

ARMY BASIC TRAINING PRACTICE TEST (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. Quebec is the NATO code word for which letter?**
 - A. O
 - B. P
 - C. R
 - D. Q

- 2. If you become lost in the field, what sequence should you follow?**
 - A. Run in circles to locate landmarks.
 - B. Continue wandering to find signal.
 - C. Stop, stay calm, assess surroundings, use map/compass to reorient, and request assistance.
 - D. Break into a sprint to find a trail.

- 3. Which is the correct NATO phonetic alphabet code word for the letter Q?**
 - A. Quasar
 - B. Queen
 - C. Quebec
 - D. Quick

- 4. Which of the following is listed in the Chain of Command?**
 - A. The Army Chief of Staff
 - B. Squadron Commander
 - C. City Mayor
 - D. Chief Justice

- 5. Which rank corresponds to the pay grade O-7?**
 - A. Major General
 - B. Lieutenant General
 - C. Brigadier General
 - D. General

- 6. Which description best defines the Army value Personal Courage?**
 - A. Placing the welfare of the team above self.
 - B. Facing fear, danger, or adversity with resolve.
 - C. Allegiance to the Constitution, the Army, the unit, and teammates.
 - D. Treating others with courtesy and dignity.

7. What does MRE stand for?

- A. Meal, Ready-to-Eat.
- B. Mobile Ready Emergency kit.
- C. Meals Ready for Excessive meals.
- D. Medical Readiness Evaluation.

8. When is it appropriate to place a casualty in the recovery position?

- A. Always for any casualty
- B. When the casualty is unconscious but breathing and there is no suspected spinal injury
- C. Only if unconscious and not breathing
- D. Only if color changes

9. Which of the following is NOT listed as a land navigation terrain type?

- A. Valley
- B. Hill
- C. Depression
- D. Ocean

10. Which is the correct NATO phonetic alphabet code word for the letter S?

- A. Seattle
- B. Summit
- C. Sierra
- D. Sound

Answers

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

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Explanations

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1. Quebec is the NATO code word for which letter?

- A. O
- B. P
- C. R
- D. Q**

In radio communications, the NATO phonetic alphabet assigns a distinct code word to every letter so messages stay clear even in noisy conditions or across different languages. Quebec is the code word for the letter Q, so hearing "Quebec" signals that the intended letter is Q. The other options correspond to different code words—Oscar for O, Papa for P, and Romeo for R—so they don't fit.

2. If you become lost in the field, what sequence should you follow?

- A. Run in circles to locate landmarks.
- B. Continue wandering to find signal.
- C. Stop, stay calm, assess surroundings, use map/compass to reorient, and request assistance.**
- D. Break into a sprint to find a trail.

When you're lost in the field, the priority is to stabilize the situation and reestablish your location before moving. Starting by stopping and staying calm helps you conserve energy and think clearly rather than panicking or overreacting to uncertainty. Next, take a careful look around. Note any visible features—ridges, water sources, roads, distinctive trees or rocks, the position of the sun or stars if you're at night. These clues help you orient yourself relative to the terrain you know. Using a map and compass to reorient is the crucial step that turns guesswork into a location you can act on. By matching what you see with your map and taking a bearing, you can pinpoint where you are and plan a safe direction to move or a point to reach. If you can't determine your exact position, you can still establish a known refuge point or a location you can be found from, and prepare to signal. Finally, seek assistance. Call for help through whatever comms you have, or send signals that you're in need of rescue. Making yourself seen and heard increases the chances you'll be located quickly. Wandering, running in circles, or sprinting without a plan drains energy and pushes you further from safe options, which is why they're not appropriate responses when you're lost.

3. Which is the correct NATO phonetic alphabet code word for the letter Q?

- A. Quasar
- B. Queen
- C. Quebec**
- D. Quick

In the NATO phonetic alphabet, every letter has a distinct code word to keep radios clear and prevent miscommunication in noisy environments. For the letter Q, that code word is Quebec. It's chosen because its sounds are distinct enough from other code words and regular speech to avoid confusion over the air. Quasar, Queen, and Quick aren't part of the standard NATO set, so they could easily be mistaken for other letters or misunderstood in transmission. Using Quebec ensures that when you say Q, the listener clearly hears Q and not something else.

4. Which of the following is listed in the Chain of Command?

- A. The Army Chief of Staff
- B. Squadron Commander
- C. City Mayor
- D. Chief Justice

The main idea here is who sits in the formal line of authority for the Army. The Army Chief of Staff is the senior uniformed officer in the Army and is a key link in the chain of command, directing the Army's overall readiness, organization, and operations through to the lower levels. That makes this role the best fit for being listed in the chain of command. A squadron commander is a unit-level commander, who leads a specific unit within the Army. While they do exercise command within their unit, they're not the overarching Army-wide link in the chain. A city mayor and a chief justice are civilian positions outside the military chain of command, belonging to other branches of government or the judiciary, not the Army's hierarchical structure.

5. Which rank corresponds to the pay grade O-7?

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

Pay grade O-7 corresponds to Brigadier General. In the Army officer ladder, O-1 through O-3 are junior officers, O-4 through O-6 are field-grade officers, and O-7 begins the general officer ranks. A Brigadier General wears one star. The next levels—Major General (O-8), Lieutenant General (O-9), and General (O-10)—are higher pay grades. So Brigadier General is the correct match for O-7, while the others are for higher ranks.

6. Which description best defines the Army value Personal Courage?

- A. Placing the welfare of the team above self.
- B. Facing fear, danger, or adversity with resolve.
- C. Allegiance to the Constitution, the Army, the unit, and teammates.
- D. Treating others with courtesy and dignity.

Personal Courage is about facing fear, danger, or adversity with resolve. In the Army, this means staying focused on the mission and doing what's right even when fear or risk is present, showing both physical bravery and the moral strength to stand up for ethical decisions or difficult actions. That descriptor directly captures the essence of Personal Courage by emphasizing facing threats or hardship with determination. The other options point to different Army values—putting the welfare of others first reflects Selfless Service, loyalty to the Constitution, the Army, and teammates reflects Loyalty, and treating others with courtesy and dignity reflects Respect.

7. What does MRE stand for?

- A. Meal, Ready-to-Eat.
- B. Mobile Ready Emergency kit.
- C. Meals Ready for Excessive meals.
- D. Medical Readiness Evaluation.

Meal, Ready-to-Eat is the standard name for the military self-contained ration soldiers carry in the field. It is designed to be eaten without cooking and can be consumed cold or heated using a flameless heater, making it practical during training or operations where cooking isn't possible. The term literally describes a complete meal that's ready to eat anytime, anywhere. The other options describe different things—an emergency or mobile kit, a nonsensical phrase about meals, or a medical readiness evaluation—none of which match the military ration known as Meal, Ready-to-Eat.

8. When is it appropriate to place a casualty in the recovery position?

- A. Always for any casualty
- B. When the casualty is unconscious but breathing and there is no suspected spinal injury
- C. Only if unconscious and not breathing
- D. Only if color changes

The essential idea is to keep the airway open for an unconscious person who is still breathing. When someone is unconscious, the tongue can relax back and block the airway, and if they vomit or produce secretions, they're at risk of choking. Placing them on their side in the recovery position prevents these problems by allowing air to flow and giving fluids a path to drain away from the airway. This approach is appropriate only when there is no suspected spinal injury, because turning or moving someone with a possible spine injury could cause more harm. If the person isn't breathing, you would start CPR rather than placing them in the recovery position. Color changes alone don't determine the need for the recovery position.

9. Which of the following is NOT listed as a land navigation terrain type?

- A. Valley
- B. Hill
- C. Depression
- D. Ocean

In land navigation, you identify terrain features that appear on topographic maps to judge your position and plan routes. These features are landforms like hills, valleys, and depressions that influence slope, terrain roughness, and line of sight. An ocean, while important on maps for water navigation, is a body of water, not a landform. It isn't categorized as a land navigation terrain type, so it doesn't appear among the standard land features used to read terrain and navigate across solid ground. The other three—valley, hill, and depression—are common landforms you'll encounter and use to understand the terrain you're moving through.

10. Which is the correct NATO phonetic alphabet code word for the letter S?

- A. Seattle
- B. Summit
- C. Sierra**
- D. Sound

In the NATO phonetic alphabet, each letter has a distinct code word to ensure clear communication over radio and telephone. For the letter S, the official code word is Sierra. This word was chosen because it's easy to pronounce and unlikely to be mistaken for other letters during noisy transmissions, helping listeners reliably identify S. Seattle, Summit, and Sound are not official code words and could cause confusion, whereas Sierra is standardized across international military and aviation communications.

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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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