

Army Basic Training 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 code word corresponds to the letter F?**
 - A. Echo**
 - B. Foxtrot**
 - C. Golf**
 - D. Hotel**

- 2. In what year was the Star-Spangled Banner written?**
 - A. 1776**
 - B. 1814**
 - C. 1892**
 - D. 1931**

- 3. What is the maximum number of sit-ups in the APFT for a female aged 27-31?**
 - A. 70**
 - B. 82**
 - C. 60**
 - D. 90**

- 4. Which drill corresponds to Preparation Drill #2 in Army PRT?**
 - A. Rear Lunge**
 - B. Bend and Reach**
 - C. Forward Lunge**
 - D. Prone Row**

- 5. Which statement best defines Personal Courage as described?**
 - A. Face and overcome fear, danger and adversity (physical or moral)**
 - B. Avoid all risk at all times**
 - C. Always follow orders without question**
 - D. Seek personal gain**

- 6. Which category contains Enlisted Ranks?**
- A. Enlisted Ranks**
 - B. Warrant Officer Ranks**
 - C. Officer Ranks**
 - D. Noncommissioned Officer Ranks**
- 7. What rank did Edmund L. Gruber hold when he wrote the Army song?**
- A. Captain**
 - B. Sergeant**
 - C. First Lieutenant**
 - D. Major**
- 8. In the Chain of Command, Division Commander is also known as what?**
- A. Battalion Commander**
 - B. Division Commander (Aka Post Commander)**
 - C. Army Service Component CDR**
 - D. Company Commander**
- 9. Preparation Drill #7 corresponds to which drill in Army PRT?**
- A. Bent-leg Body Twist**
 - B. Forward Lunge**
 - C. Rower**
 - D. Push-up**
- 10. Which rank corresponds to the pay grade O-9?**
- A. Major General**
 - B. General**
 - C. Lieutenant General**
 - D. Brigadier General**

Answers

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

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Explanations

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1. Which code word corresponds to the letter F?

- A. Echo
- B. Foxtrot**
- C. Golf
- D. Hotel

In the NATO phonetic alphabet, each letter has a distinct code word to prevent miscommunication over radios and in noisy environments. The letter F is spoken as Foxtrot. This code word is used so others can clearly distinguish F from other letters that might sound similar, especially across different languages or accents. Echo corresponds to E, Golf to G, and Hotel to H, which helps with spelling out words unambiguously. For example, spelling "FIRE" would be Foxtrot-India-Romeo-Echo.

2. In what year was the Star-Spangled Banner written?

- A. 1776
- B. 1814**
- C. 1892
- D. 1931

The date tested is when the Star-Spangled Banner was created. It was written in 1814, during the War of 1812, after Francis Scott Key witnessed the bombardment of Fort McHenry in Baltimore. Seeing the flag still flying at dawn inspired him to write the poem "Defence of Fort M'Henry," which later became the Star-Spangled Banner when set to music. It wasn't until 1931 that it was officially adopted as the national anthem, but the writing happened in 1814. The other years don't fit for the writing date: 1776 is tied to independence, 1892 is unrelated to this song's creation, and 1931 marks its anthem designation, not when it was written.

3. What is the maximum number of sit-ups in the APFT for a female aged 27-31?

- A. 70
- B. 82**
- C. 60
- D. 90

APFT scoring uses age- and gender-specific tables to convert sit-ups in two minutes into a 0-100 point score. For a female aged 27-31, 82 sit-ups in two minutes is the threshold that earns the maximum 100 points for the sit-up event. Fewer sit-ups means fewer points, and doing more doesn't raise the score beyond 100 on the chart. So the top-score benchmark for this group is 82.

4. Which drill corresponds to Preparation Drill #2 in Army PRT?

- A. Rear Lunge**
- B. Bend and Reach**
- C. Forward Lunge**
- D. Prone Row**

Preparation Drills in Army PRT are a short, progressive warm-up that progress through different movement patterns to wake up major muscle groups and prepare the joints for activity. The drill that follows Bend and Reach is Rear Lunge, and that's why it matches the second drill in the sequence. The Rear Lunge focuses on hip mobility, leg strength, balance, and proper knee tracking by stepping back into a controlled lunge while keeping the torso tall. This pattern specifically activates the hip flexors, glutes, and quadriceps and trains you to shift weight smoothly from one leg to the other, which is exactly what the second drill in the warm-up sequence is designed to do. Bend and Reach is the first drill, emphasizing trunk flexion/extension and hamstring stretch rather than the hip-and-leg mobility and balance work of a lunge. Forward Lunge is not part of the standard Preparation Drills sequence, and Prone Row targets the upper back and shoulders, usually structured differently in the warm-up.

5. Which statement best defines Personal Courage as described?

- A. Face and overcome fear, danger and adversity (physical or moral)**
- B. Avoid all risk at all times**
- C. Always follow orders without question**
- D. Seek personal gain**

Personal Courage is the willingness to face fear, danger, and adversity and to act rightly despite that fear. In Army terms, you may feel afraid, but you still do what's needed—performing your duty under fire, moving through danger to help others, or making tough ethical choices even when they're risky or unpopular. It covers both physical bravery and moral backbone: standing up for what's right, reporting unsafe or unethical behavior, and continuing the mission when it would be easier to quit. The best statement is the one that describes facing and overcoming fear, danger, and adversity, whether physical or moral. Choices that talk about avoiding risk, following orders without question, or seeking personal gain don't fit because courage isn't about avoidance, blind obedience, or self-interest.

6. Which category contains Enlisted Ranks?

- A. Enlisted Ranks**
- B. Warrant Officer Ranks**
- C. Officer Ranks**
- D. Noncommissioned Officer Ranks**

Enlisted Ranks serve as the overall category that includes everyone who begins their Army career at the lowest level and spans the full range from junior to senior enlisted, including those who become noncommissioned officers. The other options point to separate tracks or subsets rather than the entire enlisted group: Warrant Officer Ranks are a distinct professional track, Officer Ranks are the commissioned officers, and Noncommissioned Officer Ranks are a subset of enlisted personnel who have leadership roles. Since the question asks which category contains Enlisted Ranks, the umbrella category is Enlisted Ranks itself. The other choices do not encompass all enlisted ranks.

7. What rank did Edmund L. Gruber hold when he wrote the Army song?

- A. Captain**
- B. Sergeant**
- C. First Lieutenant**
- D. Major**

First Lieutenant is the rank he held when he wrote the tune that would become the Army song. Edmund L. Gruber composed what began as The Caisson Song in 1908 while serving as an officer at that rank. The composition later evolved into the Army song we know today, but the historical note most often cited is that he was a First Lieutenant at the time of writing.

8. In the Chain of Command, Division Commander is also known as what?

- A. Battalion Commander**
- B. Division Commander (Aka Post Commander)**
- C. Army Service Component CDR**
- D. Company Commander**

In the Chain of Command, the Division Commander is the officer in charge of a division, a large unit, on many Army posts the senior officer present also serves as the administrator of the post itself. That dual role leads to the Division Commander being known as the Post Commander on that installation, since they bear responsibility for both the division's readiness and the post's overall operation. The other roles listed are from different levels: a Battalion Commander leads a smaller unit, the Army Service Component Commander is a higher joint-force role not specific to a single post, and a Company Commander leads an even smaller unit. This combination of duties is why the Division Commander is also referred to as the Post Commander.

9. Preparation Drill #7 corresponds to which drill in Army PRT?

- A. Bent-leg Body Twist**
- B. Forward Lunge**
- C. Rower**
- D. Push-up**

In Army PRT, Preparation Drills are a numbered warm-up sequence where each number corresponds to a specific movement pattern. The seventh drill focuses on a controlled, loaded step that trains both legs in a unilateral pattern: the Forward Lunge. This exercise develops leg strength, hip mobility, knee stability, and core control, all essential for efficient running, marching, and rapid movements. It also teaches proper alignment—keeping the torso upright and the front knee tracking over the toes—so you can generate power from the front leg while maintaining balance. The other options target different areas: Bent-leg Body Twist works the core rotators, the Rower emphasizes back and shoulder pulling, and the Push-up targets upper-body pushing muscles. None of those align with the seventh drill in the sequence, which is why Forward Lunge is the best match.

10. Which rank corresponds to the pay grade O-9?

- A. Major General**
- B. General**
- C. Lieutenant General**
- D. Brigadier General**

Pay grade O-9 is the three-star general level in the Army. The general officer ranks progress as Brigadier General (one star, O-7), Major General (two stars, O-8), Lieutenant General (three stars, O-9), and General (four stars, O-10). So the rank that matches O-9 is Lieutenant General. The other options correspond to different pay grades: Brigadier General is O-7, Major General is O-8, and General is O-10.

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://armybasictraining.examzify.com>

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

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