

Air Force End of Course (EOC) Practice Exam (Sample)

Study Guide



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SAMPLE

Questions

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- 1. How does the Air Force categorize conduct resulting in discrimination or prejudice?**
 - A. Improper and illegal**
 - B. Offensive and illegal**
 - C. Permissible and questionable**
 - D. Unethical and unacceptable**
- 2. What does a warrior need to maintain during traumatic events?**
 - A. Focus**
 - B. Heart rate**
 - C. Communication**
 - D. Assertiveness**
- 3. What are the three means of identifying substance abusers in the AF?**
 - A. Self identification, medical care referrals, peer suggestions**
 - B. Commanders identification, self identification, medical care referrals**
 - C. Observation, self identification, medical care referrals**
 - D. Commanders identification, peer referrals, random testing**
- 4. What percentage of people who die by suicide have made at least one attempt before?**
 - A. 50%**
 - B. 60%**
 - C. 70%**
 - D. 80%**
- 5. Who is the Flight Commander for Section III in the 320 TRS?**
 - A. Captain Salazar**
 - B. Major Pineda**
 - C. Master Sergeant Ramos**
 - D. Chief Master Sergeant Marks**

- 6. If you face a direct threat to your personal safety, what is an essential step?**
- A. Stay calm and assess the situation**
 - B. Wait for someone else to act**
 - C. Engage immediately with force**
 - D. Run in the opposite direction**
- 7. What is typical and normal responses a person may experience after working in a combat zone referred to as?**
- A. Combat fatigue**
 - B. Emergency response**
 - C. Combat stress**
 - D. Post-traumatic growth**
- 8. Which demographic group is at the highest risk for suicide in the Air Force?**
- A. Females aged 25-34**
 - B. Males between 17 and 24**
 - C. Seniors aged 60 and above**
 - D. Children under 12**
- 9. Which type of fat is typically liquid at room temperature and considered healthier?**
- A. Saturated fat**
 - B. Trans fat**
 - C. Polyunsaturated fat**
 - D. Cholesterol**
- 10. Which rank corresponds to the position of a Chief Master Sergeant?**
- A. Senior Master Sergeant**
 - B. Technical Sergeant**
 - C. Staff Sergeant**
 - D. Master Sergeant**

Answers

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

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Explanations

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1. How does the Air Force categorize conduct resulting in discrimination or prejudice?

- A. Improper and illegal**
- B. Offensive and illegal**
- C. Permissible and questionable**
- D. Unethical and unacceptable**

The Air Force categorizes conduct resulting in discrimination or prejudice as offensive and illegal. This classification underscores the seriousness of such behavior, as it violates both legal standards and organizational policies. Offensive conduct encompasses actions that create a hostile environment for individuals based on characteristics such as race, gender, sexual orientation, or other protected traits. Labeling discriminatory actions as illegal highlights the adherence to federal laws like Title VII of the Civil Rights Act, which protects individuals from discrimination in employment. By defining such conduct in this manner, the Air Force reinforces its commitment to maintaining an inclusive and respectful environment, where all members can perform their duties without fear of prejudice or exclusion. The emphasis on both offensiveness and legality serves to deter unacceptable behavior and promotes accountability within the ranks.

2. What does a warrior need to maintain during traumatic events?

- A. Focus**
- B. Heart rate**
- C. Communication**
- D. Assertiveness**

The ability to maintain focus during traumatic events is crucial for a warrior. Focus allows individuals to process information quickly and effectively, make sound decisions under pressure, and execute tasks efficiently, which is vital in high-stakes situations. This mental clarity enables one to prioritize actions, stay aware of their environment, and remain resilient despite challenges. Maintaining focus helps in combat scenarios and other high-risk situations, ensuring that the individual can react appropriately to threats and changes in their surroundings. While heart rate is an important physiological response that can indicate stress levels during trauma, it is more about the body's reaction to stress rather than a skill or attribute that warriors actively manage to navigate traumatic events. Communication plays a critical role in teamwork and cooperation, while assertiveness may be necessary in certain scenarios but does not encompass the overarching mental discipline required to effectively manage the chaos of trauma. Thus, focus stands out as the essential element a warrior needs to maintain in such circumstances.

3. What are the three means of identifying substance abusers in the AF?

A. Self identification, medical care referrals, peer suggestions

B. Commanders identification, self identification, medical care referrals

C. Observation, self identification, medical care referrals

D. Commanders identification, peer referrals, random testing

The correct answer includes the identification methods utilized within the Air Force to address substance abuse issues. Commanders' identification refers to the role of supervisors and leaders in recognizing changes in behavior or performance that may suggest substance abuse. This can lead to early intervention and support for the individual. Self-identification allows individuals to acknowledge their own substance use issues voluntarily, which is crucial for seeking help and accessing resources available to them. Medical care referrals represent the formal process where healthcare professionals can refer individuals exhibiting potential signs of substance abuse for further evaluation and treatment. These three methods work together to create a comprehensive approach to identifying substance abuse within the Air Force, ensuring that personnel receive the necessary care and attention to address any problems as early as possible. This emphasizes the importance of leadership involvement, personal accountability, and medical support in the overall framework for maintaining personnel health and readiness.

4. What percentage of people who die by suicide have made at least one attempt before?

A. 50%

B. 60%

C. 70%

D. 80%

The correct choice indicates that a significant majority of individuals who complete suicide have previously made at least one attempt. Research in the field of mental health has shown that a large percentage, often cited around 70% to 90%, of those who die by suicide have a history of prior attempts. This emphasizes the importance of recognizing and addressing suicidal behaviors early on, as previous attempts are one of the strongest predictors of future suicide risk. Identifying and treating those at risk can potentially reduce future fatalities, highlighting the critical need for interventions and support for individuals with a history of suicidal behavior. Understanding this statistic underscores the necessity for comprehensive mental health care and monitoring for those who exhibit warning signs.

5. Who is the Flight Commander for Section III in the 320 TRS?

- A. Captain Salazar**
- B. Major Pineda**
- C. Master Sergeant Ramos**
- D. Chief Master Sergeant Marks**

The Flight Commander for Section III in the 320 TRS is Captain Salazar. In military organizations, a Flight Commander typically holds a leadership position responsible for managing the operations and personnel within a specific section or unit. Captain Salazar's role as Flight Commander would encompass overseeing training, readiness, and administrative tasks for Section III, ensuring effective management and guidance to subordinate members. This leadership position often involves coordinating with higher command and instilling discipline and mission focus among the team. Understanding the hierarchy and roles within a military unit is crucial for operational efficiency and mission success. This context helps clarify the importance of having a designated Flight Commander like Captain Salazar, who performs vital functions necessary for the functioning of a cohesive and operationally ready section.

6. If you face a direct threat to your personal safety, what is an essential step?

- A. Stay calm and assess the situation**
- B. Wait for someone else to act**
- C. Engage immediately with force**
- D. Run in the opposite direction**

Staying calm and assessing the situation is crucial when facing a direct threat to personal safety. This approach allows you to gather vital information about the nature of the threat, the environment, and potential escape routes. By remaining calm, you can think more clearly and make informed decisions rather than reacting based on fear or panic. This strategic assessment ensures that you can effectively evaluate your options and choose the most appropriate course of action, whether that involves taking protective measures, seeking help, or escaping safely.

7. What is typical and normal responses a person may experience after working in a combat zone referred to as?

- A. Combat fatigue**
- B. Emergency response**
- C. Combat stress**
- D. Post-traumatic growth**

Combat stress refers to the physiological and psychological reactions that personnel may experience as a result of exposure to the stressful environment of a combat zone. These responses can include anxiety, depression, irritability, and difficulty reintegrating into civilian life after returning home. It is important to recognize that combat stress is a common reaction to the challenging and sometimes traumatic experiences faced during deployment. Combat fatigue, while related, specifically refers to the exhaustion, both mental and physical, experienced by soldiers over time in a combat environment, and can be seen as a form of combat stress but is not the most comprehensive term. Emergency response typically relates to actions taken in reaction to immediate crises rather than the long-term impacts of combat exposure. Post-traumatic growth, on the other hand, describes positive psychological changes that may occur after dealing with trauma, but does not encompass the typical responses experienced by many individuals returning from combat. Therefore, combat stress is the most accurate term to describe the range of normal reactions to the intense pressures of combat situations.

8. Which demographic group is at the highest risk for suicide in the Air Force?

- A. Females aged 25-34**
- B. Males between 17 and 24**
- C. Seniors aged 60 and above**
- D. Children under 12**

Males between the ages of 17 and 24 represent a demographic group at a higher risk for suicide in the Air Force, largely due to factors such as the pressures of military life, exposure to combat situations, and the transitional challenges young service members face as they adapt to military culture. This age group is particularly vulnerable to mental health issues like depression and anxiety, which can contribute to suicidal ideation. Research and data collected by military mental health organizations have highlighted that young male service members often grapple with stressors related to deployment, operational tempo, and separation from family and friends. Furthermore, cultural norms around masculinity can lead to reluctance in seeking help, compounding the risk. Other demographic groups, while they may experience their own unique challenges, do not face the same combination of developmental, psychological, and situational factors that affect young males in this age bracket. Addressing the mental health needs of this group through targeted interventions and support systems is crucial to reducing the risk of suicide within the Air Force.

9. Which type of fat is typically liquid at room temperature and considered healthier?

- A. Saturated fat**
- B. Trans fat**
- C. Polyunsaturated fat**
- D. Cholesterol**

Polyunsaturated fats are typically liquid at room temperature and are recognized for their health benefits. This type of fat is commonly found in vegetable oils, nuts, seeds, and fatty fish. Consuming polyunsaturated fats can help lower bad cholesterol levels in the body, which is beneficial for heart health. They also provide essential fatty acids that the body needs for various functions but cannot produce on its own. In contrast, saturated fats, which are generally solid at room temperature and found in animal products and certain oils, can raise cholesterol levels if consumed in excess. Trans fats, often found in processed foods, are considered unhealthy due to their negative impacts on heart health and cholesterol levels. Cholesterol, while important in the body, is not a fat type; rather, it is a waxy substance that can affect health when present in high levels. Thus, polyunsaturated fats are the healthier option among the choices given.

10. Which rank corresponds to the position of a Chief Master Sergeant?

- A. Senior Master Sergeant**
- B. Technical Sergeant**
- C. Staff Sergeant**
- D. Master Sergeant**

The Chief Master Sergeant is the highest enlisted rank in the Air Force, and it is one rank above Master Sergeant. A Senior Master Sergeant is one rank below Chief Master Sergeant, which establishes a clear hierarchical structure within the enlisted ranks. The progression of ranks reflects not only increased responsibilities but also leadership roles within the Air Force. In this context, the correct choice indicates an understanding of the rank structure and the fact that the Senior Master Sergeant is an essential progression towards achieving the rank of Chief Master Sergeant. It highlights the importance of advancement in leadership roles and the expected competencies as airmen ascend through the ranks. The other ranks listed, such as Technical Sergeant, Staff Sergeant, and Master Sergeant, precede the Senior Master Sergeant and do not directly correlate with the position of Chief Master Sergeant. This knowledge of rank hierarchy is crucial for recognizing both responsibility and authority within the Air Force's enlisted ranks.