential ...

- A. Shareholders
- B. Applicants
- C. Managers
- D. Customers

Answer: B

4. One of the most common selection tools is the ... interview.

- A. Written
- B. Structured
- C. Salary
- D. Online test

Answer: B

5. Effective onboarding programs can help reduce turnover and increase employee ...

- A. Pressure
- B. Engagement
- C. Dismissals
- D. Risk

Answer: B

6. Performance appraisal results often influence an employee's pay and ... development.

- A. Physical
- B. Emotional

- C. Social
- D. Career

Answer: D

7. ... pay is a type of compensation linked to an employee's performance.

- A. Basic
- B. Incentive
- C. Overtime
- D. Holiday

Answer: B

8. Among classic motivation theories is Maslow's ... of needs.

- A. Theory X
- B. Hierarchy
- C. Model Y
- D. System

Answer: B

9. Occupational health aims to prevent workplace accidents and ... diseases.

- A. Family
- B. Infectious
- C. Occupational
- D. Cultural

Answer: C

10. Lifelong learning in HR is supported by regular training and programs.

- A. Retirement
- B. Development
- C. Payroll
- D. Leave

Answer: B

II. MULTIPLE CHOICE

1. Which of the following are the main functions of Human Resource Management?

- A. Recruitment
- B. Financial auditing
- C. Training and Development
- D. Performance Appraisal

Answers: A, C, D

2. Which activities belong to training and development?

- A. Interview
- B. Recruitment advertising
- C. Coaching

D. Mentoring

Answers: C, D

3. Which tools can be used during the selection process?

A. Interviews

B. Psychometric tests

C. Assessment center

D. Sales forecasting

Answers: A, B, C

4. Which methods can be used for performance appraisal?

A. 360-degree feedback

B. SWOT analysis

C. Rating scales

D. Self-appraisal

Answers: A, C, D

5. Which theories are classified as motivation theories?

A. Maslow's Hierarchy of Needs

B. Herzberg's Two-Factor Theory

C. Contingency Theory

D. McGregor's Theory X and Y

Answers: A, B, D

6. Which HR strategies help reduce employee turnover?

A. Retention bonuses

B. Career development opportunities

C. Downsizing

D. Flexible working arrangements

Answers: A, B, D

7. Which statements describe organizational culture?

A. Shared values and beliefs

B. Common practices and norms

C. Salary structure

D. Symbols and rituals

Answers: A, B, D

8. Which are benefits of diversity management?

A. Higher conflict levels

B. Increased innovation

C. Broader talent pool

D. Lower engagement

Answers: B, C

9. Which are examples of financial incentives?

- A. Bonus payments
- B. Free gym membership
- C. Profit sharing
- D. Flexible hours

Answers: A, C

10. Which legal areas protect employees?

- A. Health and safety regulations
- B. Anti-discrimination laws
- C. Working time directives
- D. Tax incentives for employers

Answers: A, B, C

III. TRUE OR FALSE

1. Human Resource Management only deals with hiring and firing employees.

Correct answer: false

2. Recruitment is the process of attracting qualified candidates for a job vacancy.

Correct answer: true

3. Performance appraisal is unrelated to employee promotion decisions.

Correct answer: false

4. Occupational health focuses solely on physical safety, ignoring mental well-being.

Correct answer: false

5. Flexible working hours are an example of a non-monetary benefit.

Correct answer: true

6. HR analytics involves using data to make better hr decisions.

Correct answer: true

IV. ANALYSIS OF RELATION – ANALYSING OF TRUTH OF STATEMENTS AND THE CONNECTION

1. Effective onboarding increases employee retention, and it does so because it helps new hires feel connected from day one.

Answer: A

2. Flexible working arrangements always lead to increased employee productivity since employees prefer less supervision.

Answer: B

3. Diversity management ensures innovation because employees with different backgrounds automatically collaborate effectively.

Answer: B

4. Monetary incentives are the sole motivator for employees, and non-financial rewards such as recognition have no impact on engagement.

Answer: E

PHYSIOLOGY - PATHOPHYSIOLOGY

I. SIMPLE CHOICE

1. When solutes are transported downstream to concentration gradient is called:

- A. filtration
- B. diffusion
- C. active transport
- D. electrical conduction
- E. passive transport

Answer: E

2. Characteristic to leukemia:

- A. polyclonal blood cell formation
- B. regulated cell proliferation
- C. no immature cell types in the blood
- D. monoclonal WBC formation
- E. normal WBC count

Answer: D

3. pH

- A. indicates the negative concentration of logarithm
- B. indicates the logarithm of hydroxyl ion concentration
- C. indicates the negative logarithm of hydrogen ion concentration
- D. indicates positive logarithm of hydrogen ion concentration
- E. none of the above

Answer: C

4. HIV virus binds to

- A. plasma cells
- B. T_H lymphocytes
- C. B lymphocytes
- D. T_M lymphocytes
- E. monocytes

Answer: B

5. Reticulocytes

- A. are released from damaged tissue
- B. are cells without nuclei
- C. are precursors of megakaryocytes
- D. account for 20 per cent of red blood cells in the blood under physiological conditions
- E. actively divide

Answer: B

6. MHC I-Ag complex

- A. is present on red blood cells
- B. inhibits T_M proliferation
- C. initiates humoral immune response
- D. binds to T_H lymphocytes
- E. binds to T₈ lymphocytes

Answer: E

7. Phase of blood coagulation

- A. exocytosis
- B. platelet mediated hemostasis
- C. atherosclerosis
- D. bilirubin synthesis
- E. none of the above

Answer: B

8. In error, a patient is infused with large volumes of a solution that causes shrinking of his red blood cells. The solution was most likely

- A. hypotonic NaCl
- B. isotonic mannitol
- C. hypertonic NaCl
- D. isotonic NaCl
- E. hypotonic urea

Answer: C

9. Pneumothorax:

- A. expiratory muscle
- B. abdominal respiration
- C. atmospheric pressure in the intrapleural space
- D. air pressure in the lung
- E. relaxation of lung muscles

Answer: C

10. Increased degradation of hemoglobin results in

- A. decreased number of white blood cells
- B. increased indirect bilirubin concentration in blood
- C. decreased stercobilin concentration in feces
- D. decreased bilirubin conjugation in liver
- E. increased hemoglobin concentration in feces

Answer: B

11. Venous blood pressure at physiological conditions

- A. 2-20 mmHg
- B. 10-60 mmHg

- C. 2-60 mm Hg
- D. 20-40 mmHg
- E. 0-5 mmHg

Answer: A

12. Which of the following is least likely to cause sustained hypertension?

- A. increased secretion of the adrenal medulla
- B. increased angiotensinogen concentration in the blood
- C. pheochromocytoma
- D. oral contraceptives (estrogen therapy)
- E. increased secretion of the adrenal cortex

Answer: B

13. Immunoglobulins

- A. are released from damaged tissue
- B. are formed by 4 heavy chains
- C. are formed by 4 light chains
- D. are blood group antigens
- E. contain hypervariable regions

Answer: E

14. Which of the following characteristic is shared by lymphomas and lymphoid leukemias

- A. both are malignant transformations
- B. both are malignant alterations of the lymphoid glands
- C. both are bone marrow diseases
- D. both are reactive syndromes
- E. both produce excess amount of Bence-Jones protein

Answer: A

15. Kupfer cells and alveolar macrophages are originally

- A. protozoan
- B. monocytes
- C. neutrophils
- D. T cell lymphocytes
- E. B cell lymphocytes

Answer: B

16. Thrombus formation is initialized by

- A. exposure of collagen due to endothelial damage
- B. activation of Factor IX
- C. formation of activation complex
- D. low Ca^{2+} concentration
- E. none of the above

Answer: A

17. What blood type the patient has if his blood plasma contains anti-A and anti-B hemagglutinins?

- A. 'O', only
- B. A, only
- C. AB or A
- D. 'O', A or B
- E. AB only

Answer: A

18. CO₂ is transported in the blood

- A. bound to Fe²⁺ ion
- B. by white blood cells
- C. bound to thrombocytes
- D. in form of carbamino compounds
- E. by veins only

Answer: D

19. In disseminated intravascular coagulopathy,

- A. factor X is absent
- B. fibrinolysis is inhibited
- C. tissue thrombokinase formation is inhibited
- D. micro thrombus formation consumes coagulation factors
- E. the liver does not synthesize coagulation factors

Answer: D

20. Iron loss occurs

- A. after bleeding
- B. before birth
- C. with extensive urination
- D. when excess ferri ions are not absorbed in the gut
- E. with physical exercise

Answer: A

21. Pacemaker activity of cardiac muscle fibers is due to

- A. decreased Na⁺ ion permeability of the cell membrane
- B. higher than -90mV negative membrane potential
- C. increased Na⁺ and Ca²⁺ ion permeability of the cell membrane
- D. hyperpolarization of the cell membrane
- E. glucose consumption lower than normal

Answer: C

22. At examination, a patient' ECG shows 45/min ventricular frequency and 110/min atrial frequency. What is most likely going on with the patient?

- A. The patient has third degree heart block.
- B. The patient has normal cardiac function.
- C. The patient has first degree heart block
- D. The patient has ventricular extra systole.
- E. The patient has sinus tachycardia.

Answer: A

23. Normal spread of cardiac excitation:

- A. SA node-AV node-Purkinje fibers-ventricular musculature-His bundle
- B. SA node-His bundle-Purkinje fibers-AV node-ventricular musculature
- C. AV node-sinus node-His bundle-Purkinje fibers-ventricular musculature
- D. Purkinje fibers-sinus node-AV node-bundle branches-His bundle
- E. sinus node-AV node-His bundle-bundle branches-Purkinje fibers-ventricular musculature

Answer: E

24. The approximate amount of gas left in the lungs after maximal forced expiration is

- A. Zero
- B. 0.1 L
- C. 1.2 L
- D. 3.1 L
- E. 4.2 L

Answer: C

25. Inspiration is

- A. a passive process
- B. due to active work of bronchial smooth muscle
- C. due to the contraction of expiratory muscles
- D. partially due to the contraction of external intercostals muscles
- E. due to the relaxation of expiratory muscles

Answer: D

26. Major source of energy in the brain

- A. glucose
- B. lactate
- C. fatty acids
- D. triglycerides
- E. fructose

Answer: A

27. Glucose reabsorption occurs in the

- A. proximal tubule
- B. loop of Henle
- C. distal tubule
- D. cortical collecting duct

E. medullar collecting duct

Answer: A

28. Chronic glomerulonephritis results in

- A. kidney stones (calculi)
- B. increased renal function
- C. inflammatory process of the renal pelvis
- D. tubular atrophy
- E. increased amount of urine

Answer: D

29. Tubular maximum is characteristic to

- A. urea
- B. penicillin
- C. protein
- D. red blood cells
- E. water

Answer: B

30. Citrate cycle (Szentgyörgyi-Krebs cycle) produces ATP and reduced coenzymes

- A. under anaerobic conditions
- B. under aerobic conditions
- C. exclusively in the brain
- D. when oxygen is not available
- E. only in the heart

Answer: B

II. MULTIPLE CHOICE

1. Filtered and secreted in the nephron

- A. xenobiotics
- B. Na^+
- C. K^+
- D. amino acids

Answers: A, C

2. Windkessel effect is

- A. loss of elasticity of lung tissues
- B. pressure increase in the pericardium due to fluid accumulation
- C. dilation of ventricles due to increased venous return
- D. recoil effect of stretched aortic wall

Answers: D

3. Distribution of circulating blood

- A. veins 24%

- B. capillaries 5%
- C. arteries 41%
- D. heart 12%

Answers: B, D

4. Easily crossing blood-brain barrier

- A. proteins
- B. neurotransmitters
- C. red blood cells
- D. lipophilic molecules

Answers: D

5. Disordered renal function might result in

- A. decreased glomerular filtration
- B. appearance of glucose in urine
- C. hypertension
- D. hematuria (RBCs in urine)

Answers: A, B, C, D

6. Formed in lung capillaries

- A. serotonin
- B. adrenaline
- C. noradrenaline
- D. angiotensin II.

Answers: D

7. Partial pressure of O₂ is

- A. higher than P_{CO₂} in the lung
- B. 160 mm Hg in the atmosphere
- C. approx. 150 mm Hg in inspired air
- D. lower than P_{H₂O} in the lung

Answers: A, B, C

8. Activation of the sympathetic system results

- A. negative chronotropic effect on the heart.
- B. systemic vasoconstriction
- C. systemic vasodilation
- D. increased blood pressure

Answers: B, D

9. Arteriovenous shunts are

- A. direct connection between arterioles and venules
- B. real capillaries
- C. bypassing capillaries.

D. open all the time

Answers: A, C

10. Endogenous activation steps of coagulation

- A. exposure of collagen to blood
- B. activation of coagulation factor XII
- C. enzymatic cleavage by factor XIa
- D. release of tissue thrombokinase

Answers: A, B, C

11. Hematocytopoietic stem cells are precursors of

- A. granulocytes
- B. thrombocytes
- C. megakaryocytes
- D. T_H cells

Answers: A, B, C

12. The major classes of antihypertensive medications

- A. antidepressants
- B. Ca⁺⁺ channel blockers
- C. synthetic steroids
- D. ACE inhibitors

Answers: B, D

13. Surfactant

- A. produced by type I alveolar cells
- B. mainly consists of carbohydrate compounds
- C. transported by macrophages to the lung
- D. lowers surface tension in alveoli

Answers: D

14. In cellular immunity ...

- A. the antigen is virus or tumor cell
- B. Ag-MHC I complex is transferred to the cell surface
- C. a pore is opened on the target cell
- E. T_C, T_M, T_S cell are differentiated

Answers: A, B, C, D

15. Nerve fibers directly reaching cardiac muscle working fibers are

- A. causing positive inotropic effect
- B. causing positive dromotropic effect
- C. increasing heart muscle contractility
- D. decreasing heart frequency

Answers: A, B, C

16. Typical blood pressure value is

- A. 30 mmHg in capillaries (arterial side)
- B. 60 mmHg in the left ventricle (systolic)
- C. 20 mmHg in capillaries (venous side)
- D. 100 mmHg in small arteries

Answers: A, C

17. Immunodeficiency syndromes

- A. neutropenia
- B. AIDS
- C. thrombocytopenia
- D. Swiss type combined T and B cell deficit

Answers: B, D

18. Cardiac output is increased

- A. by using systolic reserve
- B. by increasing venous fill up
- C. by increasing sympathetic tone
- D. by vagal tone

Answers: A, B, C

19. Characteristic to acute myocardial infarction

- A. massive cellular loss in heart muscle
- B. release of cellular enzymes (CK, LDH, etc) into the blood plasma
- C. marked ST elevation on the ECG curve
- D. ischemic injury of heart muscle

Answers: A, B, C, D

20. Bile

- A. is consisting of water by 97.5 %
- B. is stored in the small intestine
- C. is lowering surface tension
- D. is secreted to the circulation

Answers: A, C

21. Partial pressure of O₂ is

- A. 160 mm Hg in the atmosphere
- B. lower than P_{CO2} in the inspired air
- C. approx. 150 mm Hg in inspired air
- D. lower than P_{H2O} in the inspired air

Answers: A, C

22. Toxic liver diseases:

- A. gall stone
- B. cirrhosis
- C. hepatitis B
- D. necrosis

Answers: B, D

23. The symptoms of malabsorption disease is

- A. diarrhea
- B. edema
- C. energy depletion
- D. increased vitamin B12 absorption

Answers: A, B, C

24. Typical cell types of the central nervous system

- A. microglia cells
- B. oligodendrocytes
- C. neurons
- D. Schwann cells

Answers: A, B, C

25. Synaptic transmission ...

- A. is usually depends on receptors in the presynaptic membrane
- B. is among others regulated by Ca^{2+} ions
- C. is normally conversion of chemical signals to electric signals
- E. is usually based on neurotransmitter release

Answers: B, D

26. Plays role in swallowing

- A. epiglottis.
- B. tongue
- C. esophagus
- D. pharyngeal muscles

Answers: A, B, C, D

27. Increased in the cephalic phase of digestion

- A. saliva secretion
- B. pancreatic secretion
- C. stomach motility
- E. water absorption

Answers: A, B, C

28. Factors of filtration rate in the kidney

- A. hydrostatic pressure of blood
- B. osmotic pressure of tubular fluid

- C. afferent arteriolar flow
- D. hydrostatic pressure in renal vein

Answers: A, C

29. Tropic hormones

- A. ACTH
- B. STH
- C. FSH
- D. LHRH

Answers: A, B, C

30. Factors of filtration rate in the kidney

- A. cortisol
- B. aldosterone
- C. DHEA
- D. adrenalin

Answers: D

III. TRUE OR FALSE

1. Hem contains cobalt ion.

Correct answer: false

2. Globin binds oxygen.

Correct answer: false

3. T cell lymphocytes are activated in cellular immune response.

Correct answer: true

4. B cell lymphocytes are tissue macrophages.

Correct answer: false

5. Natural killer cells are part of innate immune system.

Correct answer: true

6. Oxygen tension is decreasing from arteries to capillaries.

Correct answer: true

7. Carbon dioxide tension is not measurable in alveolar space.

Correct answer: false

8. Blood volume is higher in the left ventricle than in the right.

Correct answer: false

9. Skeletal muscle s striated.

Correct answer: true

10. Cardiac muscle is tetanizable.

Correct answer: false

11. Peritubular capillaries are adjacent to the tubular system.

Correct answer: true

12. Glomerular capillary are collected in venules.

Correct answer: false

13. Gastrin is secreted by G cells of the stomach.

Correct answer: true

14. Pepsinogen is secreted by chief cells of the pancreas.

Correct answer: false

15. CNS capillary wall takes part in the Blood Brain Barrier.

Correct answer: true

16. Circle of Willis connects vertebral and carotid arteries.

Correct answer: true

17. cAMP is part of second messenger system.

Correct answer: true

18. Endocrine glands secrete their hormones to collecting ducts.

Correct answer: false

IV. ANALYSIS OF RELATION – ANALYSING OF TRUTH OF STATEMENTS AND THE CONNECTION

1. Intracellular fluid compartment is larger than extracellular compartment because cellular volumes far exceed interstitial volumes.

Answer: A

2. Proportion of eosinophil granulocytes is the highest among white blood cells because eosinophil granulocytes play role in allergic reactions.

Answer: B

3. The number of thrombocytes is lower in 1 ul blood than the number of lymphocytes because thrombocytes develop in lymphoid glands.

Answer: E

4. Certain T cell clones keep the memory of viral antigens because they are called plasma cells.

Answer: C

5. Normally, pressure values in the left atrium never exceeds 15 mm Hg because the left atrium is part of the low pressure system.

Answer: A

6. Tidal volume is 800 ml in resting conditions because respiratory volumes could be increased by forced respiration.

Answer: D

7. In true capillaries the hydrostatic pressure is always higher on the venous side because gas exchange takes place in the tissues.

Answer: D

8. In healthy conditions in the femoral artery the blood flow is laminar because nothing is disturbing the flow in the vessel.

Answer: A

9. The starting point for tumorous diseases is mutations in protooncogens because DNA alterations could be repaired to certain extent.

Answer: B

10. Angina pectoris is the consequence of hypoxic condition in heart muscle because heart is producing the highest amount of CO₂ in the body.

Answer: C

11. Swallowing is an active process because saliva is produced by three pairs of salivary glands.

Answer: B

12. Alzheimer's disease is a neurodegenerative disorder because it results in significant loss of neurons in the brain.

Answer: A

PREVENTION AND REHABILITATION

I. SIMPLE CHOICE

1. Body worn devices include ...

- A. prosthetic limb.
- B. cane.
- C. wheelchair.
- D. bathroom seat.

Answer: A

2. The most stable walking aid ...

- A. cane.
- B. crutches.
- C. walker frame.
- D. wheelchair.

Answer: C

3. Electric wheelchair recommended ...

- A. for anyone who has difficulty in walking.
- B. who can't communicate.
- C. for blinded people.
- D. who can't use any of his hands.

Answer: D

4. Epitheses are characterized by:

- A. they play a functional role.
- B. for cosmetic purposes.
- C. mass produced.
- D. made of wood.

Answer: B

5. Accessible entrance is characterized by...

- A. preferably the side entrance.
- B. min. 40 cm passage width.
- C. the height of the door opener is determined by the anthropometric symbols of the standing women.
- D. preferably the main entrance should be accessible.

Answer: D

6. Which of the following supports accessibility for hearing-impaired people?

- A. the Braille writing
- B. sign language
- C. white stick

D. long hand

Answer: B

7. Which of the following is most commonly recommended to prevent both cardiovascular and other chronic diseases?

- A. avoid dairy products
- B. physical activity
- C. take multivitamins
- D. get daily sun exposure

Answer: B

8. What is a key difference between traditional medicine and lifestyle medicine?

- A. Traditional medicine focuses on environmental factors.
- B. Lifestyle medicine relies mostly on medication.
- C. Traditional medicine requires significant lifestyle changes.
- D. Lifestyle medicine requires the patient to take active responsibility in healing.

Answer: D

9. Which statement about the composition of the rehabilitation team is correct?

- A. The team composition is always the same regardless of the patient's condition.
- B. The team includes only medical doctors and nurses.
- C. The team composition varies depending on the nature of the patient's problems.
- D. The patient is not considered a member of the rehabilitation team.

Answer: C

10. According to the WHO, how much moderate-intensity physical activity should healthy adults aged 18–64 years perform per week to gain substantial health benefits?

- A. at least 60 minutes
- B. at least 150–300 minutes
- C. at least 75 minutes
- D. more than 400 minutes

Answer: B

11. What is the main purpose of the International Classification of Functioning, Disability and Health (ICF)?

- A. To classify diseases and disorders.
- B. To evaluate the effectiveness of medications.
- C. To provide a standardized framework for describing health and functioning.
- D. To assess economic impacts of healthcare systems.

Answer: C

12. Which of the following statements about Hungarian Rehabilitation Care Programs is TRUE?

- A. They define personal and material conditions based on the medical profession.

- B. They define personal, and material conditions related to the nature of the disability.
- C. They only take place in inpatient settings.
- D. They exclude outpatient care by basic professions.

Answer: B

13. What is the primary goal of occupational therapy?

- A. To improve a patient's ability to perform daily activities and participate in meaningful roles.
- B. To diagnose and treat mental health disorders exclusively.
- C. To develop adaptive coping strategies for patients with physical or cognitive limitations.
- D. To design exercise programs to enhance cardiovascular fitness.

Answer: A

14. In the assessment phase of rehabilitation nursing, what is the main purpose of evaluating the patient's independence using basic needs?

- A. To determine which abilities the patient lacks and why.
- B. To decide which surgical procedure the patient requires.
- C. To assign all tasks to the nurse without patient involvement.
- D. To avoid involving the patient in their own care planning.

Answer: A

15. Which of the following indicate cardiometabolic risk factors?

- A. elevated blood pressure
- B. decreased waist circumference
- C. low blood glucose
- D. regular physical activity

Answer: A

16. What does the Karvonen formula help to calculate?

- A. maximum oxygen uptake (VO₂ max)
- B. target heart rate for exercise based on resting and maximum heart rates
- C. body mass index (BMI)
- D. blood pressure during exercise

Answer: B

17. Which of these methods includes a question about walking ability?

- A. star excursion test
- B. bruce protocol
- C. barthel-index
- D. SF-36

Answer: C

18. Which of these methods examine the quality of life?

- A. Functional Independence Measurement
- B. SF-36

C. Amputee Mobility Predictor

D. Borg Scale

Answer: B

19. What is one of the expected results of regular physical training?

A. Increased risk of chronic diseases.

B. Decrease in muscle strength.

C. Improved overall fitness and well-being.

D. Higher cholesterol levels.

Answer: C

20. Which of the following best describes the significance of biomechanical measurements in rehabilitation?

A. They provide subjective feedback based on patient feelings.

B. They are used only to diagnose fractures.

C. They offer objective data to assess movement patterns and guide therapy.

D. They replace the need for clinical evaluations.

Answer: C

21. Which of the following best describes the main principle of trauma physiotherapy in rehabilitation?

A. Passive rest until full recovery.

B. Use of generic exercises without progression.

C. Early, active, complex, personalized progressive functional treatment based on specific functional stimulation of damaged tissue.

D. Focus only on pain medication without physical activity.

Answer: C

22. Which of the following sequences correctly represents the main phases of trauma rehabilitation?

A. Functional Treatment → Reposition → Retention

B. Retention → Reposition → Functional Treatment

C. Reposition → Retention → Functional Treatment

D. Retention → Functional Treatment → Reposition

Answer: C

23. What is the most common cause of amputation in Hungary?

A. trauma

B. congenital deformity

C. vascular disease

D. tumor

Answer: C

24. What is the main goal of physiotherapy for oncology patients?

- A. only pain relief
- B. direct treatment of the tumor
- C. improving motor functions
- D. mental support

Answer: C

25. What is the main goal of breast reconstruction?

- A. Only restoring aesthetic appearance.
- B. Improving the patient's quality of life and restoring body image.
- C. Preventing tumor recurrence.
- D. Reducing postoperative pain.

Answer: B

26. Which of the following best describes a stroke?

- A. A sudden onset of neurological symptoms caused by brain infection that lasts less than 24 hours.
- B. A rapidly developing clinical syndrome caused by impaired blood supply to the brain.
- C. A chronic neurological disorder caused by genetic factors leading to gradual loss of brain function.
- D. This is an acquired traumatic brain injury.

Answer: B

27. Which of the following statements is TRUE about falls in the elderly?

- A. Falls in the elderly are rare and usually harmless.
- B. Falls in the elderly always lead to bone fractures.
- C. Falls in the elderly often cause only minor injuries, but can also lead to serious ones like fractures.
- D. Falls in the elderly usually result in complete recovery without any complications.

Answer: C

28. In which of the following sports are injuries reported to be the most frequent overall?

- A. swimming
- B. football (soccer)
- C. tennis
- D. golf

Answer: B

29. Why is adaptive sport and physical activity important for people with disabilities?

- A. It guarantees complete recovery from disability.
- B. It improves physical health and promotes social inclusion.
- C. It prevents all types of injuries.
- D. It causes more physical limitations.

Answer: B

30. Which of the following is NOT an environmental barrier to participation in sports for disabled persons?

- A. Lack of sports possibilities.
- B. Difficulties with accessibility and transport.
- C. The type of disability a person has.
- D. Lack of information about available sports.

Answer: C

II. MULTIPLE CHOICE

1. Which of the following statements are true about lifestyle medicine?

- A. It focuses on individual risk factors only.
- B. It mainly aims to treat acute diseases.
- C. It requires motivation and cooperation from the patient.
- D. Team work with other professionals is typical.

Answers: A, C, D

2. Accessibility is important for ...

- A. for disabled people
- B. for moms with prams
- C. for the elderly
- D. for the blinded people

Answers: A, B, C, D

3. Accessible is a building that ...

- A. accessible to all
- B. it has enough space for transport
- C. includes signalling system for the blind
- D. no level difference

Answers: A, B, C

4. Increases with age in adulthood ...

- A. demand for light.
- B. lung capacity.
- C. the hearing threshold.
- D. sense of balance.

Answers: A, C

5. Which of the following statements describe the role of the International Classification of Functioning, Disability and Health (ICF) in rehabilitation?

- A. It provides a common language for describing health and disability.
- B. It classifies medical diagnoses for treatment purposes.
- C. It helps assess an individual's functioning in relation to their environment.

D. It is used to evaluate economic costs of rehabilitation programs.

Answers: A, C

6. Which of the following are core components of the ICF model?

A. Body functions and structures.

B. Environmental factors.

C. Medical diagnosis.

D. Activities and participation.

Answers: A, B, D

7. A rehabilitation team is formed based on which of the following factors?

A. The patient's problem.

B. The phase of rehabilitation.

C. The place of rehabilitation.

D. The patient's favourite hobbies.

Answers: A, B, C

8. Which of the following statements about sport rehabilitation and sport therapy is TRUE?

A. Sport rehabilitation aims to restore an athlete's pre-injury condition and competitive ability.

B. Sport therapy is only for professional athletes recovering from injuries.

C. Sport rehabilitation and sport therapy have the same goals and applications.

D. Sport therapy uses adapted movement programs to improve physical and mental functions in people with disabilities.

Answers: A, D

9. Which of the following statements are true about dance therapy in stroke rehabilitation?

A. Dance therapy can improve balance and coordination.

B. It stimulates neuroplasticity and motor relearning.

C. Dance therapy increases social isolation in stroke patients.

D. Dance therapy is only effective in the early acute phase of stroke.

Answers: A, B

10. Which of the following are common consequences of stroke?

A. Hemiparesis or hemiplegia.

B. Aphasia (language impairment).

C. Improved fine motor coordination.

D. Emotional and behavioral changes.

Answer: A, B, D

11. What are key goals of rehabilitation after spinal cord injury?

A. Achieving maximal independence in daily life.

B. Adapting to a new lifestyle and learning to live with the injury.

- C. Educating the patient about complication's prevention.
- D. Avoiding all physical activity to protect the spine.

Answers: A, B, C

12. Which of the following statements are important considerations in the rehabilitation of patients with multiple sclerosis (MS)?

- A. The course of the disease often shows individual variability.
- B. Rehabilitation strategies are completely different from those used in other neurological conditions.
- C. Selection of assistive devices should be based on remaining abilities and symptoms.
- D. Fatigue and reduced physical endurance must be taken into account.

Answers: A, C, D

13. Absolut contraindication of physical training are: ...

- A. fever
- B. diabetes
- C. angina pectoris
- D. myocarditis, pericarditis

Answers: A, C, D

14. Which of the following methods can be used to measure muscle strength?

- A. manually on a 5-point scale
- B. handheld dynamometer (isometric measurement)
- C. isokinetic force measuring machines
- D. thermography

Answers: A, B, C

15. Which of the following factors are important in determining the appropriate type of prosthesis after amputation?

- A. age
- B. level of physical activity
- C. skin condition and tissue health
- D. patient's occupational demands

Answers: A, B, C, D

16. Which of the following sports are recommended for individuals with lower limb amputations?

- A. swimming
- B. wheelchair basketball
- C. marathon running without prosthesis
- D. high-impact downhill skiing

Answers: A, B

17. Which of the following are common postoperative concomitant symptoms after breast removal?

- A. changes in body image
- B. muscle imbalance
- C. increased lung capacity
- D. improved cardiovascular endurance

Answers: A, B

18. What are the main benefits of dance therapy for stroke patients? (Select THREE)

- A. Improvement of motor function and range of motion.
- B. Enhancement of balance and coordination.
- C. Cognitive stimulation through learning movement sequences.
- D. Complete cure of stroke.

Answers: A, B, C

19. Which of the following are important aspects of long-term care for patients with spinal cord injury?

- A. Regular monitoring of general health status and access to preventive screenings.
- B. Early detection and management of complications related to paralysis (e.g., pressure sores, urinary infections).
- C. Ignoring psychological changes, as they are not typical after spinal injury.
- D. Continuous follow-up of mental and emotional health.

Answers: A, B, D

20. Which of the following are key components of psychiatric rehabilitation?

- A. Achieving an optimal psychological state and psychosocial stability.
- B. Development of occupational or leisure skills.
- C. Integration into a supportive residential community.
- D. Long-term isolation within an institutional framework.

Answers: A, B, D

21. Which of the following statements are not true about virtual reality in rehabilitation (VR)?

- A. It is a computer-based application that creates 2D and 3D visual environments.
- B. The user is only a passive observer of the virtual world.
- C. VR is used in entertainment, military, and sports only.
- D. VR is limited to theoretical research and has no practical use.

Answers: B, C, D

22. Which of the following are intrinsic factors of falls in the elderly?

- A. muscle weakness
- B. gait disturbance
- C. slippery carpets
- D. vision or hearing impairment

Answers: A, B, D

23. Which of the following are extrinsic factors of falls in the elderly?

- A. Improper use of assistive devices.
- B. Thresholds and slippery rugs.
- C. Gait disturbance.
- D. Poor lighting and water spills.

Answers: A, B, D

24. Which of the following meet the definition of a fall?

- A. Falling from a standing position onto the floor.
- B. Falling back into a chair.
- C. Falling onto a bed.
- D. Sliding down against a wall or furniture.

Answers: A, B, C, D

25. Which of the following statements describe sports physiotherapy?

- A. It uses physical agents to support recovery after sports injuries.
- B. It focuses only on elite athletes.
- C. It aims to restore the athletic ability of individuals at various performance levels.
- D. It replaces the need for medical diagnosis and treatment.

Answers: A, C

26. How does rehabilitation differ between an average person and an athlete?

- A. Sports rehabilitation must prepare the body for higher-level physical demands.
- B. Prevention strategies may differ due to the athlete's training and risk profile.
- C. Athletes require faster return-to-play, so time is a critical factor.
- D. The goal is the same for both – to return to basic daily activities only.

Answers: A, B, C

27. Which of the following are risk factors for sport injuries?

- A. inadequate warm-up
- B. previous injury
- C. appropriate footwear
- D. overtraining and fatigue

Answers: A, B, D

28. Which of the following statements about the Sports Health Team are TRUE?

- A. The Sports Health Team consists of specialists working together to maximize the athlete's potential.
- B. The composition of the team is always the same, regardless of the athlete's condition.
- C. The athlete and the doctor are always part of the team.
- D. The physiotherapist is responsible for both prevention and rehabilitation.

Answers: A, C, D

29. Which of the following are valid classifications of sport injuries?

- A. Acute vs. overuse injuries.
- B. Voluntary vs. involuntary injuries.
- C. Contact vs. non-contact injuries.
- D. Major vs. minor based on time lost from sport.

Answers: A, C, D

30. Which of the following specialists are typically part of the rehabilitation team for a patient with diabetes?

- A. physiotherapist
- B. dietitian / Nutritionist
- C. podiatrist (foot specialist)
- D. dentist

Answers: A, B, C

III. TRUE OR FALSE

1. Women's dimensions should be taken into account when designing barrier free environment.

Correct answer: false

2. The principle of accessible design: products should be suitable for all after adaptation.

Correct answer: false

3. Gap theory is a theory designed to overcome the difference between the user's level of ability and the functional level expected by the environment.

Correct answer: true

4. Accessibility applies only to the elimination of spatial barriers.

Correct answer: false

5. Universal design is the same as accessible design.

Correct answer: false

6. WHO guidelines recommend that adults with disabilities follow the same physical activity recommendations as the general population, if possible.

Correct answer: true

7. International Classification of Functions provides an independent description without relying on data or findings from any profession and does not aim to create a unified language between languages or professions.

Correct answer: false

8. Art therapy and music therapy specialist training focus on mental prevention, therapy, and rehabilitation without the need for medical or psychological supervision.

Correct answer: false

9. An alternative spiritual helper may use esoteric methods, and their practices should always be critically evaluated.

Correct answer: true

10. Physical activity reduces the incidence of certain types of cancer by 40%

Correct answer: true

11. Devices such as the bicycle ergometer, rowing bench, treadmill, and other gait tests are used to assess physical load capacity.

Correct answer: true

12. Regular physical training typically leads to an increase in blood pressure and cholesterol levels over time.

Correct answer: false

13. Measuring the balance abilities is important in prevention of falls

Correct answer: true

14. Phantom pain in amputees refers to the sensation of pain that appears to come from the missing limb but is actually felt in the remaining stump.

Correct answer: false

15. Evidence Based Medicine is not relevant to health tourism because most clients seek relaxation rather than treatment.

Correct answer: false

16. Evidence Based Medicine focuses only on cost-effectiveness and ignores patient outcomes in health tourism settings.

Correct answer: false

17. The Functional Independence Measure (FIM) assesses the degree of external assistance needed by individuals with disabilities to carry out essential daily functions.

Correct answer: true

18. The International Classification of Functioning does not provide an independent assessment but rather translates the data and findings of each profession into a common language.

Correct answer: true

IV. ANALYSIS OF RELATION – ANALYSING OF TRUTH OF STATEMENTS AND THE CONNECTION

1. Quality of life refers to an individual's perception of their position in life, influenced by cultural context, value systems, goals, and expectations, because it can be objectively measured mainly through health indicators.

Answer: B

2. The ICF describes the human body's ability to function in relation to its environment because it does not integrate data and findings from different professions into a unified language.

Answer: C

3. Dr. Ludwig Guttmann is known as the founder of disabled sports because he initiated organized sports activities for people with disabilities.

Answer: A

4. A voice, speech, and swallowing therapist has knowledge of the anatomy of the mouth and temporomandibular joint because they treat persons with food intake difficulties.

Answer: A

5. Virtual reality cannot be applied in rehabilitation because it lacks engaging, controlled environments that support motor and cognitive recovery

Answer: E

6. Amputation is not a frequent complication in patients with diabetic foot because diabetes often leads to peripheral neuropathy and impaired wound healing.

Answer: D

7. Falls become more frequent in the elderly, because balance ability may deteriorate in old age.

Answer: A

8. A Standing Stork test is suitable for assessing fall risk, because it requires maintaining balance while standing on one leg.

Answer: A

9. The composition of the rehabilitation team in health tourism depends on the type of health problem the client has, because in all cases, the same standard team is applied regardless of diagnosis.

Answer: C

10. The patient's problem is considered the shared concern of all members of the rehabilitation team; this is because effective interdisciplinary work requires that each team member addresses only their own narrow specialty.

Answer: C

11. The goal of activating nursing care is to increase the patient's independence, because it is the nurse's responsibility to continuously develop the patient's physical and mental abilities.

Answer: B

12. During rehabilitation, the physiotherapist and the nurse must work closely together; therefore, the physiotherapist regularly informs the nurse about the patient's physical condition.

Answer: A

PRINCIPLES OF ACCOUNTING

I. SIMPLE CHOICE

1. Land is a ...

- A. fixed asset.
- B. current asset.
- C. capital.
- D. something else.

Answer: A

2. Which of the following shows the company's performance (profit or loss) over a period of time?

- A. Balance sheet.
- B. Income statement.
- C. Cash flow statement.
- D. Statement of owner's equity.

Answer: B

3. What is the correct double entry for cash sales of products?

- A. Debit Cash – Credit Sales.
- B. Debit Sales – Credit Bank.
- C. Debit Bank – Credit Sales.
- D. Debit Sales – Credit Cash.

Answer: A

4. Which of the following is correct?

- A. Owner's Equity = Liabilities + Assets.
- B. Liabilities = Assets + Owner's Equity.
- C. Assets = Owner's Equity.
- D. Assets = Liabilities + Owner's Equity.

Answer: D

5. Revenue – COGS (Cost of Goods Sold) =

- A. Net earnings.
- B. Total expenses.
- C. Gross profit.
- D. Net income.

Answer: C

6. Which financial statement shows the company's total assets and how they are financed at a specific point in time?

- A. Income statement.
- B. Balance sheet.

- C. Cash flow statement.
- D. Financial summary.

Answer: B

7. Which of the following is an indirect cost?

- A. The cost of restriping the parking lot at a perfume factory.
- B. The cost of bottles in a shampoo factory.
- C. The cost of denim in a jeans factory.
- D. All of the above.

Answer: A

8. The contribution margin is the: ...

- A. difference between sales and total cost.
- B. difference between sales and total variable cost.
- C. amount by which sales exceed total fixed cost.
- D. difference between sales and operating income.

Answer: B

9. Indirect expenses are also referred to as ...

- A. direct expenses.
- B. full costs.
- C. administrative expenses.
- D. overheads.

Answer: D

10. The use of management accounting is ...

- A. compulsory.
- B. legally obligatory.
- C. compulsory for some, optional for others.
- D. optional.

Answer: D

II. MULTIPLE CHOICE

1. Which of the following belong to financial accounting?

- A. Summarising
- B. Classifying
- C. Recording
- D. Making decisions

Answers: A, B, C

2. Which of the following is a liability?

- A. Credit
- B. Tax
- C. Building

D. Suppliers

Answers: B, D

3. The accountant wants to assign costs to boxes of biscuits. Which costs can be traced directly to the product?

- A. The cost of flour and baking soda
- B. The cost of packing labor
- C. The wages of the mixing labor
- D. None of these

Answers: A, B, C

4. Which of the following are examples of indirect costs?

- A. Salaries of factory workers
- B. CEO's company car
- C. Materials for production
- D. Factory insurance

Answers: B, D

5. Which of the following terms are related to depreciation/amortization?

- A. Gross value
- B. Salvage value
- C. Book value
- D. Differential cost

Answers: A, B, C

6. Which of the following formulas are correct?

- A. Revenue – Variable costs = Contribution margin
- B. Contribution margin – Fixed costs = Profit
- C. Revenue – Fixed costs = Contribution margin
- D. Contribution margin – Variable costs = Profit

Answers: A, B

7. Which of the following is NOT a task of accounting in a company?

- A. Recording of monetary transactions
- B. Supporting managerial decisions
- C. Providing ad-hoc financial information
- D. Creating accounting standards and principles

Answer: D

8. Which of the following accounts typically have a credit balance?

- A. Service revenue
- B. Accounts receivable
- C. Current liabilities

D. Retained earnings

Answer: A, C, D

9. Which of the following is true about management accounting?

A. Non-mandatory

B. Can be creative

C. Can use qualitative data

D. Follows legal entity structures

Answer: A, B, C

10. Which of the following are examples of direct costs?

A. Manufacturing materials

B. Laborers' wages

C. Corporate tax

D. Office supplies

Answer: A, B

III. TRUE OR FALSE

1. In the Double Entry System, every business transaction affects the same side of two accounts.

Correct answer: false

2. Gross Profit is equal to Sales less Cost of Goods Sold.

Correct answer: true

3. Salaries are reported on the balance sheet.

Correct answer: false

4. The CAR account has a debit balance.

Correct answer: true

5. Contribution margin ratio = contribution margin / profit

Correct answer: false

6. The organisation buys a computer for 230,000 HUF and the useful life of the asset is 3 years with straight-line depreciation method. The computer can be sold for 20,000 HUF after use. The annual amortization amount is 76.6667 HUF (230.000/3).

Correct answer: false

IV. ANALYSIS OF RELATION – ANALYSING OF TRUTH OF STATEMENTS AND THE CONNECTION

1. Management accounting provides relevant financial and non-financial data for internal decision-making, because it is primarily designed for external stakeholders such as investors and creditors.

Answer: C

2. The income statement shows the financial performance of a company over a specific period, because it reports revenues and expenses incurred during that time.

Answer: A

3. Fixed costs do not change with production volume in the short term, because they are committed costs that remain stable over a specific capacity range.

Answer: A

4. Management accounting supports long-term strategic planning, because it focuses exclusively on historical financial data.

Answer: C

PROJECT MANAGEMENT

I. SIMPLE CHOICE

1. What does it mean „S” in SWOT?

- A. Sustainability
- B. Strength
- C. Solution

Answer: B

2. Project means:

- A. Further development an existing product
- B. Planning a new product
- C. To have a vision about a new product

Answer: A

3. The intangible benefit of a project

- A. Social benefit
- B. Growing capital
- C. Growing market share

Answer: A

4. Projects

- A. Not necessarily create changes
- B. In most of the cases create changes
- C. Always create changes

Answer: C

5. The most important issue in recognition the need for change ...

- A. to calculate the risk well.
- B. do it in due time.
- C. plan it at the same time.

Answer: B

6. Positive attitude of change ...

- A. Save the comfort zone
- B. Opportunity
- C. To have time for decision

Answer: B

7. The main goal of the portfolio management ...

- A. to achieve strategic objectives.
- B. take care about people working in different projects.
- C. to find the optimal number of projects participating in the portfolio.

Answer: A

8. Part of the project life cycle ...

- A. Organize the project
- B. Meetings with management
- C. Define the environment

Answer: A

9. The manager has to manage ...

- A. The whole project or organization
- B. Only the people
- C. Cost-benefit ratio

Answer: A

10. The „project manager” of the first iPhone.

- A. Bill Gates
- B. Steve Jobs
- C. Time Cook

Answer: B

II. MULTIPLE CHOICE

1. Projects

- A. Have a deadline
- B. Starting the project the deadline can not always defined
- C. Time limited
- D. To achieve a goal is more important as set a deadline

Answers: A, C

2. Top leadership skills

- A. Team building
- B. To organize social activities every weekend
- C. Recognize the need for changes in due time
- D. To inform the people before every decision

Answers: A, C

3. The effective project management helps the organization ...

- A. increase the chance for success.
- B. to enlarge the deadlines.
- C. avoid any risk.
- D. optimizing the use of resource.

Answers: A, D

4. Effective project management enables ...

- A. linking project results to business goals.
- B. compete more effectively on the market.
- C. find the solution for not keeping the deadline.
- D. explain the growing costs.

Answers: A, B

5. It is important to define for the phases in the life cycles.

- A. financial resources
- B. availability of experts
- C. duration
- D. risk

Answers: A, C

6. Required knowledge of the project management group

- A. Phases management
- B. Schedule management
- C. Cost management
- D. Product management

Answers: B, C

7. The business plan ...

- A. is not a part of the life cycle planning.
- B. can be applied before the project starts and can result in a go/no-go decision.
- C. corresponds to a documented economic feasibility study.
- D. the business plan contains only the requested resources.

Answers: B, C

8. The success of the project ...

- A. should also be assessed in terms of project objectives.
- B. the only metric is the financial result in success.
- C. time, cost and quality are important factors as well.
- D. the management is never satisfied with the final result.

Answers: A, C

9. The project objectives may include ...

- A. the non-financial elements as well.
- B. return on investment.
- C. local government positive feedback.
- D. some human resource management elements.

Answers: A, B

10. Project manager communication has to be ...

- A. clear.
- B. not accepting feedback.

- C. relevant.
- D. always very short.

Answers: A, C

III. TRUE OR FALSE

1. The job of portfolio management is to implement programs and projects in the "right" way.

Correct answer: false

2. Project is a time-limited effort for create a product, service, or realize an objective.

Correct answer: true

3. To achieve the goal of the project is not always necessary to coordinate the activities of the different groups, working on the project.

Correct answer: false

4. To set a project for achieving a goal is not always profit oriented.

Correct answer: true

5. The project life cycle consists of the phases of the project through which the project passes, from start to finish.

Correct answer: true

6. Portfolio management is actually the same as project management.

Correct answer: false

IV. ANALYSIS OF RELATION – ANALYSING OF TRUTH OF STATEMENTS AND THE CONNECTION

1. The introduction of cheap flights was a very successful / Ryanair / which has helped the development of tourism worldwide.

Answer: A

2. It is important to set a project management for a large project because the organization can postpone the start of the project if it is necessary.

Answer: B

3. From a business point of view, the goal of the project is to move an organization from a certain state to another in order to achieve a specific objective.

Answer: A

4. The regular and planned communication is important, but the management of the organization needs to be informed in case of any problems.

Answer: C

SALES AND MARKETING IN HEALTH TOURISM

I. SIMPLE CHOICE

1. Which of the following best describes a want in health tourism?

- A. Something essential for survival
- B. A necessity defined by physicians
- C. A desire for a specific service such as a spa package
- D. A compulsory treatment for chronic disease

Answer: C

2. Which form of health need occurs when a patient notices symptoms but does not seek care?

- A. Effective need
- B. Recognized latent need
- C. Unrecognized need
- D. Stated need

Answer: B

3. Which principle describes the challenges of standardizing services in health tourism?

- A. Inseparability
- B. Intangibility
- C. Heterogeneity
- D. Perishability

Answer: C

4. Which HIPI principle highlights the fact that patients participate directly in service delivery?

- A. Intangibility
- B. Inseparability
- C. Perishability
- D. Heterogeneity

Answer: B

5. Which element is NOT part of the traditional 4Ps of the marketing mix?

- A. Product
- B. Price
- C. Place
- D. People

Answer: D

6. Which additional element was introduced in the 8Ps model?

- A. Positioning
- B. Partnership

- C. Personalisation
- D. Participation

Answer: C

7. Which element of the marketing mix involves advertising and PR?

- A. Marketing management
- B. Place
- C. Promotion
- D. Process

Answer: C

8. Which step in the purchase decision process involves consulting family and friends?

- A. Awareness
- B. Information seeking
- C. Evaluation
- D. Purchase decision

Answer: B

9. Which element of the sales funnel corresponds to “convincing customers that the service meets their needs”?

- A. Awareness
- B. Interest
- C. Desire
- D. Action

Answer: C

10. Which step of the sales funnel involves ensuring repeat visits and referrals?

- A. Loyalty
- B. Interest
- C. Action
- D. Awareness

Answer: A

11. Which element of the promotional mix involves managing reputation and unpaid media exposure?

- A. Advertising
- B. PR
- C. Direct marketing
- D. Sales promotion

Answer: B

12. A dental clinic sending promotional emails to former patients is an example of:

- A. Sales promotion
- B. Personal selling

- C. Direct marketing
- D. Public relations

Answer: C

13. A medical spa offering a 20% discount for first-time visitors is an example of:

- A. Direct marketing
- B. Sales promotion
- C. Advertising
- D. Public relations

Answer: B

14. Which pricing strategy adds a fixed percentage to costs?

- A. Cost-plus pricing
- B. Price skimming
- C. Penetration pricing
- D. Average pricing

Answer: A

15. Which pricing strategy sets low initial prices to gain quick market share?

- A. Cost-plus pricing
- B. Price skimming
- C. Penetration pricing
- D. Value-based pricing

Answer: C

16. Market share is an indicator of:

- A. Internal costs
- B. A firm's position relative to competitors
- C. Clinical performance
- D. Profit margin only

Answer: B

17. Which KPI measures how well marketing activities generate financial return?

- A. QALY
- B. ROI
- C. GDP
- D. PROM

Answer: B

18. Which aspect of health marketing can improve transparency of service delivery?

- A. Using evidence-based protocols
- B. Creating waiting lists
- C. Limiting communication
- D. Reducing staff salaries

Answer: A

19. Which factor is especially relevant in sales strategies for cross-border health tourism?

- A. Cultural and linguistic adaptation
- B. Product standardisation only
- C. Limiting digital marketing
- D. Ignoring patient expectations

Answer: A

20. Which element of personalization builds trust in patients?

- A. Customized communication
- B. Higher waiting times
- C. Limited information access
- D. Standard treatment only

Answer: A

II. MULTIPLE CHOICE

1. Which are the main HIPI principles of services?

- A. Heterogeneity
- B. Inseparability
- C. Perishability
- D. Intangibility

Answers: A, B, C, D

2. Which elements belong to the traditional 4Ps of marketing mix?

- A. Product
- B. Price
- C. Place
- D. Promotion

Answers: A, B, C, D

3. Which additional elements are included in the 7Ps model of marketing mix?

- A. People
- B. Physical evidence
- C. Process
- D. Packaging

Answers: A, B, C

4. Which are typical characteristics of healthcare services?

- A. Intangibility
- B. Patient awareness
- C. Standardised outcomes
- D. Information asymmetry

Answers: A, D

5. Which elements are considered part of “Physical evidence” in health tourism marketing?

- A. Hospital cleanliness
- B. Waiting room atmosphere
- C. Professional image of staff
- D. Pricing strategy

Answers: A, B, C

6. Which are steps in the consumer decision-making process?

- A. Problem recognition
- B. Information seeking
- C. Evaluation of alternatives
- D. Purchase decision

Answers: A, B, C, D

7. Which are common sources of information for patients choosing health tourism services?

- A. Personal experiences
- B. Family and friends
- C. Advertising
- D. Physician referral

Answers: A, B, C, D

8. Which are stages of the sales funnel?

- A. Awareness
- B. Interest
- C. Desire
- D. Action

Answers: A, B, C, D

9. Which are parts of the promotional mix in healthcare marketing?

- A. Advertising
- B. Public relations
- C. Sales promotion
- D. Direct postcards

Answers: A, B, C

10. Which are examples of direct marketing in health tourism?

- A. Posters on city buses
- B. SMS reminders
- C. Telemarketing
- D. Email newsletters

Answers: B, C, D

11. Which are examples of sales promotions in healthcare services?

- A. Discounts
- B. Loyalty programmes
- C. Free trial consultations
- D. PR campaigns

Answers: A, B, C

12. Which are common KPIs (Key Performance Indicators) in marketing?

- A. ROSTs
- B. Conversion rate
- C. Customer acquisition cost
- D. Patient health outcomes

Answers: B, C

13. Which factors influence patient satisfaction in health tourism?

- A. Service quality
- B. Waiting times
- C. Staff attitude
- D. Facility cleanliness

Answers: A, B, C, D

14. Which are features of personal selling in health tourism?

- A. Face-to-face communication
- B. Tailored information
- C. Building trust
- D. Mass media promotion

Answers: A, B, C

15. Which types of media are considered paid media?

- A. Online booking system
- B. Television commercials
- C. Search engine marketing (SEO)
- D. Word-of-mouth

Answers: B, C

16. Which are objectives of segmentation in health tourism marketing?

- A) Identify target groups
- B) Customise services
- C) Increase efficiency of telecommunication
- D) Treat all patients identically

Answers: A, B

17. Which are criteria for effective segmentation in marketing?

- A. Measurable
- B. Accessible
- C. Substantial
- D. Actionable

Answers: A, B, C, D

18. Which are benefits of positioning in marketing?

- A. Differentiates the brand
- B. Creates unique value
- C. Eliminates all competitors
- D. Establishes a clear market image

Answers: A, B, D

19. Which factors are included in SWOT analysis?

- A. Strengthening the marketing position
- B. Weaknesses
- C. Opportunities
- D. Threats

Answers: B, C, D

20. Which are critical success factors in sales and marketing of health tourism services?

- A. Clear value proposition
- B. Effective communication
- C. Patient-centred approach
- D. Ignoring feedback

Answers: A, B, C

III. TRUE OR FALSE

1. Services in health tourism are perishable because they cannot be stored for later use.

Correct answer: true

2. Intangibility means that patients cannot “test” a service before purchase.

Correct answer: true

3. Capitation means paying per hospital service used.

Correct answer: false

4. Inseparability refers to the fact that healthcare services are produced and consumed simultaneously.

Correct answer: true

5. Heterogeneity means that health services are always standardised and identical.

Correct answer: false

6. PR activities aim to build reputation and trust without direct payment for exposure.

Correct answer: true

7. In health tourism, “place” refers only to the physical location of the clinic.

Correct answer: false

8. Sales promotion always means lowering the quality of service.

Correct answer: false

9. Market segmentation aims to treat all patients the same.

Correct answer: false

10. Word-of-mouth is an example of paid promotion.

Correct answer: false

11. Digital marketing allows global reach and personalised campaigns.

Correct answer: true

12. Effective segmentation must be measurable, accessible, substantial, and actionable.

Correct answer: true

IV. ANALYSIS OF RELATION – ANALYSING OF TRUTH OF STATEMENTS AND THE CONNECTION

1. Services in health tourism are intangible, and patients cannot test them before purchase.

Answer: A

2. Perishability means services cannot be stored, and this explains why clinics lose revenue if patients do not show up.

Answer: A

3. Heterogeneity means services are always uniform, and this improves patient satisfaction.

Answer: C

4. Sales promotion offers discounts or loyalty programmes, and it always reduces service quality.

Answer: C

5. Market segmentation identifies patient groups, and effective segmentation must be measurable, accessible, substantial, and actionable.

Answer: A

6. Positioning ensures brand differentiation, and it automatically removes all competitors from the market.

Answer: C

7. Sales promotion creates immediate demand, and loyalty programmes build long-term relationships.

Answer: A

8. Patient satisfaction depends only on prices, and therefore quality and staff behaviour are irrelevant.

Answer: C

SPA MANAGEMENT, EXPERIENCE AND SERVICE DESIGN IN HEALTH TOURISM

I. SIMPLE CHOICE

1. What does wellness tourism mean?

- A. Accessing healthcare services.
- B. Traveling for medical treatments.
- C. Holistic experiences supporting physical and mental wellbeing.
- D. Only using spa services.

Answer: C

2. What encourages long-term guest return?

- A. Discounts and loyalty cards.
- B. Strong emotional attachment to experiences.
- C. Constant introduction of new services.
- D. Short promotional trips.

Answer: B

3. Which factor has the least impact on wellness experiences?

- A. Natural surroundings of the location.
- B. Size of discounts offered.
- C. Personalized service.
- D. Attitude of staff.

Answer: B

4. What makes a wellness service a “memorable experience”?

- A. Personalized and emotionally engaging.
- B. Cheap and fast.
- C. Popular among the masses.
- D. Standardized programs.

Answer: A

5. Which services contribute to “transformative experiences”?

- A. Shopping and nightlife.
- B. Meditation, yoga, and retreats.
- C. Museum visits.
- D. Local cuisine.

Answer: B

6. What is the best way to understand guest needs in wellness tourism?

- A. Customer satisfaction surveys.
- B. Empathetic communication and attentive service.
- C. Monitoring via surveillance.

D. Following them on social media.

Answer: B

7. What is a characteristic of the “flow experience”?

A. Losing track of time.

B. Increasing financial profit.

C. Physical exhaustion.

D. Passive relaxation.

Answer: A

8. What makes a wellness experience memorable?

A. Short stay.

B. Multi-sensory experiences.

C. Low prices.

D. Packed programs.

Answer: B

9. What role does nature play in wellness experiences?

A. It promotes relaxation and calm.

B. It's just decorative background.

C. It's irrelevant compared to indoor services.

D. It's mainly a marketing tool.

Answer: A

10. What does “sense of place” mean?

A. Revealing the financial status of tourists.

B. The depth of a guest's connection to the location.

C. Navigational skills.

D. A tourism trend.

Answer: B

11. Experience design in tourism primarily emphasizes:

A. Price reduction strategies.

B. Delivering functional hotel services.

C. Creating and staging quality experiences.

D. Selling mass-market tour packages.

Answer: C

12. The ‘meta-concept’ in tourism experience design refers to:

A. Booking systems and software for tour operators.

B. Functional facility design only.

C. Strategic, meaning-evoking propositions for experiences.

D. Empirical visitor satisfaction data.

Answer: C

13. Which design theory emphasizes a balance between users' skills and the challenges presented?

- A. Activity theory.
- B. Proxemics theory.
- C. Flow theory.
- D. Social identity theory.

Answer: C

14. The "experience production system" concept includes:

- A. Only creative aspects of service encounters.
- B. Marketing and front-line service only.
- C. Backstage business strategies and frontstage design.
- D. Exclusively hotel service design.

Answer: C

15. What differentiates enjoyment from pleasure?

- A. Enjoyment is externally induced, pleasure is internal.
- B. Enjoyment is passive, pleasure is active.
- C. Enjoyment leads to growth; pleasure does not.
- D. Pleasure comes from stress; enjoyment comes from boredom.

Answer: C

16. Flow is most likely to occur when:

- A. Tasks are too easy.
- B. Distractions are welcomed.
- C. Challenges match a person's skill level.
- D. Rewards are guaranteed.

Answer: C

17. Which of the following is essential for creating a unified flow experience throughout life?

- A. Avoiding solitude.
- B. Pursuing a compelling, long-term goal.
- C. Avoiding conflict and criticism.
- D. Following all societal norms.

Answer: B

18. What roles does attention play in optimal experience?

- A. It is unrelated to happiness.
- B. It increases anxiety if not diverted.
- C. It organizes consciousness and determines life quality.
- D. It helps avoid discomfort.

Answer: C

19. What distinguishes authentic from inauthentic life themes?

- A. Authentic themes follow public expectations.
- B. Inauthentic themes are chosen freely.
- C. Authentic themes are discovered through reflection and choice.
- D. Inauthentic themes always produce flow.

Answer: C

20. Choose the most characteristic element of the complex experience!

- A. sense of safety
- B. sightseeing
- C. hospitality
- D. new knowledge about history

Answer: A

21 What is a Cruise Spa?

- A. A facility that offers beauty, fitness and wellness programs without the need for accommodation, with treatments lasting from one hour to one day.
- B. A spa that offers alternative treatments and meals (such as vegetarian or macrobiotic cuisine) with the aim of positively influencing the state of mind of guests.
- C. A spa facility on a cruise ship that offers spa treatments, wellness and fitness programs and a healthy, light menu.
- D. A facility that primarily provides fitness services but also offers spa treatments for day users.

Answer: C

22. How did professionals define a successful spa manager?

- A. One who can launch ad campaigns quickly.
- B. One with strong technological skills.
- C. One who balances business and human factors.
- D. One who performs all treatments personally.

Answer: C

23. What are the biggest challenges spa managers face today?

- A. Too many guests at once
- B. Low water temperatures
- C. Finding and retaining qualified staff
- D. Limited wellness services

Answer: C

24. What role does staff training play in service quality?

- A. Less important if marketing is strong.
- B. Plays a crucial role.
- C. Only relevant for technical staff.
- D. Only needed during onboarding.

Answer: B

25. How to effectively develop spa management skills?

- A. More theoretical courses.
- B. Practice-based, international-oriented training.
- C. Exclusive online learning.
- D. Only short certification programs.

Answer: B

26. What is the relationship between guest satisfaction and staff satisfaction?

- A. No correlation.
- B. Negative correlation.
- C. High staff satisfaction improves guest experience.
- D. Only seasonal influence.

Answer: C

II. MULTIPLE CHOICE

1. Which of the following are fundamentals of tourism experience design (TED) suggested?

- A. Human-centeredness.
- B. Iterative design process.
- C. Data-driven revenue modelling.
- D. Holistic experience concept.

Answers: A, B, D

2. Which of the following are wellness tourist type?

- A. Preventive health-oriented tourist.
- B. Purely cultural tourist.
- C. Stress-relief seeker.
- D. Lifestyle changer.

Answers: A, C, D

3. Which are related to wellness services?

- A. Yoga and meditation.
- B. Healthy eating.
- C. Extreme sports competitions.
- D. Spa treatments.

Answers: A, B, D

4. Which of the following are key component of wellness experiences?

- A. Relaxation
- B. Extreme sports
- C. Nutrition
- D. Physical activity

Answers: A, C, D

5. Which methods are not suggested for capturing tourists' experiences in natural settings using mobile devices?

- A. Controlled experiments.
- B. Mobile ethnography.
- C. Quantitative surveys only.
- D. SWOT analysis.

Answers: A, C, D

6. The operational concept of TED includes:

- A. Development of tourism apps.
- B. Design of tourism touchpoints.
- C. Facilitation of tourist interactions.
- D. Strategic meaning-making only.

Answers: A, B, C

7. Which of the following are component of the flow experience?

- A. Clear goals.
- B. High monetary rewards.
- C. Immediate feedback.
- D. Deep involvement.

Answers: A, C, D

8. Which skills are important for a future spa manager?

- A. Only financial knowledge and service management.
- B. Leadership and intercultural skills.
- C. Communication.
- D. Only medical background.

Answers: B, C

9. How is technology influencing the spa industry?

- A. It slows down services.
- B. Enhances the experience.
- C. Only affects back-end operations.
- D. Enables automation, data collection.

Answers: B, D

10. What is the role of ethical practices in spa operations?

- A. Only for marketing purposes.
- B. Long-term success building.
- C. Building trust.
- D. Only applies to large companies.

Answers: B, C

11. Why are cultural differences important in international spa management?

- A. They influence service communication.
- B. Only affect marketing.
- C. They influence service expectations.
- D. Only relevant to front desk staff.

Answers: A, C

12. Which personality type is MOST likely to experience flow?

- A. Non-self-conscious individualist.
- B. Intrinsically motivated learner.
- C. Schizophrenic or highly self-conscious person.
- D. Autotelic self.

Answers: A, B, D

13. Flow is NOT likely to occur when:

- A. Tasks are too easy.
- B. Distractions are welcome.
- C. Challenges are appropriate to the person's abilities.
- D. Rewards are guaranteed.

Answers: A, B, D

14. The most important conditions that are essential for a spa to operate successfully in the field of health tourism:

- A. Natural resources and healing effects.
- B. High quality services, excellent infrastructure and facilities.
- C. Adequate human resources and marketing.
- D. Weather conditions.

Answers: A, B, C

15. Which of the following statements is not true? It determines the sequence of actions necessary to achieve goals within a given time period, depending on the available or mobilizable resources.

- A. planning
- B. development
- C. regulation
- D. management

Answers: B, C, D

16. What are the key elements of a SPA experience?

- A. Relax: relaxation – stress relief.
- B. Recreation: recreation, refreshment, entertainment.
- C. Reflect: contemplation – meditation, thinking.
- D. Revitalize: refreshment – vitality, energy, rejuvenation.

E. Rejoice: joy – happiness, cheerfulness, entertainment.

Answers: A, C, D, E

17. An experience can be:

- A. An external influence on emotions
- B. The experience of something special
- C. The experience of something at a special time
- D. Combination of the previous three

Answers: A, B, C, D

18. What is NOT a tourism product?

- A. the healing cave
- B. the experience
- C. the hotel room
- D. the offer of a travel agency

Answers: A, C, D

19. Which of the following statements are characteristic of intrinsic motivation?

- A. directed towards knowledge
- B. directed towards obtaining pleasant experiences
- C. goal achievement is the reward
- D. directed towards self-actualization

Answers: A, B, D

20. What is included in the area of service organization and operation?

- A. Design and organization of spa services, compilation of treatments, therapies, sauna programs.
- B. Organization of guest reception, reception services.
- C. Coordination of thermal water treatments.
- D. Development of customer experience, quality assurance.

Answers: A, B, D

21. What are the responsibilities of a spa manager?

- A. Full operational management of the Spa & Wellness area.
- B. Organizing and coordinating the work of employees, preparing monthly schedules.
- C. Ensuring legal compliance.
- D. Economic and financial management of the SPA department.
- E. Continuous development and expansion of the SPA services and offerings.

Answers: A, B, C, E

III. TRUE OR FALSE

- 1. Tourism experience design treats tourism as a system that produces and delivers meaning.

Correct answer: true

2. Empathic design requires understanding tourists' internal motivations and emotional models.

Correct answer: true

3. Designing experiences in tourism does not need to consider the socio-cultural context.

Correct answer: false

4. Participatory design activities can help generate ideas by engaging tourists directly.

Correct answer: true

5. Flow experiences always require expensive or elite environments.

Correct answer: false

6. Pleasure maintains order in consciousness but does not contribute to psychological growth.

Correct answer: true

7. The mind, left unstimulated, tends to focus on pain and frustration.

Correct answer: true

8. An intrinsically motivated personality type is likely to experience flow.

Correct answer: true

9. Successful spa operation in health tourism depends on the existence and functioning of only one factor: the management.

Correct answer: false

10. The most effective way in spa management is for the manager to directly and personally influence the employees in order to achieve the set organizational goals.

Correct answer: false

11. The biggest challenge that spa managers face today is when there are too many guests at once.

Correct answer: false

12. One of the main goals of spa management during product development is to arouse guest interest and offer diverse, place-specific, experience-based services.

Correct answer: true

IV. ANALYSIS OF RELATION – ANALYSING OF TRUTH OF STATEMENTS AND THE CONNECTION

1. Phenomenology focuses on lived experiences and human perception, that's why Experience design uses phenomenology to understand tourists' experiences.

Answer: A

2. Human-centred design includes only the physical aspects of a destination. Social identity theory is used in TED to understand how group affiliation influences experience.

Answer: D

3. Iterative design allows for continuous user feedback in the design process. Agile methodology is compatible with TED because it supports flexible, iterative development.

Answer: A

4. Designing tourism experience is similar to designing static architectural forms. Tourism experience includes evolving emotional, cognitive, and social elements.

Answer: D

5. Flow improves the quality of life by increasing order in consciousness, so in flow, thoughts, intentions, and actions are aligned toward a single goal.

Answer: A

6. Discovered life themes are based on personal reflection and experience. Inauthentic themes always result in greater happiness.

Answer: C

7. An autotelic personality can transform adversity into challenge., such a personality is self-assured and not self-centred.

Answer: A

8. Memory cannot contribute to flow because it involves recalling past events. Remembering brings order to consciousness and can be enjoyable.

Answer: D

9. Flow can be achieved in both physical and mental activities, so activities such as sports, writing, and philosophy can lead to flow states.

Answer: A

10. A tourism product is a set of services that aims to fully satisfy the tourist / is based on the attraction that attracts tourists to a given area.

Answer: A

11. The activities related to spa management are wide-ranging, as the operation of spas includes not only service, but also health, operational, financial and marketing tasks.

Answer: A

12. The hotels are certified by the Hungarian Hotels and Restaurants Association, the certification is free and mandatory.

Answer: C

SYSTEMS OF HEALTHCARE INSTITUTIONS AND HEALTH INSURANCE

I. SIMPLE CHOICE

1. What does health insurance help you pay for?

- A. Medical bills
- B. Groceries
- C. Vacation trips
- D. Movie tickets

Answer: A

2. What is national insurance?

- A. A system to help pay for healthcare and benefits
- B. A type of grocery tax
- C. A car insurance policy
- D. A vacation program

Answer: A

3. What is a premium in health insurance?

- A. A monthly payment to keep your insurance active
- B. A type of medicine
- C. A doctor's office
- D. A health app

Answer: A

4. Which of these might lower your health insurance costs?

- A. Being healthy
- B. Watching TV all day
- C. Ignoring doctor visits
- D. Skipping insurance payments

Answer: A

5. Which country is often considered the best example of private health insurance systems?

- A. United States
- B. United Kingdom
- C. Canada
- D. Sweden

Answer: A

6. What does health insurance help you pay for?

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Answer: A

10. Which country is often considered the best example of private health insurance systems?

- A. United States
- B. United Kingdom
- C. Canada
- D. Sweden

Answer: A

11. What is the primary purpose of a health system?

- A. To provide free education
- B. To promote, restore, and maintain health
- C. To organize public transport
- D. To regulate pharmaceuticals only

Answer: B

12. Which of the following is a structural indicator in healthcare?

- A. Surgical mortality rate
- B. Life expectancy at birth
- C. Patient satisfaction survey

D. Number of accredited doctors per procedure

Answer: D

13. Which key function of health systems refers to oversight and rule setting?

- A. Financing
- B. Delivering services
- C. Stewardship
- D. Creating resources

Answer: C

14. Which feature distinguishes healthcare from traditional markets?

- A. Perfect information
- B. Predictable demand
- C. Information asymmetry
- D. Unlimited resources

Answer: C

15. Which type of healthcare service is designed for urgent, life-threatening conditions?

- A. Elective care
- B. Emergency care
- C. Preventive care
- D. Chronic care

Answer: B

II. MULTIPLE CHOICE

1. Which factors most directly influence a patient's health insurance premium?

- A. Age
- B. Gender
- C. Geographic location
- D. Tobacco use

Answers: A, B, C, D

2. What are the main functions of reinsurance in health insurance markets?

- A. To spread risk among insurers
- B. To protect insurers from large losses
- C. To stabilize the insurance market
- D. To reduce hospital wait times

Answers: A, B, C

3. What does the term 'moral hazard' refer to in health insurance?

- A. Patients may use more services when they have insurance coverage
- B. Patients may ignore prevention when covered
- C. Hospitals raising prices to compete
- D. Patients may take greater health risks knowing they are insured

Answers: A, B, D

4. Which programs in the US are designed for low-income individuals and families?

- A. Medicaid
- B. CHIP
- C. Supplemental Security Income (SSI)
- D. Tricare

Answers: A, B, C

5. What are purposes of a copayment in health insurance?

- A. To share the cost of care between patient and insurer
- B. To reduce unnecessary use of cash
- C. To encourage responsible healthcare choices
- D. To reduce unnecessary use of services

Answers: A, C, D

6. Which factors most directly influence a patient's health insurance premium?

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- B. Gender
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Answers: A, B, C, D

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- D. To reduce unnecessary use of services

Answers: A, C, D

11. Which are considered main objectives of health systems?

- A. Improving population health
- B. Responding to people's expectations
- C. Maximizing provider profits
- D. Reducing administrative staff

Answers: A, B

12. Which are distinguishing features of health care compared to other services?

- A. Complete predictability
- B. Asymmetric information
- C. Unlimited supply of services
- D. Uncertainty

Answers: B, D

13. Which of the following are the primary and regular financing sources of the Hungarian national healthcare system?

- A. Taxes
- B. Out-of-pocket (direct) payments
- C. Voluntary private health insurance
- D. Social health insurance contributions

Answers: A, D

14. Which of the following are among the four key functions of a health system?

- A. Stewardship (oversight)
- B. Financing (resource generation, pooling, purchasing)
- C. Creating resources
- D. Delivering services

Answers: A, B, C, D

15. Which are examples of outcome indicators?

- A. Life expectancy at birth
- B. Percentage of doctors attending CME training
- C. 5-year cancer survival rate
- D. Number of CT scanners in use

Answers: A, C

III. TRUE OR FALSE

1. Germany is a leading example of the Bismarck healthcare model.

Correct answer: true

2. The United States has the most efficient healthcare system in the world.

Correct answer: false

3. The National Health Service (NHS) in the United Kingdom is considered the best healthcare system in Europe.

Correct answer: false

4. Germany is a leading example of the Bismarck healthcare model.

Correct answer: true

5. The United States has the most efficient healthcare system in the world.

Correct answer: false

6. The National Health Service (NHS) in the United Kingdom is considered the best healthcare system in Europe.

Correct answer: false

7. The Hungarian healthcare system is primarily based on the Bismarck model of compulsory social health insurance.

Correct answer: true

8. Information asymmetry in healthcare means that providers usually have more knowledge than patients about the quality and necessity of medical services.

Correct answer: true

9. Outcome indicators in healthcare, such as life expectancy and survival rates, are considered valid measures of system performance.

Correct answer: true

IV. ANALYSIS OF RELATION – ANALYSING OF TRUTH OF STATEMENTS AND THE CONNECTION

1. Health insurance helps reduce the cost of medical care, but it guarantees free services for all treatments.

Answer: C

2. Health insurance eliminates the need for personal financial planning, but it does help protect against unexpected medical costs.

Answer: D

3. Health insurance helps reduce the cost of medical care, but it guarantees free services for all treatments.

Answer: C

4. Health insurance eliminates the need for personal financial planning, but it does help protect against unexpected medical costs.

Answer: D

5. The Hungarian healthcare system is entirely financed by private insurance, and therefore every citizen has equal access regardless of contributions.

Answer: E

6. Health systems aim to improve the health of the population, and financial protection mechanisms are essential to prevent catastrophic health expenditure.

Answer: A

TOURISM AND MENTAL HEALTH

I. SIMPLE CHOICE

1. Response flexibility...

- A. coordinates the activity of a part of the nervous system that controls bodily functions.
- B. the ability to stay clear and focused in the face of storms from both inside and outside of us.
- C. harnesses the power of the middle prefrontal region to put a temporal space between input and action.
- D. the capacity to create mindsight images of other people's minds.

Answer: C

2. Observation...

- A. is the ability to perceive the self even as we are experiencing an event.
- B. permits us to have a thought or feeling and not become swept away by it.
- C. allows us to develop what is sometimes called discernment.
- D. helps us to look back and look inward at what has happened.

Answer: A

3. The acronym of FACES stands for:

- A. False, Active, Cohesive, Embedded, and Suitable.
- B. Pharmacological, Anatomical, Cardiological, Endocrinological, and Surgical.
- C. Fancy, Adaptive, Cohesive, Energized, and Suitable.
- D. Flexible, Adaptive, Coherent, Energized, and Stable.

Answer: D

4. The limbic area is crucial for...

- A. motion control.
- B. our appetite regulation.
- C. how we form relationships.
- D. body balancing.

Answer: C

5. If we face an overwhelming situation in which we can not adequately cope, cortisol levels may become chronically...

- A. suppressed.
- B. elevated.
- C. missing.
- D. painful.

Answer: B

6. The outer layer, or "bark," of the brain is the...

- A. corpus callosum.
- B. limbic area.
- C. hippocampus.

D. cortex.

Answer: D

7. When we block our awareness of feelings, they...

- A. they stop having an effect on us.
- B. continue to affect us anyway.
- C. disappear.
- D. cause cognitive decline.

Answer: B

8. When our threat-assessment system tells us we're safe, we...

- A. let go of tension in our bodies and our facial muscles relax.
- B. enter the fight or flight state of alert.
- C. activate the sympathetic branch of the autonomic nervous system.
- D. pretend to be dead.

Answer: B

9. If we believe we're helpless, that there's nothing we can do to save ourselves, we...

- A. activate the sympathetic branch of the autonomic nervous system.
- B. freeze or collapse.
- C. let go of tension in our bodies, and our facial muscles relax.
- D. contemplate.

Answer: B

10. Which of the following is a prefrontal invention?

- A. circulation regulation
- B. appetite regulation
- C. planning for the future
- D. movement regulation

Answer: C

II. MULTIPLE CHOICE

1. Which of the following are prefrontal functions?

- A. emotional balance
- B. response flexibility
- C. fear modulation
- D. thermoregulation

Answers: A, B, C

2. Which are the branches of the "autonomic" nervous system?

- A. sympathetic
- B. pathetic
- C. paranormal
- D. parasympathetic

Answers: A, D

3. Based on our sensory inputs, we sense ...

- A. what action is coming next.
- B. what the weather conditions are.
- C. the core beliefs of our partner.
- D. the emotional energy that underlies the behavior.

Answers: A, D

4. Mirror neurons respond only to ...

- A. an act with intention.
- B. an act with a predictable sequence.
- C. an act with a sense of purpose.
- D. random acts.

Answers: A, B, C

5. Aerobic exercise ...

- A. improves the condition of our cardiovascular system.
- B. stimulate the growth of new neurons.
- C. improves the condition of our musculoskeletal system.
- D. stimulate the growth of myelin.

Answers: A, B, C, D

6. Tasks of normal adolescence are ...

- A. creating mental stability.
- B. negotiating the changes in one's body.
- C. the emerging and sometimes overwhelming feelings of sexuality.
- D. changes in self-identity and relationships.

Answers: B, C, D

7. Besides focused attention, other factors that enhance neuroplasticity include:

- A. aerobic exercise
- B. weightlifting
- C. novelty
- D. emotional arousal

Answers: A, C, D

8. Our right brain/hemisphere ...

- A. gives us a more direct sense of the whole body.
- B. paints the pictures of lived experience that make up our autobiographical memory.
- C. creates rational, analytical concepts.
- D. is the seat of our emotional and social selves.

Answers: A, B, D

9. Our left brain/hemisphere ...

- A. loves linear, linguistic, logical, and literal communication.
- B. creates an “AND” stance.
- C. loves to label things.
- D. specializes in syllogistic reasoning, using chains of logic, and identifying cause-effect relationships.

Answers: A, C, D

10. The middle prefrontal cortex area is called the anterior cingulate cortex (ACC).

- A. This area regulates basic physiological processes.
- B. The pain of social rejection is mediated in the ACC area.
- C. The ACC registers physical pain from a bodily injury.
- D. “Is this good or is this bad?” is the most basic question the ACC area addresses.

Answers: B, C

III. TRUE OR FALSE

- 1. When the self-organizational movement of the system is maximizing complexity, it attains a harmonious flow that is at once flexible, adaptive, coherent, energized, and stable.

Correct answer: true

- 2. Neuroplasticity is possible only in childhood, not throughout the lifespan.

Correct answer: false

- 3. Being mindful, having mindful awareness, is often defined as a way of intentionally paying attention to the present moment without being swept up by judgments.

Correct answer: true

- 4. Neuroplasticity is possible throughout the lifespan, not just in childhood.

Correct answer: true

- 5. In ancient times and in modern societies, mindful awareness techniques help people move toward well-being by training the mind to focus on moment-to-moment experience.

Correct answer: true

- 6. The two hemispheres of the brain do not communicate with each other.

Correct answer: false

IV. ANALYSIS OF RELATION – ANALYSING OF TRUTH OF STATEMENTS AND THE CONNECTION

- 1. If the behavioral patterns we see in our caregivers are straightforward, we can then map sequences with security, knowing what might happen next, embedding intentions of kindness and care, and so create in ourselves a mindsight lens that is focused and clear

Answer: A

- 2. Experience activates neural firing, which in turn leads to the production of proteins that enable new connections to be made among neurons, in the process called neuroplasticity.

Answer: A

3. Under highly stressful conditions, the fight-flight-freeze response floods the body with the hormone cortisol, a chemical that has been shown to block hippocampal function.

Answer: A

4. When we block our awareness of feelings, they continue to affect us anyway.

Answer: A

TOURISM GEOGRAPHY

I. SIMPLE CHOICE

1. Geography is divided into three main branches ...

- A. human geography, physical geography and regional geography.
- B. tourism geography, physical geography and integrated geography.
- C. tourism geography, regional geography and integrated geography.
- D. human geography, tourism geography and integrated geography.

Answer: A

2. Regional geography's content can be divided under the following categories ...

- A. macro-region, micro-region and sub-region.
- B. macro-region, micro-region and meso-region.
- C. region, country, city.
- D. continent, region, country.

Answer: B

3. Key factors influencing tourism demand include ...

- A. economic situation, transport and motivation.
- B. attractions, transport and free time availability.
- C. motivation, income level and free time availability.
- D. tourism geography, economic situation and income level.

Answer: C

4. Man-made attractions may include ...

- A. cultural tradition, special collection and location of the city.
- B. public artwork, village landscape and ice cave.
- C. historical building, cultural tradition and fauna.
- D. unique architectural creation, legends and milestones in the life of famous people.

Answer: D

5. Examples of physical aspects in geography that can influence human life are as follows

...

- A. climate, landforms, flora and fauna.
- B. economic activities, village landscape and ice caves.
- C. political system, cultural traditions and fauna.
- D. unique architectural creations, legends and urban systems.

Answer: A

6. Examples of social aspects in geography that can influence human life are as follows ...

- A. settlements, landforms, flora and fauna.
- B. population, religion and transportation.
- C. political system, cultural tradition and fauna.

D. environment, legend and urban systems.

Answer: B

7. The following are among the key factors that determine a destination:

- A. settlement, landform and flora and fauna.
- B. population, religion and transportation.
- C. transport, tourist attractions and tourism services.
- D. environment, legend and urban systems.

Answer: C

8. The World Tourism Organization (UNWTO) defines the following as the main tourism regions:

- A. Africa, the Americas, Australia, Europe, the Middle East, and South Asia.
- B. Asia, Africa, North America, South America, Antarctica, Europe, and Australia.
- C. Africa, the Americas, East Asia and South Asia, Europe, the Middle East.
- D. Africa, the Americas, East Asia and the Pacific, Europe, the Middle East, and South Asia.

Answer: D

9. The top three most visited countries by international tourist arrivals in 2023, according to UNWTO data, are:

- A. France, Spain, and the United States.
- B. France, Spain, and China.
- C. France, Spain, and Italy.
- D. France, Italy and the United States.

Answer: A

10. The most visited religious destinations in the world include the ...

- A. Medina, Mecca, and Jerusalem.
- B. Vatican City, Mecca, and Jerusalem.
- C. Vatican City, Mecca, and Camino.
- D. Rome, Mecca, and Jerusalem.

Answer: B

II. MULTIPLE CHOICE

1. The certified health resorts in Hungary are:

- A. Hévíz
- B. Káptalanfürdő
- C. Zalakaros
- D. Sárvár

Answers: A, C, D

2. UNESCO World Heritage Sites in Hungary are:

- A. Hortobágy National Park
- B. Tokaj Wine Region Historic Cultural Landscape

- C. Hévíz
- D. Danube bend

Answers: A, B

3. The following regions of Hungary are officially designated as tourist regions:

- A. Hajdúszoboszló region
- B. Sopron region
- C. Eger region
- D. Balaton

Answers: B, C, D

4. In 2024, the most visited cities in Hungary were...

- A. Hajdúszoboszló
- B. Miskolc
- C. Szeged
- D. Kecskemét

Answers: A, B, C

5. In 2024, the most popular outbound destinations for Hungarians were...

- A. Austria
- B. Croatia
- C. Slovakia
- D. Slovenia

Answers: A, B, C

6. The most important countries sending tourists to Hungary include...

- A. Serbia
- B. Germany
- C. United Kingdom
- D. China

Answers: B, C

7. Hungary has 22 officially designated wine districts. These districts are grouped into six larger regions, which are as follows:

- A. Villány wine region
- B. Szekszárd wine region
- C. Pannon wine region
- D. Danube wine region

Answers: C, D

8. The natural treatment factors in Hungary include...

- A. thermal and mineral waters
- B. medicinal mud
- C. salt caves

D. medicinal gases

Answers: A, B, D

9. Types of protected areas:

A. National Park

B. Protected Landscape Area

C. National Nature Reserve

D. Protected Fauna Area

Answers: A, B, C

10. Hungary boasts eight UNESCO World Heritage sites. These include:

A. the Danubian Limes

B. the Baths of Roman Empire (Aquincum)

C. Old Village of Hollókő

D. the Tokaj Wine Region Historic Cultural Landscape

Answers: C, D

III. TRUE OR FALSE

1. The capital of USA is New York.

Correct answer: false

2. The capital of Australia is Sydney.

Correct answer: false

3. The largest lake on Earth is the Caspian Sea, which is located in Asia.

Correct answer: true

4. Mont Blanc is the highest peak in Europe and the highest mountain in the Alps. It is located on the border between Germany and Italy.

Correct answer: false

5. The Danube is the longest river in Europe, stretching for 3,530 km.

Correct answer: false

6. The deepest lake in Europe is Hornindalsvatnet, located in Norway-

Correct answer: true

IV. ANALYSIS OF RELATION – ANALYSING OF TRUTH OF STATEMENTS AND THE CONNECTION

1. Slovaks can also use the name “Tokaj wine” because the histories of the two countries are intertwined.

Answer: A

2. There are several salt mines in Hungary, which is why China is one of our most important tourist markets.

Answer: E

3. Germany is one of Hungary's most important tourist-sending markets, and Hungary is rich in thermal and mineral resources.

Answer: A

4. Hungary is a landlocked country and Croatia is one of the most popular destinations for Hungarian tourists.

Answer: A

TRAVEL AGENCY MANAGEMENT

I. SIMPLE CHOICE

1. Which of the following is a core function of a traditional travel agency?

- A. Manufacturing travel gear
- B. Selling insurance policies
- C. Booking travel services
- D. Operating airplanes

Answer: C

2. Which of the following sectors do travel agencies mainly operate in?

- A. Retail
- B. Transport logistics
- C. Service
- D. Real estate

Answer: C

3. Which of the following best defines a package tour?

- A. A free flight
- B. A combination of services sold at a single price
- C. A hotel room with breakfast
- D. An optional tour add-on

Answer: B

4. What is the main goal of travel agency marketing?

- A. To entertain tourists
- B. To increase operational costs
- C. To attract and retain clients
- D. To reduce airline delays

Answer: C

5. Which is NOT a component of a travel package?

- A. Accommodation
- B. Transportation
- C. Visa issuance
- D. Guided tours

Answer: C

6. Which of these platforms is an example of an OTA?

- A. Expedia
- B. Lufthansa
- C. TripAdvisor
- D. Lonely Planet

Answer: A

7. What does DMC stand for?

- A. Direct Market Corporation
- B. Destination Management Company
- C. Domestic Marketing Committee
- D. Direct Mail Contact

Answer: B

8. Which of the following is considered a primary activity of a tour operator?

- A. Printing brochures
- B. Operating airports
- C. Creating travel packages
- D. Inspecting hotels

Answer: C

9. Which function is related to the financial management of a travel agency?

- A. Package development
- B. Cost calculation
- C. Hotel reservation
- D. Vehicle rental

Answer: B

10. Which company type specializes in operating programs for incoming tourists?

- A. Outbound tour operator
- B. Destination Management Company
- C. Charter airline
- D. Hotel chain

Answer: B

II. MULTIPLE CHOICE

1. Which stakeholders are commonly involved in tourism supply chains?

- A. Transport providers
- B. Hotels
- C. Energy companies
- D. Attractions

Answers: A, B, D

2. What elements are typically part of a tour package?

- A. Transport
- B. Accommodation
- C. Guide services
- D. Cooking ingredients

Answers: A, B, C

3. Which of the following are examples of travel intermediaries?

- A. Tour operators
- B. Online Travel Agencies (OTAs)
- C. Airlines
- D. Destination Management Companies (DMCs)

Answers: A, B, D

4. Which of the following can be included in a luxury travel package?

- A. Private jet
- B. Personal butler
- C. Budget hostels
- D. Michelin-star dining

Answers: A, B, D

5. What are the advantages of online travel agencies (OTAs)?

- A. Global reach
- B. 24/7 accessibility
- C. Higher manual workload
- D. Real-time booking options

Answers: A, B, D

6. What activities are common for inbound tour operators?

- A. Organizing local transportation
- B. Providing guides
- C. Offering foreign currency exchange
- D. Selling domestic insurance

Answers: A, B

7. Which tools are used for price calculation in tour planning?

- A. Spreadsheets
- B. Reservation systems
- C. Accounting software
- D. Mobile games

Answers: A, B, C

8. What legal requirements must travel agencies fulfill?

- A. Business registration
- B. Travel license
- C. Health inspection
- D. Insurance policy

Answers: A, B, D

9. Which are types of travel intermediaries?

- A. Wholesalers

- B. Retailers
- C. Influencers
- D. Brokers

Answers: A, B, D

10. What services may be offered by a DMC?

- A. Local event organization
- B. Airport transfers
- C. Long-haul flight operation
- D. Sightseeing tours

Answers: A, B, D

III. TRUE OR FALSE

- 1. Destination Management Companies typically serve individual travelers.

Correct answer: false

- 2. Package pricing always includes travel insurance.

Correct answer: false

- 3. A well-managed travel agency can benefit from repeat customers.

Correct answer: true

- 4. DMCs focus primarily on outbound tourism.

Correct answer: false

- 5. Online platforms have completely replaced traditional walk-in travel agencies.

Correct answer: false

- 6. Tour operators never work with local service providers.

Correct answer: false

- 7. All travel agencies are required to operate globally.

Correct answer: false

IV. ANALYSIS OF RELATION – ANALYSING OF TRUTH OF STATEMENTS AND THE CONNECTION

- 1. Tour operators calculate package prices in advance. This allows them to manage risk and maximize profit.

Answer: A

- 2. Tour operators rely on legal regulations. Regulations help protect consumer rights.

Answer: A

- 3. Travel agencies offer package holidays. These packages include flights and accommodation arranged by the travel agency.

Answer: A

- 4. Tour agencies work with multiple service providers. This is because tourists demand customized packages.

Answer: A

- 5. Travel agencies offer sightseeing tours. These tours are optional services, not part of core travel packages.

Answer: B