



Practice Aptitude
– QUIZ –

Allied Health



Practice Aptitude QUIZ

Part 1 – About this Allied Health Resource

Guidance

This Practice Aptitude Quiz is intended to be a general illustration of some of the key learning standards required of people attempting an Australian Apprenticeships entry level qualification in the Health Services Industry, with a focus on Allied Health Assistance.

This Practice Aptitude Quiz is neither a formal tool nor a direct prerequisite for any job application.

The quiz has been developed with the assistance of industry, TAFE and the secondary school sector as a careers resource.

The quiz focuses on literacy and numeracy questions contextualised to this specific industry.

The quiz can be used by a number of different organisations and people such as careers practitioners with young people, and Group Training Organisations and employment service providers with job seekers.

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The Practice Aptitude Quiz can be:

- Used by careers practitioners with individuals or in a class setting to provide general guidance on the level of study involved in undertaking an entry level qualification in these industries;
- Provided to people to enable them to practice their skills before sitting an actual aptitude test;
- Used by mathematics teachers as a guide to industry maths requirements at the entry point of this particular Australian Apprenticeship career path;
- Used by teachers as classroom based activities for students in Year 12 and VET Health Services centred studies.

This quiz does not cover aspects such as general knowledge or complex problem solving or reasoning skills.

The level of reading, writing and mathematical skills assessed by this quiz is equivalent to that of a typical young person at Year 11 level.

Please note that rates quoted in this assessment for various items, including pay rates, are not meant to reflect today's values, but are used purely for mathematical purposes.

The quiz should be able to be completed in approximately 60 minutes.

Calculators may be used to complete this practice exercise.

Answers are located at the end of the quiz.



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Allied Health Career, Occupational Information and Job Hunting Resources

Information and links on the Allied Health sector, careers, job prospects as well as career websites and job hunting resources can be found at www.aapathways.com.au/Industry.

After the Quiz

There are a range of support services available to help you find out about courses that may help you improve your literacy and numeracy skills and also your readiness for work.

If you are still at school you should discuss any concerns you may have with your career practitioner. Further information may also be provided by an employment service provider, an Australian Apprenticeships Support Network (Apprenticeship Network) provider, a Group Training Organisation or a training provider.

Useful Contacts

Here are some links to job seeker support services:

Search for your local Australian Apprenticeships Support Network (Apprenticeship Network) provider www.aapathways.com.au/sps

Find a local Group Training Organisation www.grouptraining.com.au/Find/find_gto.html

Employment service providers work with eligible job seekers to develop an individually tailored plan. The plan maps out the training, work experience and additional assistance needed to find job seekers sustainable employment - <https://jobsearch.gov.au/>



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Part 2: The Quiz

Section 1 – Literacy, Reading and Comprehension

Spelling & Grammar

1. Circle the correct word for each of the following sentences:

a. Julie enjoys working in Allied Health and her supervisor says that Julie is always...

Punctual Punctual Punctal punnctual

b. As an Allied Health Worker, you may assist physiotherapists to deliver.

progremmes pregraims progames progaimes

c. Infection control routines are used in Health...

services cervices survices servises

d. It is important for everyone working in the Health industry to look after their own health and...

wellbing wellbeing wellbeing willbeing

2. Circle the word which can replace the word in the sentence that appears underlined.

a. Health and safety hazards can be minimised by enforcing good health and safety practices within the workplace.

increased reduced maximised prevented

b. As an Allied Health Worker, you will provide assistance to Allied Health Professionals such as a nutritionist to implement their programs.

opinions knowledge support answers

c. Workers in the Health industry must be careful to ensure patient confidentiality.

gossip lies conversation privacy



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d. When undertaking and working with daily activities in the Health industry, knowledge of the correct hand washing technique is an essential requirement.

unnecessary

mandatory

helpful

optional

3. Circle the correct spelling of the following words:

- | | | | | |
|----|------------|------------|------------|----------|
| a. | Privacy | Privacy | Prevac | Pryvacy |
| b. | Podiatrist | Podiatrist | Podietrist | Poditric |
| c. | Steril | Steeril | Sterile | Starile |
| d. | Manual | Mannuelle | Manal | Mannual |

Comprehension

4.

a. The following words are related to Allied Health work. Arrange them in alphabetical order in the right-hand column.

| | |
|-----------------|--|
| Allied | |
| Exercise | |
| Confidentiality | |
| Therapy | |
| Medication | |
| Injury | |
| Professional | |
| Brace | |

b. The following procedure for washing hands is not in the correct order. Rearrange the numbers in the correct order.

1. When soap has foamed, rinse well with water.
2. Dispose the paper towel correctly.
3. Thoroughly rinse hands with water.
4. Dry hands thoroughly using clean paper towel.
5. Use medicated hand wash and rub thoroughly over both hands for 20 seconds.

Rearrange the numbers here:



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5. Read the following article and answer the questions that follow.

Sources of Infection

(Extract from 'Working safely in Aged Care' by Aspire)

Infection is a medical condition that is caused by micro-organisms. These are very small particles that lodge in the human body and multiply, causing disease. A disease is an illness, sickness or medical condition. One of the most common infections is the common cold.

Infection is a risk for everybody. A variety of organisms can cause infections.

The most common ones are:

- **Bacteria** - Bacteria are a form of plant life, often called germs. They are so small that they can only be seen under a microscope. Infections caused by bacteria can be treated with antibiotics. Antibiotics are medicines with an anti-bacterial effect.
- **Viruses** - Viruses are smaller than bacteria and cannot be seen with a microscope. Viruses need a body to live in and multiply. A virus lives in the cell of a living plant or animal or person. Viruses are able to move and infect other cells. This is how a virus grows and spreads. Viral infections tend to be more severe and are harder to treat. They do not respond to antibiotics.
- **Fungi** - Fungi are like mushrooms and mould and are present in the air, water and soil. Very few cause infections.

Some of these organisms are present all around us and in normal numbers do not cause infection. For example there are bacteria that live in our bowel and help us with the digestion of food.

Other organisms such as the flu virus are highly contagious. This means that they can spread very easily from one person to another. You do not have to be in contact with the virus for very long to catch it and get sick. Most people have an immune system that helps to prevent infections. Your immune system is your natural defence against illness. However as people get older, the immune system is less effective due to the ageing process. Older people

a. What is an infection?



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b. Who can be affected by an infection

c. Why are infections caused by a virus more dangerous than those caused by bacteria?

d. What is meant by the term 'contagious'?



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6. Read the following information about the role of an Allied Health Assistant.

The role of the Allied Health Assistant varies depending on the workplace and services provided. You could be involved in assisting a healthcare professional such as a Physiotherapist, Osteopath, Podiatrist, Speech Therapist or Dietician to undertake their prescribed care plan so as to enable the client to live as independently and comfortably as possible.

This could be assisting the client to practice exercises, regain their daily living skills after a stroke or accident, provide basic foot care, or help with speech therapy and exercises.

In some cases, to communicate effectively with the clients in your care you may need to use a variety of approaches such as sign language, drawings, talking slowly, listening carefully, writing, verbal responses and using a computer appropriately.

You will also need to communicate with your colleagues and other health care professionals by providing feedback after a patient or client session and, in some cases, helping to maintain patient or client records. This means that verbal and non-verbal communication, as well as accurate spelling, grammar and numeracy, are important skills for people employed as Allied Health Assistants.

Additionally, to enable you to undertake your duties effectively you will be required to have a basic knowledge of medical terminology, a basic understanding of the human body and its systems, as well as the ability to follow safe work practices to maintain your own health and safety.

Allied Health Assistants can have a high risk of back injuries. The greatest risk of back injury is when you are lifting, carrying and lowering things. Ways to prevent injuries when lifting include:

1. Using equipment such as a hoist or trolley designed to carry a person or equipment like wheel chairs when residents have to be moved long distances;
2. Lifting only as a last resort - the best option is NOT to lift heavy items;
3. Planning the move - think about how you will move the person before you do;
4. Bending your knees;
5. Keeping the object close to your body;
6. Working with a partner;
7. Lifting in small stages - for example floor to chair, then to table;
8. Wearing appropriate clothing and shoes;
9. Asking your supervisor if you are not sure how to lift any load.



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Thinking about the information you have just read, please answer the following questions:

a. You have been asked to set up the gym for a physiotherapy session and you notice that the large box with 15 pairs of 2.5kg hand weights that are needed for the session is in the storeroom. What course of action would you take? Circle the correct response.

- i. Drag the box on the ground to the gym
- ii. Try to move the box on your own to save time
- iii. Get someone to help you move the box using a trolley

b. If the box was light enough to lift on your own, which of the following options would be an incorrect option when picking up and carrying the weights? Circle your response.

- i. Plan the move before you lift
- ii. Carry as much as possible in any one trip
- iii. Bend your knees when lifting
- iv. Keep the object close to the body when lifting

c. List five methods of communication that an Allied Health Assistant may use when working with clients.

d. Why are communication skills such as grammar and spelling important in the role of the Allied Health Assistant? List two reasons.



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7. Medical words come from Latin and the word root is the basic building block of a medical term. It provides the main meaning of the word and it usually indicates a body part.

| WORD ROOT | BODY PART | EXAMPLE | MEANING |
|-----------|-----------|----------------|------------------------------|
| Gastr | Stomach | Gastric Juices | Acids in the stomach |
| Cardi | Heart | Cardiac arrest | A heart attack |
| Trache | Windpipe | Trachetitis | Inflammation of the windpipe |
| Dremat | Skin | Dermatitis | Inflammation of the skin |
| Rhin | Nose | Rhinoplasty | Surgical repair of the nose |

Which parts of the body are the following words referring to?

| Medical Terms | Body Part |
|---------------|-----------|
| Rhinitis | |
| Cardiology | |
| Gastritis | |
| Dermatology | |



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8. Read the following information about the systems of the body

Respiratory - takes in/expels air, absorbs oxygen into the blood, removes carbon dioxide.

Digestive - takes in food, processes/extracts nutrients, expels waste.

Cardiovascular - pumps oxygenated blood around the body and returns oxygen-poor blood to the lungs.

Urinary - controls the volume and composition of blood, filters and expels waste.

Nervous - regulates and coordinates physical and mental body activity.

Reproduction - creation, development and nurturing of babies.

Integumentary - protects against dehydration and injury - the skin, eyelashes, nails.

Muscular - holds body erect, allows movement, generates body heat, moves body fluids.

Skeletal - supports and shapes the body, protects vital organs, forms some blood cells, stores minerals.

Endocrine - integrates all body functions.

Match each body system with the correct functions.

| Body System | Body System Letter | Body System Function | Write Corresponding Body System Letter In This Column |
|----------------|--------------------|---|---|
| Urinary | A | Creation, development and nurturing of babies | |
| Integumentary | B | Gives support and shape to the body and protects vital organise | |
| Nervous | C | Takes in and expels air, absorbing oxygen into the bloodstream and removing carbon dioxide | |
| Reproductive | D | Protects against injury and dehydration | |
| Digestive | E | Pumps oxygen-rich blood to all areas of the body and returns oxygen-poor blood to the lungs | |
| Respiratory | F | Regulates and coordinates physical and mental body activity | |
| Skeletal | G | Takes in food, processes it, extracts nutrients then expels waste | |
| Cardiovascular | H | Controls the volume and composition of blood, filters and expels waste | |



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9. Read the following and answer the questions.

Mr Murali has had a stroke that has affected his speech and his range of movements. You have been asked to assist with his exercises to help him regain movement in his right arm.

He appears to have trouble understanding and completing the exercises and is becoming frustrated. You decide to assist Mr Murali by drawing some 'step by step' pictures of the exercises, and once again demonstrate the exercises yourself. You speak slowly and calmly, making direct eye contact with Mr Murali as you repeat your explanation of the exercises.

You also acknowledge that Mr Murali is frustrated and upset about his condition. You encourage him to persist and remain positive.

Mr Murali agrees to attempt the exercises again and successfully completes the session.

a. List two ways in which you have helped Mr Murali better understand the exercises.

b. Looking at this scenario, which of the following strategies would not be part of an effective session? Circle your response.

- i. Acknowledge the patient's situation and feelings
- ii. Provide encouragement to the patient
- iii. Ask the patient not to complain until after the session is completed
- iv. Communicate clearly so that the patient clearly understands your instructions



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Section 2 - Mathematics

Numbers (Conversions, Estimation, Time)

1. Convert the following:

| | | |
|--------|------------------|--|
| \$2.21 | to cents | |
| 4500 | cents to dollars | |
| 196 | days to weeks | |
| 156 | weeks to years | |

2. Calculate the number of hours and minutes from 3:00 p.m. to 11:15 p.m.

3. Calculate the following:

| | |
|------------------|--|
| $74 \times 33 =$ | |
| $280 \div 2.5 =$ | |

4. Write as a number:

| | |
|---------------------------------------|---|
| One thousand, three hundred and two | = |
| Twenty four thousand and twenty eight | = |

5. Calculate the following:

| | |
|--------------|---|
| $333 + 998$ | = |
| $111 + 357$ | = |
| $7000 - 555$ | = |
| $1233 - 77$ | = |

6. Multiply the following:

| | |
|------------------|---|
| 7500×29 | = |
| 35×12 | = |



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Problem Solving

7. You arrive at work at 3.00 p.m. and leave at 10.15 p.m. How long have you been at work? Write your answer in number of hours and number of minutes.

8. You have been asked to monitor the fluid intake of one of your clients during each exercise session. If your client drinks the following quantities, how much has your client drunk in total? Provide the answer in millilitres (mls).

Session 1 = 500 mls of water
Session 2 = 290 mls of energy drink
Session 3 = 600 mls of water
Session 4 = 300 mls of water

Total fluid intake: millilitres

9. You are sorting out occupational therapy materials for the children's therapy centre. If you have 20 boxes of rubber balls and each box contains 50 balls, how many rubber balls do you have in total?

10. If you work for 70 hours a fortnight and earn \$18 dollars an hour, what will your earnings per week be before tax deduction?

11. A cleaning fluid must be diluted to a ratio of 1:5 with water before it can be used.

If you have 100mls of cleaning fluid, how much water will have to be added before you can use the fluid?

12. You have been provided with a tin of toffees to distribute equally to the staff members in your team. If the box contains 200 toffees and you have a total number of 8 staff, how many toffees does each staff member receive



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Section 1 - Literacy, Reading & Comprehension

1. a. punctual b. programs c. Services d. wellbeing
2. a. reduced b. support c. privacy d. mandatory
3. a. Privacy b. Podiatrist c. Sterile d. Manual
4. a.

| |
|-----------------|
| Allied |
| Brace |
| Confidentiality |
| Exercise |
| Infection |
| Injury |
| Medication |
| Professional |
| Therapy |

b. 3, 5, 1, 4, 2

5.
 - a. A medical condition
 - b. Everyone
 - c. Viruses are smaller and are harder to treat. They do not respond to antibiotics.
 - d. A condition that is easily spread from one individual to another
6.
 - a. iii b. ii
 - c. Sign language, drawings, talking slowly, listening carefully, writing, verbal responses and using computers.
 - d. Communication skills are important to ensure that feedback to your colleagues and health professionals is understood and patient or client records are maintained.

7.

| Medical Term | Body Part |
|--------------|-----------|
| Rhinitis | Nose |
| Cardiology | Heart |
| Gastritis | Stomach |
| Dermatology | Skin |

8.

| Match these functions with the correct Body System Letter | Body System Letter in this column |
|---|-----------------------------------|
| Creation, development and nurturing of babies | D |
| Gives support and shape to the body and protects vital organ | G |
| Takes in and expels air, absorbing oxygen into the bloodstream and removing carbon dioxide | F |
| Protects against injury and dehydration | B |
| Pumps oxygen rich blood to all areas of the body and returns oxygen poor blood to the lungs | H |
| Regulates and coordinates physical and mental body activity | C |
| Takes in food, processes it, extracts nutrients then expels was | E |
| Controls the volume and composition of blood, filters and expels waste | A |



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- 9.
- a. By drawing some 'step by step' pictures of the exercises and by demonstrating the exercises, yourself. You speak slowly and calmly, making direct eye contact while you give the explanation of the exercises.
 - b. iii

Section 2 – Mathematics

- 1. a. 221 cents b. \$45.00 c. 28 weeks d. 3 years
- 2. 8 hours and 15 minutes
- 3. a. 2,442 b. 112
- 4. a. 1,302 b. 24,028
- 5. a. 1,331 b. 468 c. 6,445 d. 1,156
- 6. a. 217,500 b. 420
- 7. 7 hours and 15 minutes
- 8. 1,690 millilitres
- 9. 1,000
- 10. \$630
- 11. 500 mls
- 12. 25



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This Practice Aptitude Quiz was developed by



Australian Apprenticeships and Traineeship Information Service, which delivers the [Australian Apprenticeship Pathways](#) website, [MyGain](#) (YouTube channel) and [AusAppPathways](#) – Mobile App. The service provides sample Australian Apprenticeships job descriptions and links to more Australian Apprenticeships information and resources. The service is funded by the Australian Government, Department of Education and Training.



The Australian Centre for Career Education - www.ceav.vic.edu.au

The Australian Centre for Career Education is a state based peak association for career practitioners working in a range of educational settings. The ACCE provides membership, training and professional development aligned to the national standards for career practitioners. It also provides careers counselling to the general public and consultancy to industry and governments.

**For enquiries about this Practice Aptitude Quiz, contact
The Australian Apprenticeships and Traineeships Information Service on
1800 338 022**