

# 68W Combat Medic Specialist Training - Module 1 Practice Test (Sample)

## Study Guide



**Everything you need from our exam experts!**

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# Introduction

Preparing for a certification exam can feel overwhelming, but with the right tools, it becomes an opportunity to build confidence, sharpen your skills, and move one step closer to your goals. At Examzify, we believe that effective exam preparation isn't just about memorization, it's about understanding the material, identifying knowledge gaps, and building the test-taking strategies that lead to success.

This guide was designed to help you do exactly that.

Whether you're preparing for a licensing exam, professional certification, or entry-level qualification, this book offers structured practice to reinforce key concepts. You'll find a wide range of multiple-choice questions, each followed by clear explanations to help you understand not just the right answer, but why it's correct.

The content in this guide is based on real-world exam objectives and aligned with the types of questions and topics commonly found on official tests. It's ideal for learners who want to:

- Practice answering questions under realistic conditions,
- Improve accuracy and speed,
- Review explanations to strengthen weak areas, and
- Approach the exam with greater confidence.

We recommend using this book not as a stand-alone study tool, but alongside other resources like flashcards, textbooks, or hands-on training. For best results, we recommend working through each question, reflecting on the explanation provided, and revisiting the topics that challenge you most.

**Remember:** successful test preparation isn't about getting every question right the first time, it's about learning from your mistakes and improving over time. Stay focused, trust the process, and know that every page you turn brings you closer to success.

Let's begin.

# How to Use This Guide

**This guide is designed to help you study more effectively and approach your exam with confidence. Whether you're reviewing for the first time or doing a final refresh, here's how to get the most out of your Examzify study guide:**

## **1. Start with a Diagnostic Review**

**Skim through the questions to get a sense of what you know and what you need to focus on. Your goal is to identify knowledge gaps early.**

## **2. Study in Short, Focused Sessions**

**Break your study time into manageable blocks (e.g. 30 - 45 minutes). Review a handful of questions, reflect on the explanations.**

## **3. Learn from the Explanations**

**After answering a question, always read the explanation, even if you got it right. It reinforces key points, corrects misunderstandings, and teaches subtle distinctions between similar answers.**

## **4. Track Your Progress**

**Use bookmarks or notes (if reading digitally) to mark difficult questions. Revisit these regularly and track improvements over time.**

## **5. Simulate the Real Exam**

**Once you're comfortable, try taking a full set of questions without pausing. Set a timer and simulate test-day conditions to build confidence and time management skills.**

## **6. Repeat and Review**

**Don't just study once, repetition builds retention. Re-attempt questions after a few days and revisit explanations to reinforce learning. Pair this guide with other Examzify tools like flashcards, and digital practice tests to strengthen your preparation across formats.**

**There's no single right way to study, but consistent, thoughtful effort always wins. Use this guide flexibly, adapt the tips above to fit your pace and learning style. You've got this!**

## Questions

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- 1. Which quality is essential for an EMT to have when interacting with patients?**
  - A. Judgmental attitude**
  - B. Nonjudgmental and fair demeanor**
  - C. Aggressive communication style**
  - D. Self-centered behavior**
  
- 2. Which stage of stress is characterized by sustained low-level stressors resulting in burnout?**
  - A. Alarm reaction**
  - B. Resistance**
  - C. Cumulative Stress Reaction**
  - D. Exhaustion**
  
- 3. Which of the following refers specifically to a disease affecting the heart?**
  - A. Cardiology**
  - B. Cardiopathy**
  - C. Cardiomyopathy**
  - D. Cardiac Arrest**
  
- 4. What is the ischium?**
  - A. The upper portion of the pelvis**
  - B. The lower, posterior portions of the pelvis**
  - C. The region where the spine connects to the pelvis**
  - D. The area surrounding the hip joint**
  
- 5. Which of the following terms describes lying on the back?**
  - A. Prone**
  - B. Supine**
  - C. Recovery position**
  - D. Proximal**

- 6. Bradycardia is characterized by which of the following?**
- A. A heart rate that is too fast**
  - B. A heart rate that is too slow**
  - C. Normal heart rate**
  - D. An irregular heart rate**
- 7. What does the term "bilateral" indicate?**
- A. On one side only**
  - B. On both sides**
  - C. Centered in the body**
  - D. Opposite to distal**
- 8. Identify the prefix that indicates direction 'toward or near'.**
- A. Brady-**
  - B. Ad-**
  - C. Ab-**
  - D. Ante-**
- 9. German measles can be transmitted via which method?**
- A. Contact with contaminated surfaces**
  - B. Airborne droplets**
  - C. Ingestion of contaminated food**
  - D. Through vector organisms**
- 10. What does the term "stress" refer to in a medical context?**
- A. A state of physical and/or psychological arousal to a stimulus.**
  - B. A specific type of mental disorder.**
  - C. An important diagnostic tool for health professionals.**
  - D. A measure of physical fitness.**

## Answers

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

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## **Explanations**

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**1. Which quality is essential for an EMT to have when interacting with patients?**

- A. Judgmental attitude**
- B. Nonjudgmental and fair demeanor**
- C. Aggressive communication style**
- D. Self-centered behavior**

A nonjudgmental and fair demeanor is essential for an EMT when interacting with patients because it fosters trust and open communication. Patients are often in vulnerable situations when seeking medical assistance, and they need to feel safe and respected. A nonjudgmental attitude allows EMTs to provide care without bias, ensuring that individuals feel accepted regardless of their circumstances or decisions. This empathetic approach encourages patients to share important information about their health and history, which is vital for accurate assessment and effective treatment. In addition, a fair demeanor enhances the professional relationship between the EMT and the patient, promoting collaboration and compliance during care. It is crucial for the EMT to engage with compassion and understanding, leading to better outcomes for both the patient and the healthcare team.

**2. Which stage of stress is characterized by sustained low-level stressors resulting in burnout?**

- A. Alarm reaction**
- B. Resistance**
- C. Cumulative Stress Reaction**
- D. Exhaustion**

The stage characterized by sustained low-level stressors leading to burnout is cumulative stress reaction. This phase occurs when an individual experiences prolonged exposure to stress without sufficient recovery time, resulting in a gradual decline in mental and physical health. During this stage, the body's response to stress becomes less effective, and the individual may start to feel overwhelmed, fatigued, and emotionally exhausted. Cumulative stress can build up from various minor stressors over time, compounding their effects and ultimately leading to burnout. This condition reflects the ongoing toll that unchecked stress can take on someone, as it doesn't stem from a single event but rather from a series of stressors that accumulate. The other stages, while important in understanding overall stress response, do not specifically relate to the same context of prolonged low-level stressors that culminate in burnout. The alarm reaction involves the initial response to a stressor, resistance represents the body's attempt to cope with stress, and exhaustion is typically linked to a more acute stress response rather than sustained low-level stress.

**3. Which of the following refers specifically to a disease affecting the heart?**

- A. Cardiology**
- B. Cardiopathy**
- C. Cardiomyopathy**
- D. Cardiac Arrest**

The term that specifically refers to a disease affecting the heart is cardiopathy. This term encompasses various heart diseases, emphasizing the pathological condition of the heart itself. Cardiopathy is a broad category that could include many different types of heart diseases, regardless of their specific nature or cause. Cardiology, while related, is the medical specialty that deals with disorders of the heart and blood vessels rather than a disease itself. Cardiomyopathy is a specific type of heart disease characterized by deterioration of the heart muscle, but it is just one category under the broader umbrella of cardiopathy. Cardiac arrest refers to a sudden loss of heart function, which is a critical event but not a disease in itself. Thus, the focus on disease in the term cardiopathy makes it the appropriate choice here.

**4. What is the ischium?**

- A. The upper portion of the pelvis**
- B. The lower, posterior portions of the pelvis**
- C. The region where the spine connects to the pelvis**
- D. The area surrounding the hip joint**

The ischium is indeed defined as the lower, posterior portions of the pelvis. This part of the pelvic structure plays a crucial role in weight-bearing when sitting and helps in providing attachment points for various muscles and ligaments. It forms a significant part of the hip bone and contributes to the formation of the acetabulum, which is the socket for the hip joint. The structure of the ischium includes features such as the ischial tuberosity, which is important for muscle attachment and is the part of the ischium that bears weight when a person is seated. Understanding the anatomy of the pelvis, including the ischium, is vital for combat medics as it aids in assessing injuries in the pelvic area and determining appropriate treatments or interventions.

**5. Which of the following terms describes lying on the back?**

- A. Prone**
- B. Supine**
- C. Recovery position**
- D. Proximal**

The term that describes lying on the back is "supine." In medical terminology, supine refers specifically to a position where a person is lying flat on their back, facing upwards. This position is commonly used in various medical settings, such as during examinations, surgeries, or while administering treatment, because it allows for easy access to the chest and other body areas. In contrast, the term "prone" describes the position where a person is lying on their stomach. The recovery position typically refers to a side-lying posture used for unconscious but breathing patients to help keep their airway clear. "Proximal" is an anatomical term that refers to a position closer to the center of the body or the point of attachment, rather than a lying position. Therefore, when identifying the position of lying on the back, "supine" is the accurate term.

**6. Bradycardia is characterized by which of the following?**

- A. A heart rate that is too fast
- B. A heart rate that is too slow**
- C. Normal heart rate
- D. An irregular heart rate

Bradycardia is defined as a slower than normal heart rate, generally considered to be below 60 beats per minute in adults. It can occur in various scenarios, such as during sleep, in well-conditioned athletes, or due to certain medical conditions affecting the heart's conduction system. Understanding bradycardia is crucial for a combat medic, as it may indicate underlying health issues or be a response to certain medications. Recognizing the signs and symptoms associated with bradycardia can aid in timely assessment and intervention for patients in need of care. Knowing this definition and its implications is essential for combat medics when evaluating a patient's cardiovascular status.

**7. What does the term "bilateral" indicate?**

- A. On one side only
- B. On both sides**
- C. Centered in the body
- D. Opposite to distal

The term "bilateral" is used in medical terminology to describe something that occurs on both sides of the body. This can refer to various anatomical features, conditions, or symptoms that are observed symmetrically. For example, bilateral symptoms might indicate that both limbs or both sides of the body are affected, which can be significant in diagnosing certain medical conditions. Understanding this term is essential for assessing injuries or medical issues that may require a comprehensive approach to treatment. The choice emphasizing that the term pertains to both sides accurately captures its meaning, making it the correct answer.

**8. Identify the prefix that indicates direction 'toward or near'.**

- A. Brady-
- B. Ad-**
- C. Ab-
- D. Ante-

The prefix that indicates direction 'toward or near' is "Ad-." This prefix derives from Latin, meaning "to" or "toward." In medical terminology, it is often used to describe movements or positions that are approaching or getting closer to a certain point or structure in the body. For example, "adduction" refers to the movement of a limb towards the midline of the body, illustrating how this prefix conveys the concept of directionality closer to something else. Understanding this prefix is essential in the fields of medicine and anatomy, as it helps in accurately describing bodily functions and movements. The other prefixes listed relate to different meanings: "Brady-" usually denotes slowness, "Ab-" signifies moving away from something, and "Ante-" refers to something being positioned in front of or before something else.

**9. German measles can be transmitted via which method?**

- A. Contact with contaminated surfaces**
- B. Airborne droplets**
- C. Ingestion of contaminated food**
- D. Through vector organisms**

German measles, or rubella, is primarily transmitted through airborne droplets. When an infected person coughs or sneezes, they release tiny virus-laden droplets into the air. Others can then inhale these droplets, leading to infection. This mode of transmission is particularly concerning because infected individuals can spread the virus even before showing symptoms, making it crucial to understand how the disease spreads to implement effective preventive measures. The other methods listed, such as contact with contaminated surfaces or ingestion of contaminated food, are not associated with rubella transmission. Contact transmission typically pertains to infections that can survive on surfaces for extended periods, which is not the case for the rubella virus. Similarly, vector organisms like mosquitoes or ticks are involved in the transmission of other infections, but they do not play a role in the spread of rubella. Understanding these transmission routes is essential for combat medics to educate patients on prevention strategies.

**10. What does the term "stress" refer to in a medical context?**

- A. A state of physical and/or psychological arousal to a stimulus.**
- B. A specific type of mental disorder.**
- C. An important diagnostic tool for health professionals.**
- D. A measure of physical fitness.**

In a medical context, the term "stress" refers to a state of physical and/or psychological arousal to a stimulus. This concept encompasses how individuals react to various challenges or demands, including both external environmental pressures and internal emotional responses. Stress can result from a range of factors, such as traumatic events, chronic life challenges, or significant changes, and it manifests in various physiological and psychological symptoms. Understanding stress in this way is crucial for healthcare providers, particularly combat medics who often encounter individuals experiencing high levels of stress due to trauma, injury, or situational factors in combat or emergency settings. Recognizing stress responses can guide appropriate intervention strategies, enhancing patient care and support. Other options presented do not accurately define "stress." While stress can be associated with mental health disorders, it is not itself a specific type of mental disorder. Additionally, although stress might sometimes play a role in diagnostic processes, it is not classified as a diagnostic tool per se. Moreover, stress is unrelated to the measure of physical fitness; instead, it pertains more to psychological and physiological responses to perceived threats or demands. Thus, the understanding that stress is a state of arousal to stimuli aligns with its broader implications in health and medicine.

## Next Steps

**Congratulations on reaching the final section of this guide. You've taken a meaningful step toward passing your certification exam and advancing your career.**

**As you continue preparing, remember that consistent practice, review, and self-reflection are key to success. Make time to revisit difficult topics, simulate exam conditions, and track your progress along the way.**

**If you need help, have suggestions, or want to share feedback, we'd love to hear from you. Reach out to our team at [hello@examzify.com](mailto:hello@examzify.com).**

**Or visit your dedicated course page for more study tools and resources:**

**<https://68wmodule1.examzify.com>**

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

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