

ARMY PROMOTION BOARD E-4 (SPECIALIST) 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. What drills should be performed before and after the Army Physical Fitness Test (APFT)?**
 - A. Warm-up and Cool-down Drills
 - B. Preparation Drill and Recovery Drill
 - C. Cardio and Strength Drills
 - D. Stretching and Breathing Exercises
- 2. What does the term "proper aim" in marksmanship refer to?**
 - A. The technique of aligning sights
 - B. The position of the shooter
 - C. The speed of firing
 - D. The breathing technique
- 3. What determines if a hair device is permissible?**
 - A. Color and size of the device
 - B. If it has decorations
 - C. Whether it maintains a professional appearance
 - D. If it can hold thick hair
- 4. When was the UCMJ enacted?**
 - A. 1945
 - B. 1950
 - C. 1960
 - D. 1975
- 5. What is one goal of the ABCP?**
 - A. To help Soldiers gain more body weight
 - B. To provide a pathway for administrative separation
 - C. To enable Soldiers to meet body fat standards
 - D. To encourage Soldiers to avoid physical fitness tests
- 6. Which of the following methods can help determine direction in the field?**
 - A. The moon method, the map method, and the compass method
 - B. The shadow-tip method, the watch method, and the North Star method
 - C. The GPS method, the landmark method, and the direct sight method
 - D. The terrain method, the weather method, and the observation method

7. What are the three key elements involved in Dead Reckoning?

- A. Known starting point, estimated distance, known speed
- B. Known starting point, known distance, known azimuth
- C. Starting azimuth, travel speed, terrain features
- D. Estimated position, travel direction, altitude

8. What are the three types of Court Martial?

- A. Summary, General, Administrative
- B. Summary, Special, General
- C. Minor, Major, Special
- D. Field, General, Summary

9. Does a soldier have to accept an Article 15?

- A. Yes, it is mandatory
- B. No, they can demand a trial by court martial
- C. Yes, unless granted a waiver
- D. No, but they will face automatic punishment

10. What activities should soldiers avoid while walking?

- A. Eating and drinking
- B. Activities interfering with saluting and greetings
- C. Casual conversations
- D. None, they can walk and engage in any activity

Answers

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

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Explanations

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1. What drills should be performed before and after the Army Physical Fitness Test (APFT)?

A. Warm-up and Cool-down Drills

B. Preparation Drill and Recovery Drill

C. Cardio and Strength Drills

D. Stretching and Breathing Exercises

The correct answer is the Preparation Drill and Recovery Drill, which are specifically designed to be performed before and after the Army Physical Fitness Test (APFT). The Preparation Drill consists of a set of exercises that help to warm up the body, increase heart rate, and improve flexibility. These exercises prepare the muscles for the demands of the APFT, reducing the risk of injury and enhancing overall performance. On the other hand, the Recovery Drill is meant to be performed after the APFT to help the body recover from the physical exertion. It focuses on stretching and relaxing the muscles, helping to restore elasticity and reduce soreness, which aids in the overall recovery process. While warm-up and cool-down drills, cardio and strength drills, and stretching and breathing exercises have their respective benefits, they do not encompass the specific structures and purpose of the Preparation and Recovery Drills as outlined in the Army's physical training program. Therefore, focusing on the distinctiveness of these drills makes them the correct choice for this context.

2. What does the term "proper aim" in marksmanship refer to?

A. The technique of aligning sights

B. The position of the shooter

C. The speed of firing

D. The breathing technique

The term "proper aim" in marksmanship refers specifically to the technique of aligning sights. This involves ensuring that the front sight and the rear sight are correctly positioned in relation to the target. When a shooter achieves proper aim, they are able to accurately direct their shots at the intended target. This alignment is fundamental to effective marksmanship, as it directly impacts accuracy and precision during shooting. While other factors such as the shooter's position, speed of firing, and breathing technique do play significant roles in overall shooting performance, they are not the defining elements of what constitutes "proper aim." Proper alignment of sights ensures that even if other factors vary, the bullet will travel towards the intended target if the shooter controls these elements well. Thus, mastering sight alignment is essential for any shooter aiming to improve their accuracy.

3. What determines if a hair device is permissible?

A. Color and size of the device

B. If it has decorations

C. Whether it maintains a professional appearance

D. If it can hold thick hair

The determination of whether a hair device is permissible primarily hinges on whether it maintains a professional appearance. In military settings, maintaining a neat, clean, and professional image is essential, and this extends to hair care and accessories. Hair devices must enhance the overall professional look of the uniform and comply with regulations regarding grooming standards. If a hair device appears too casual, flamboyant, or distracting, it may not be permissible regardless of other factors such as color, size, or decorative elements. While factors like color, size, and thickness of hair may play a role in practicality and function, they do not inherently define the professional standard that the military upholds. Thus, the main criterion is ensuring that any hair device used supports a uniform and disciplined image, aligning with military values and the expectations of appearance.

4. When was the UCMJ enacted?

- A. 1945
- B. 1950**
- C. 1960
- D. 1975

The Uniform Code of Military Justice (UCMJ) was enacted in 1950. This legal framework was established to consolidate military law and provide a standardized set of legal procedures and rules governing the armed forces. The UCMJ replaced previous laws that were often inconsistent and established a clear set of guidelines for conducting military justice. The implementation of the UCMJ represented a significant reform in the U.S. military justice system, aiming to ensure fairness and accountability in the prosecution of military personnel. This timeframe aligns with the need for a structured approach to military law, especially following the experiences of World War II, where a lack of coherent military legal standards was evident. Thus, understanding the UCMJ's enactment in 1950 is crucial for comprehending the evolution of military justice and its ongoing implications for service members.

5. What is one goal of the ABCP?

- A. To help Soldiers gain more body weight
- B. To provide a pathway for administrative separation
- C. To enable Soldiers to meet body fat standards**
- D. To encourage Soldiers to avoid physical fitness tests

One of the primary goals of the Army Body Composition Program (ABCP) is to enable Soldiers to meet body fat standards. This program is designed to ensure that all Soldiers maintain a healthy body composition that aligns with military standards. Maintaining proper body fat levels is crucial not only for individual health but also for unit readiness and overall effectiveness within the Army. By focusing on achieving and sustaining body fat standards, the ABCP supports the overall mission and performance of Soldiers, fostering a culture of fitness and discipline. The program includes guidance and resources aimed at helping Soldiers achieve these standards through education, physical training, and healthy lifestyle choices. Encouraging Soldiers to reach and maintain appropriate body fat levels helps improve their physical fitness, enhances their ability to perform military duties, and ultimately contributes to the Army's operational readiness.

6. Which of the following methods can help determine direction in the field?

- A. The moon method, the map method, and the compass method
- B. The shadow-tip method, the watch method, and the North Star method**
- C. The GPS method, the landmark method, and the direct sight method
- D. The terrain method, the weather method, and the observation method

The shadow-tip method, the watch method, and the North Star method are all effective techniques for determining direction when in the field, especially in the absence of modern tools like compasses or GPS devices. The shadow-tip method involves using a stick placed vertically into the ground to cast a shadow. By marking the tip of the shadow at different times of day, one can establish a line of east-west direction, as shadows will move in a predictable manner. The watch method utilizes the position of the sun and the hour hand of a watch to find south in the northern hemisphere. By orienting the watch so that the hour hand points at the sun and calculating the angle halfway between this hour hand and the 12 o'clock mark, one can identify south. The North Star method relies on locating Polaris, which is situated nearly directly above the North Pole. At night, Polaris serves as a fixed point in the sky for navigation, especially in the northern hemisphere, making it a reliable reference for determining north. These methods highlight practical techniques that can be employed in various conditions, demonstrating adaptability for navigation without contemporary technology.

7. What are the three key elements involved in Dead Reckoning?

- A. Known starting point, estimated distance, known speed
- B. Known starting point, known distance, known azimuth**
- C. Starting azimuth, travel speed, terrain features
- D. Estimated position, travel direction, altitude

The correct answer focuses on the essential components of Dead Reckoning, which is a navigation technique used to estimate one's current position based on a known starting point, the distance traveled, and the direction of travel. In Dead Reckoning, establishing a known starting point is crucial because it serves as the reference from which all subsequent movements are calculated. The known distance allows a navigator to determine how far they've traveled from that starting point, while the known azimuth provides the direction of travel. Together, these elements help in calculating the estimated position accurately. The other choices incorporate aspects that are less directly related to the established definition and methodology of Dead Reckoning. For instance, while terrain features and altitude may influence navigation, they are not fundamental components of the Dead Reckoning process itself, which is primarily concerned with distance, direction, and a starting reference point.

8. What are the three types of Court Martial?

- A. Summary, General, Administrative
- B. Summary, Special, General**
- C. Minor, Major, Special
- D. Field, General, Summary

The correct answer identifies the three types of Court Martial as Summary, Special, and General. A Summary Court Martial is the simplest form and is designed to handle minor offenses quickly and efficiently. This type typically involves a single officer who serves as both the judge and jury, facilitating a streamlined process for resolving less severe military infractions. A Special Court Martial is more formal than a Summary Court Martial but not as extensive as a General Court Martial. It usually involves a military judge and a jury of officers, and is utilized for intermediate offenses that warrant a more serious consideration than minor infractions but do not require the full proceedings of a General Court Martial. The General Court Martial is the highest level of court martial and is reserved for the most serious offenses, including felonies under military law. This type involves a military judge and usually a panel of officers or even enlisted members, providing a more comprehensive and formal trial process. In contrast, the other options either mix terms incorrectly or use non-standard terminology that does not accurately reflect the legal structures defined within military law. Understanding the distinctions between these types is crucial for navigating military justice procedures.

9. Does a soldier have to accept an Article 15?

- A. Yes, it is mandatory
- B. No, they can demand a trial by court martial**
- C. Yes, unless granted a waiver
- D. No, but they will face automatic punishment

A soldier does have the option to refuse an Article 15 and can demand a court-martial instead. An Article 15 is a non-judicial punishment under the Uniform Code of Military Justice (UCMJ) that allows commanders to handle minor offenses without a formal trial. If a soldier believes the charges against them could potentially result in more severe punishment or if they wish to contest the matter formally, they can choose to demand a trial by court-martial. This option is significant because it provides the soldier with the right to a legal defense, the ability to present evidence, and possibly the chance to confront witnesses. Accepting an Article 15 typically results in lesser penalties compared to what could be imposed at a court-martial, but the discretion to refuse and opt for the court-martial process is a critical legal right afforded to service members, emphasizing the importance of due process within military justice.

10. What activities should soldiers avoid while walking?

- A. Eating and drinking
- B. Activities interfering with saluting and greetings**
- C. Casual conversations
- D. None, they can walk and engage in any activity

Soldiers should avoid activities that interfere with saluting and greetings because such actions can compromise military courtesy and discipline. The military places a strong emphasis on maintaining a standard of respect and decorum in all interactions, which includes proper saluting and verbal greetings when encountering superiors or fellow service members. Engaging in activities that distract from this essential element of military protocol can lead to a breakdown in standard practices and affect unit cohesion. By prioritizing the salute and greeting, soldiers reinforce the values of respect and professionalism inherent in military culture. This shows not only adherence to military regulations but also demonstrates a commitment to the collective responsibilities shared among service members. Focusing on these interactions while walking helps maintain the appropriate military bearing expected of all personnel in uniform.

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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://armypromotionboarde4.examzify.com>

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

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