

APMG AGILE FOUNDATION PRACTICE EXAM (SAMPLE)

STUDY GUIDE



SAMPLE STUDY GUIDE WITH LIMITED QUESTIONS

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THE FULL VERSION STUDY GUIDE

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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. In Agile, what does 'timeboxing' primarily help to manage?**
 - A. Cost efficiency
 - B. Task completion within set intervals
 - C. Resource allocation
 - D. Team performance evaluation
- 2. How long should the Daily Standup ideally last?**
 - A. As long as it takes
 - B. Fifteen minutes per participant
 - C. No more than half an hour
 - D. Two minutes per participant, plus two minutes
- 3. Which statement about the detail of requirements is correct for DSDM?**
 - A. Detail emerges sooner rather than later
 - B. Most detail emerges during Feasibility
 - C. DSDM teams strive to achieve full detail as early as possible
 - D. Detail is expected to emerge over time
- 4. What factors may impact the length of a sprint in Agile practices?**
 - A. Team member availability and resource constraints
 - B. Market demand and user feedback
 - C. Work complexity and team agreement on goals
 - D. Documentation requirements and budget limitations
- 5. Which characteristic does NOT relate to the Solution Development Team?**
 - A. Each role empowered to make decisions
 - B. Flexibility to swap team members in and out of the team
 - C. Desire and authority to make day-to-day decisions
 - D. Business knowledge and technical expertise
- 6. Which role is considered NOT a supporting role in DSDM?**
 - A. Business Advisor
 - B. Technical Advisor
 - C. DSDM Coach
 - D. Technical Coordinator

7. Which of these products may play a part in the governance process?

- A. Foundation Summary
- B. Prioritised Requirements List
- C. Evolving Solution
- D. Business Case

8. What is the underlying ethos of DSDM's approach and style?

- A. Pragmatism
- B. Realism
- C. Flexible requirements
- D. Timeboxing

9. What does the term "scrum ban" describe?

- A. A complete replacement of Scrum methodologies
- B. A hybrid approach using elements of Scrum and Kanban
- C. A method of treating all work items as equal
- D. A technique to eliminate all meetings

10. Which testing concept emphasizes developing the test before the solution?

- A. Testing integrated throughout
- B. Prioritised testing
- C. Test-Driven Development
- D. Independent testing

Answers

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

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Explanations

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1. In Agile, what does 'timeboxing' primarily help to manage?

- A. Cost efficiency
- B. Task completion within set intervals**
- C. Resource allocation
- D. Team performance evaluation

Timeboxing is a time management technique used in Agile methodologies that involves setting a fixed duration for activities or tasks, creating a clear endpoint to help teams focus on delivering results within that specified timeframe. This practice encourages efficient use of time, prevents tasks from dragging on indefinitely, and fosters a sense of urgency and productivity among team members. By establishing specific time limits, teams can avoid getting bogged down in details and instead concentrate on completing their work with a defined goal in mind. This approach not only helps to enhance productivity and maintain momentum but also allows for regular reassessment of progress and prioritization of tasks in subsequent iterations or sprints. Overall, timeboxing promotes a disciplined approach to achieving outcomes while remaining adaptable to changes in project scope or team dynamics.

2. How long should the Daily Standup ideally last?

- A. As long as it takes
- B. Fifteen minutes per participant
- C. No more than half an hour
- D. Two minutes per participant, plus two minutes**

The ideal duration for a Daily Standup, which is a key practice in Agile frameworks, is generally recommended to be time-boxed to ensure efficiency and focus. The chosen answer specifies that it's "two minutes per participant, plus two minutes," which highlights the importance of brevity and active participation in the meeting. In practice, this means if there are, for example, five team members attending the standup, each gets about two minutes to speak, leading to a meeting that's ideally structured and succinct—totaling around twelve minutes. This encourages team members to quickly share updates on what they accomplished yesterday, what they're working on today, and any impediments they're facing. The time-boxing helps prevent the meeting from dragging on, which can lead to disengagement and inefficiency. This format ensures that everyone in the team has an opportunity to contribute to the discussion, while also maintaining a tight schedule that respects everyone's time, allowing for rapid information sharing and problem identification within the team. Therefore, the emphasis on a short, structured meeting aligns well with Agile principles, focusing on collaboration, responsiveness, and the continuous improvement of processes.

3. Which statement about the detail of requirements is correct for DSDM?

- A. Detail emerges sooner rather than later
- B. Most detail emerges during Feasibility
- C. DSDM teams strive to achieve full detail as early as possible
- D. Detail is expected to emerge over time**

In the context of DSDM (Dynamic Systems Development Method), the notion that detail is expected to emerge over time aligns well with Agile principles. DSDM recognizes that requirements and details are not static; instead, they evolve as the project progresses, informed by continuous user feedback and changing business needs. This iterative approach allows teams to respond more effectively to uncertainty and ensures that the final product better meets users' needs as they become clearer throughout the development process. This understanding empowers teams to focus on delivering functional increments while maintaining flexibility for future adjustments. Such a strategy emphasizes collaboration and adaptability, key tenets of Agile methodologies. The other statements do not accurately reflect the DSDM approach. Claiming that most detail emerges during Feasibility counteracts the belief that detail can surface at various stages as project understanding deepens. Suggesting that teams strive to achieve full detail as early as possible contradicts the core Agile value of responding to change over following a fixed plan. Furthermore, the idea that detail emerges sooner rather than later overlooks the natural progression of understanding and exploring requirements throughout the project lifecycle.

4. What factors may impact the length of a sprint in Agile practices?

- A. Team member availability and resource constraints
- B. Market demand and user feedback
- C. Work complexity and team agreement on goals**
- D. Documentation requirements and budget limitations

The length of a sprint in Agile practices is primarily influenced by factors related to work complexity and the team's agreement on goals. Sprints are established time frames during which specific work must be completed and made ready for review. Work complexity refers to how challenging the tasks are, which affects how much can realistically be accomplished within the sprint's duration. If the work is complex, the team may choose to shorten the sprint to ensure it can deliver a potentially shippable product increment without compromising quality. Conversely, if the work is straightforward, the team might opt for a longer sprint. Team agreement on goals is integral as well. If all team members are aligned on what needs to be accomplished and how to approach it, they can better estimate the time required for the sprint. When there is a clear understanding of objectives and team cohesion, it often leads to more efficient planning and can impact the decision on how long the sprint should be. The other factors, such as team member availability, market demand, user feedback, documentation requirements, and budget limitations, can impact the overall project timeline and priorities but do not directly dictate the fixed length of a sprint, which is typically set as a consistent interval (like 1-4 weeks) for the team to focus

5. Which characteristic does NOT relate to the Solution Development Team?

- A. Each role empowered to make decisions
- B. Flexibility to swap team members in and out of the team**
- C. Desire and authority to make day-to-day decisions
- D. Business knowledge and technical expertise

The characteristic that does not relate to the Solution Development Team is the flexibility to swap team members in and out of the team. Agile teams are designed to promote collaboration and cohesion, which are essential for high performance and effective communication. The principle of maintaining a stable team is emphasized because team members develop a shared understanding of how to work together over time. Frequent changes to team composition can hinder the development of trust and relationship-building that are crucial for success in agile environments. In contrast, the other characteristics listed highlight fundamental aspects of Agile teams. Empowerment in decision-making is critical, as team members should have the authority to make informed choices that affect their work and contribute to the project's success. A strong desire and authority to make day-to-day decisions ensures that the team can adapt quickly to changing requirements and address issues as they arise. Having both business knowledge and technical expertise allows team members to solve problems efficiently and create solutions that align with both user needs and technical feasibility. These traits collectively enhance the team's responsiveness and effectiveness in delivering high-quality solutions.

6. Which role is considered NOT a supporting role in DSDM?

- A. Business Advisor
- B. Technical Advisor
- C. DSDM Coach
- D. Technical Coordinator**

In the context of DSDM (Dynamic Systems Development Method), the Technical Coordinator is not classified as a supporting role. This role is typically involved in coordinating the technical aspects of the project and ensuring that the development team is aligned with technical standards and requirements. Supporting roles in DSDM, such as the Business Advisor, Technical Advisor, and DSDM Coach, play more of a guidance or advisory function. The Business Advisor focuses on understanding and representing the needs of the stakeholders, ensuring that the project delivers business value. The Technical Advisor brings technical expertise to the project, providing advice on potential solutions and technologies. The DSDM Coach helps facilitate the agile practices and methodologies within the team, encouraging collaboration and continuous improvement. The distinction here is that supporting roles primarily influence processes and provide support to the development team, while the Technical Coordinator has a more direct and operational responsibility, tasked with the coordination of the technical work itself. This clearly outlines why the Technical Coordinator stands apart from the supportive functions within DSDM.

7. Which of these products may play a part in the governance process?

- A. Foundation Summary
- B. Prioritised Requirements List
- C. Evolving Solution
- D. Business Case

The Foundation Summary is a crucial product that contributes to the governance process. It provides a consolidated summary of essential aspects of the project, including the project's goals, objectives, and key performance indicators. This summary serves as a reference point for stakeholders to ensure that the project remains aligned with its intended outcomes and organizational strategy. Effective governance requires clear communication and understanding of project objectives and progress, and the Foundation Summary encapsulates this information succinctly. It helps in monitoring compliance with governance policies and standards throughout the project lifecycle, enabling better decision-making and accountability. In contrast, while the Prioritised Requirements List and Evolving Solution are important for managing project tasks and adapting to changes, they do not specifically focus on governance. The Business Case plays a role in justifying the project and securing funding but is more concerned with the rationale behind launching the project rather than the ongoing governance processes throughout the project's execution. Thus, the Foundation Summary is vital in ensuring that governance processes are properly addressed and maintained.

8. What is the underlying ethos of DSDM's approach and style?

- A. Pragmatism
- B. Realism
- C. Flexible requirements
- D. Timeboxing

The underlying ethos of DSDM (Dynamic Systems Development Method) is rooted in pragmatism. This approach emphasizes delivering business value quickly and efficiently by focusing on what is most important to the project. Pragmatism in DSDM means that teams are encouraged to make decisions based on practical considerations rather than rigid adherence to rules or processes. This allows them to adapt and respond to changing project needs, ensuring that the outcomes align with the business objectives. This ethos supports iterative development and encourages active stakeholder involvement, promoting transparency and clarity throughout the project lifecycle. Teams are motivated to find workable solutions that address real-world issues, with an emphasis on flexibility and adaptability rather than just following theoretical ideals. In contrast, while the other options do reflect important aspects of DSDM, they do not capture the fundamental guiding principle as effectively as pragmatism. Realism, flexible requirements, and timeboxing are supporting practices within DSDM, but they stem from the more overarching pragmatic approach that prioritizes value and effectiveness.

9. What does the term "scrum ban" describe?

- A. A complete replacement of Scrum methodologies
- B. A hybrid approach using elements of Scrum and Kanban**
- C. A method of treating all work items as equal
- D. A technique to eliminate all meetings

The term "scrum ban" describes a hybrid approach that combines elements of both Scrum and Kanban methodologies. This approach leverages the structure and iterative cycles of Scrum while incorporating the flexibility and visual management of Kanban. By doing so, scrum ban allows teams to benefit from the defined roles and ceremonies inherent in Scrum, such as sprints and daily stand-ups, while also taking advantage of Kanban's focus on flow efficiency, limiting work in progress, and visualizing work items on a board. This combination is particularly useful for teams that may want to retain Scrum's iterative development practices but require more adaptability in managing the workflow, especially in environments with rapidly changing requirements. Consequently, scrum ban enables teams to adjust their processes in response to emerging needs, making it a versatile approach in Agile project management.

10. Which testing concept emphasizes developing the test before the solution?

- A. Testing integrated throughout
- B. Prioritised testing
- C. Test-Driven Development**
- D. Independent testing

The concept that emphasizes developing the test before the solution is known as Test-Driven Development (TDD). In TDD, the process starts with writing a test for a specific feature or functionality that is required. This test is then run to ensure that it fails initially since the implementation does not exist yet. Following this, developers write the minimum amount of code necessary to make the test pass and refactor the code as needed while ensuring that all tests continue to pass. This approach allows developers to clarify requirements ahead of time, ensuring that the focus is on creating a solution that meets those requirements effectively. TDD facilitates better design decisions and helps to reduce bugs, as developers continuously test new code against existing tests, fostering a more reliable and maintainable codebase. The other concepts, while valuable, do not specifically involve the practice of writing tests prior to coding. For instance, testing integrated throughout emphasizes continual testing during the development process, and prioritised testing focuses on determining which tests should be executed first based on risk or value. Independent testing refers to testing conducted by individuals or teams who are not directly involved in the development of the product, ensuring objectivity but not necessarily preceding development with test creation.

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.

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

<https://apmg-agilefoundation.examzify.com>

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

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