Army Physical Readiness Training (PRT) Practice Test (Sample)

Study Guide

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Questions

1. What is the main action required during the Shuttle Sprint exercise?

A. Jog at a leisurely pace

B. Run quickly to the 25-yard mark

C. Walk backward slowly

D. Perform high knees in place

2. During the Forward Lunge, what should happen to the rear knee?

A. It should touch the ground

B. It should remain straight

C. It should bend but not touch the ground

D. It should be elevated above the front knee

3. Which of the following exercises focuses on horizontal arm movement?

A. I Raise

B. W Raise

C. T Raise

D. L Raise

4. What is the ideal pace at which these exercises should be performed?

A. Rapidly

B. At a slow cadence

C. In a moderate pace

D. Variable speed based on ability

5. What type of exercise is the Single-Leg Tuck?

A. Balance exercise

B. Stretching exercise

C. Core exercise

D. Strength training exercise

6. Which command is given to assume the starting position after completing the Single-Leg Over stretch?

A. Change Position, MOVE

B. Ready, STRETCH

C. Starting Position, MOVE

D. Command to Begin

7. What critical element should the Soldier maintain during the Rower exercise?

A. Arms should stay extended

B. Low back should not be excessively arched

C. Shoulders should be rounded

D. Feet should remain flat on the ground

8. What should be maintained tightly throughout the Forward Lunge exercise?

A. Leg muscles

B. Weight on the front foot

C. Abdominal muscles

D. Arm movements

9. What position should the Soldier's arms be in on count 1 of the High Jumper?

A. Above the head

B. Parallel to the ground

C. By their sides

D. Crossed in front

10. What is a checkpoint for the Prone Row exercise regarding the forearms on counts 1 and 3?

A. Forearms should be lowered to the ground

B. Forearms should be parallel to the ground

C. Forearms should be raised above the head

D. Forearms should be bent at the elbows

Answers

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

Explanations

1. What is the main action required during the Shuttle Sprint exercise?

A. Jog at a leisurely pace

B. Run quickly to the 25-yard mark

C. Walk backward slowly

D. Perform high knees in place

The main action required during the Shuttle Sprint exercise is to run quickly to the 25-yard mark. This exercise is designed to improve speed, agility, and overall physical readiness, reflecting the need for Soldiers to move quickly in various operational scenarios. By sprinting back and forth between designated points, participants develop their ability to accelerate rapidly, change direction, and control their movement efficiently. This high-intensity action engages multiple muscle groups and enhances cardiovascular fitness, making it a critical component of PRT. Other options do not align with the objective of this exercise, as they either involve slower movements or do not enhance sprinting ability.

2. During the Forward Lunge, what should happen to the rear knee?

A. It should touch the ground

B. It should remain straight

C. It should bend but not touch the ground

D. It should be elevated above the front knee

In the Forward Lunge exercise, the appropriate action for the rear knee is to bend but not make contact with the ground. This position ensures that the lunge is performed with proper form and stability, minimizing the risk of injury and maximizing the effectiveness of the movement. When the rear knee bends, it allows for greater depth in the lunge and improves balance by distributing weight more evenly between both legs. Keeping the rear knee off the ground prevents unnecessary strain on the joint and maintains the correct alignment of the hips, knees, and torso. Bending the rear knee also engages the muscles effectively, including the quadriceps, hamstrings, and glutes. This engagement is crucial for building strength and improving overall athletic performance. Proper technique is essential in any exercise, and in the case of the Forward Lunge, maintaining the rear knee elevated while bending helps achieve this goal.

3. Which of the following exercises focuses on horizontal arm movement?

A. I Raise

B. W Raise

C. T Raise

D. L Raise

The exercise that focuses on horizontal arm movement is the T Raise. This exercise involves extending the arms out to the sides, creating a "T" shape with the body. By doing so, it effectively targets the muscles associated with shoulder stability and upper back strength, promoting proper posture and functional movement. In contrast, the I Raise involves raising the arms straight up overhead, targeting the upper traps and shoulder muscles but not focusing on horizontal movement. The W Raise incorporates a more diagonal arm movement, creating a "W" shape with the arms that emphasizes activation of different muscle groups and shoulder mechanics. The L Raise is performed at a right angle and primarily works on the shoulder muscles while keeping the arms in a more vertical position. Hence, the T Raise is specifically designed for horizontal arm movement, making it the correct choice for this question.

4. What is the ideal pace at which these exercises should be performed?

A. Rapidly

B. At a slow cadence

C. In a moderate pace

D. Variable speed based on ability

The ideal pace at which exercises should be performed in Army Physical Readiness Training (PRT) is at a slow cadence. This slower pace is beneficial because it ensures that the individual maintains proper form and technique during the exercises, which is crucial for preventing injuries and maximizing the effectiveness of the training. Performing exercises at a slow cadence allows for better control of movements, helps to engage the appropriate muscle groups, and aids in building strength and endurance over time. It also promotes deeper engagement of stabilizing muscles, which are essential for maintaining balance and posture during physical activities. This pacing allows individuals to focus on their body mechanics, ensuring that they are executing exercises to the best of their ability and reinforcing muscle memory. While other options mention varying speeds or pacing, a slow cadence is foundational for effective training results and long-term physical readiness. Rushing through exercises at a rapid pace can lead to improper technique and potential injury, while a moderate pace might not provide the level of focused engagement that a slow pace does.

5. What type of exercise is the Single-Leg Tuck?

A. Balance exercise

B. Stretching exercise

C. Core exercise

D. Strength training exercise

The Single-Leg Tuck is categorized as a core exercise because it primarily targets the muscles in the abdominal region, including the rectus abdominis and the obliques. This exercise involves maintaining stability while using the core to control the movement of the legs, which challenges the body's balance and coordination as well. Engaging the core is essential for performing this exercise effectively, making it a fundamental component of core training within physical readiness programs. While there are options referring to balance, stretching, and strength, the primary focus of the Single-Leg Tuck is on developing and strengthening the core muscles, which is why it is classified as a core exercise. This classification highlights the importance of core stability and strength in improving overall physical readiness and performance in various military tasks.

6. Which command is given to assume the starting position after completing the Single-Leg Over stretch?

A. Change Position, MOVE

B. Ready, STRETCH

C. Starting Position, MOVE

D. Command to Begin

The command to assume the starting position after completing the Single-Leg Over stretch is "Starting Position, MOVE." This command indicates to the participants to transition back to a neutral stance or position after performing a specific stretch. In physical readiness training, returning to the starting position is crucial for maintaining proper form and preparing for the next exercise or stretch in the routine. The starting position serves as the foundation from which soldiers progress through various exercises, ensuring proper body alignment and readiness for subsequent movements. Emphasizing transitions between exercises and stretches aids in developing discipline and rhythm during training sessions. This command effectively communicates the need to shift from the stretching position back to a prepared state, signaling participants to align themselves for the next activity.

7. What critical element should the Soldier maintain during the Rower exercise?

A. Arms should stay extended

B. Low back should not be excessively arched

C. Shoulders should be rounded

D. Feet should remain flat on the ground

During the Rower exercise, it is crucial for the Soldier to maintain a proper form to prevent injury and ensure the effectiveness of the workout. Keeping the low back from being excessively arched is essential because an exaggerated arch can lead to strain on the lower back, potentially resulting in injury. A neutral spine position helps engage the core muscles properly and supports overall body mechanics during the exercise, contributing to better performance and safety. The other options, while they may pertain to aspects of good form, do not address as directly the importance of spinal alignment in this particular exercise. Therefore, focusing on minimizing arch in the low back is vital for maintaining a safe and effective execution of the Rower movement.

8. What should be maintained tightly throughout the Forward Lunge exercise?

A. Leg muscles

B. Weight on the front foot

C. Abdominal muscles

D. Arm movements

Maintaining tight abdominal muscles throughout the Forward Lunge exercise is crucial for ensuring proper form and stability. The core acts as a stabilizing force during the movement, helping to maintain balance and posture while transferring body weight from one leg to another. Engaging the abdominal muscles also protects the lower back by providing additional support, which helps prevent injury and strain during the lunge. A strong core enables more effective execution of the lunge by allowing for controlled movements, reducing the risk of wobbling or losing balance, which could compromise the benefits of the exercise. Thus, focusing on tight abdominal muscles is essential for maximizing performance and safety when performing the Forward Lunge.

9. What position should the Soldier's arms be in on count 1 of the High Jumper?

A. Above the head

B. Parallel to the ground

C. By their sides

D. Crossed in front

In the High Jumper exercise, on count 1, the Soldier's arms should be positioned parallel to the ground. This position is critical for several reasons. Firstly, having the arms parallel to the ground helps maintain balance and stability during the jump. It also allows for an effective swinging motion as the jump progresses, which aids in generating upward momentum. Moreover, this arm position is aligned with the body's natural mechanics, facilitating a stronger push-off from the ground. It prepares the Soldier for an optimal jump while also assisting in arm coordination, which is vital for maximizing height. Therefore, this position is essential for executing the High Jumper correctly and effectively.

10. What is a checkpoint for the Prone Row exercise regarding the forearms on counts 1 and 3?

A. Forearms should be lowered to the ground

B. Forearms should be parallel to the ground

C. Forearms should be raised above the head

D. Forearms should be bent at the elbows

In the Prone Row exercise, maintaining proper form is crucial for maximizing effectiveness and preventing injury. For counts 1 and 3, the checkpoint specifies that the forearms should be parallel to the ground. This position ensures that the muscles engaged during the exercise—primarily those in the upper back and shoulders—are effectively activated. By keeping the forearms parallel to the ground, it allows for proper alignment of the body and facilitates the movement of the arms as they row towards the body. This positioning also helps to keep the shoulder blades retracted, which further engages the back muscles. Achieving this alignment not only supports muscle development but also contributes to overall stability and balance during the exercise. The other options might not provide the correct form required for optimal performance in the Prone Row. For instance, lowering forearms to the ground would disengage the target muscles, while raising them above the head could lead to improper biomechanics and reduce the effectiveness of the movement. Bending at the elbows, while sometimes a part of certain exercises, wouldn't apply to the specific checkpoints of the Prone Row for counts 1 and 3. Therefore, parallel forearms align with the technique needed for this exercise.