

ARMY PROMOTION BOARD E-5 PRACTICE TEST (SAMPLE)

STUDY GUIDE



SAMPLE STUDY GUIDE WITH LIMITED QUESTIONS

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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. Why is it important to report infractions of Army regulations?**
 - A. To maintain unit cohesion
 - B. To uphold Army standards
 - C. To avoid legal repercussions
 - D. To ensure promotion opportunities
- 2. Under what circumstances can soldiers be flagged for weight control failure?**
 - A. If they exceed their physical fitness goals
 - B. If they exceed the Army weight standards
 - C. If they are unable to complete the APFT
 - D. If they fail to maintain combat readiness
- 3. What is the Army's definition of a "leader"?**
 - A. A leader holds the highest rank in a unit
 - B. A leader influences others to accomplish a mission
 - C. A leader is responsible for training new recruits
 - D. A leader executes orders from higher command
- 4. Which year marked a significant formalization of training for NCO's?**
 - A. 1835
 - B. 1829
 - C. 1810
 - D. 1843
- 5. What are the two types of inspections performed in the military?**
 - A. Written and verbal
 - B. In-ranks and In-quarters
 - C. Performance and safety
 - D. Surprise and scheduled
- 6. What role did the Inspector General play in NCO history?**
 - A. He trained all enlisted personnel
 - B. He standardized NCO duties through regulations
 - C. He was responsible for military intelligence
 - D. He led soldiers into battle

7. Which of the following is NOT one of the three types of duties?

- A. Specified
- B. Directed
- C. Implied
- D. Assigned

8. What does the Army Combat Fitness Test measure?

- A. Mental readiness and focus
- B. Physical fitness and combat readiness
- C. Team coordination and strategy
- D. Leadership and teamwork skills

9. What is the role of a leader during a Recon phase in troop leading procedures?

- A. To finalize the plan
- B. To initiate movement
- C. To gather information for planning
- D. To execute the mission

10. What does the acronym "SHARP" stand for?

- A. Soldier Harassment Assessment Response Program
- B. Sexual Harassment/Assault Response and Prevention
- C. Service Health and Recovery Program
- D. Senior Harassment Awareness Response Protocol

Answers

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

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Explanations

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1. Why is it important to report infractions of Army regulations?

- A. To maintain unit cohesion
- B. To uphold Army standards**
- C. To avoid legal repercussions
- D. To ensure promotion opportunities

Reporting infractions of Army regulations is vital for upholding Army standards. When regulations are violated, it can compromise the effectiveness, safety, and discipline of the unit. By ensuring that all personnel adhere to established protocols, the integrity of the Army is preserved. This commitment to maintaining standards fosters a professional environment where accountability is paramount. Promoting adherence to these standards not only protects the mission and the individuals involved but also reinforces the Army's core values. When everyone understands the importance of following regulations and the consequences of ignoring them, this collective responsibility contributes significantly to a culture of discipline. Thus, the act of reporting infractions serves as a mechanism to enhance operational readiness and mission success.

2. Under what circumstances can soldiers be flagged for weight control failure?

- A. If they exceed their physical fitness goals
- B. If they exceed the Army weight standards**
- C. If they are unable to complete the APFT
- D. If they fail to maintain combat readiness

Soldiers can be flagged for weight control failure specifically when they exceed the Army weight standards. The Army has established weight standards to ensure that personnel maintain a level of physical fitness essential for their duties. This regulation is in place to promote health, readiness, and overall military effectiveness. When a soldier exceeds these established weight limits, it indicates a failure to meet the prescribed physical standards, which is a critical aspect of maintaining operational readiness. Being flagged serves as a formal acknowledgment of this failure and allows for corrective measures to be initiated, such as enrolling in a weight control program, to help the soldier return to compliance with the standards. Other options may relate to overall fitness or readiness but do not directly address the specific criteria for being flagged under the weight control program established by the Army. For instance, exceeding physical fitness goals, being unable to complete the Army Physical Fitness Test (APFT), or failing to maintain combat readiness may indicate other issues but are not directly linked to the criteria for weight control failure specifically.

3. What is the Army's definition of a "leader"?

- A. A leader holds the highest rank in a unit
- B. A leader influences others to accomplish a mission**
- C. A leader is responsible for training new recruits
- D. A leader executes orders from higher command

The Army defines a "leader" primarily as someone who influences others to accomplish a mission. This definition emphasizes the critical role of leadership as not merely about holding a position of authority or rank, but rather about the ability to motivate and guide individuals or teams towards achieving common goals. Influence in leadership is essential because it drives engagement, fosters teamwork, and enhances the effectiveness of operations. A leader inspires trust and confidence, promoting an environment where others feel motivated to perform at their best. This aligns with the Army's focus on mission accomplishment, as successful leaders adapt their styles to meet the needs of their soldiers and the demands of the situation, thereby facilitating successful outcomes in complex environments. While other choices highlight important aspects of military roles—such as rank and responsibilities—the essence of leadership lies in the capacity to inspire and influence, making option B the most accurate representation of what it means to be a leader in the Army.

4. Which year marked a significant formalization of training for NCO's?

- A. 1835
- B. 1829**
- C. 1810
- D. 1843

The significant formalization of training for Non-Commissioned Officers (NCOs) occurred in 1829 when the U.S. Army began to emphasize a structured approach to NCO training. This year is notable because it represented a shift towards a more organized system of instruction specifically designed to enhance the capabilities and effectiveness of NCOs in the military hierarchy. The formal training helped establish standards and expectations for NCO leadership and skills, which are crucial for the proper functioning of military units. The developments in 1829 laid the groundwork for future training initiatives, reflecting a growing recognition of the important role that NCOs play in achieving military objectives through effective leadership, discipline, and tactical expertise. This early effort contributed to the evolution of NCO training programs, setting a precedent for what would continue to improve and expand in subsequent years. Understanding this historical context reinforces the foundational knowledge of how NCO roles and training evolved over time and illustrates the importance of structured training in military effectiveness.

5. What are the two types of inspections performed in the military?

- A. Written and verbal
- B. In-ranks and In-quarters**
- C. Performance and safety
- D. Surprise and scheduled

The two types of inspections performed in the military are designated as in-ranks and in-quarters inspections. In-ranks inspections typically occur when troops are lined up in formation and involve a leader inspecting personnel while they are in their designated positions. This type of inspection assesses soldiers' appearance, uniform wear, and readiness. In-quarters inspections involve a leader checking soldiers' living spaces or work areas to ensure they meet military standards of cleanliness and organization. These two inspection types serve different functions and environments within military operations, emphasizing accountability and preparedness at both individual and unit levels. The focus on physical appearance and readiness in in-ranks inspections contrasts with the more personal and operational checks seen in in-quarters inspections, highlighting the comprehensive approach to maintaining standards within the military.

6. What role did the Inspector General play in NCO history?

- A. He trained all enlisted personnel
- B. He standardized NCO duties through regulations**
- C. He was responsible for military intelligence
- D. He led soldiers into battle

The Inspector General has historically played a critical role in shaping and standardizing the duties of Non-Commissioned Officers (NCOs) through the creation and enforcement of regulations. This function ensures that NCOs operate under a consistent set of guidelines and performance expectations, which enhances the overall effectiveness and operational capability of the military. By setting a standard, the Inspector General helps to maintain order, discipline, and uniformity across units, which is vital for successful military operations. In addition to regulations, the Inspector General also assesses units and personnel to ensure compliance with these standards. This oversight function is essential in maintaining readiness and the professional development of NCOs, providing a clear framework within which they can operate effectively. The role of the Inspector General in this context emphasizes accountability and the importance of following established procedures, which is foundational to military structure and leadership.

7. Which of the following is NOT one of the three types of duties?

- A. Specified
- B. Directed
- C. Implied
- D. Assigned**

The correct answer identifies "Assigned" as not being one of the three recognized types of duties in a military context. In military terminology, duties are categorized into three primary types: specified, directed, and implied duties. Specified duties refer to tasks that are explicitly outlined and detailed in regulations, orders, or directives. These are the responsibilities that a soldier is formally instructed to carry out. Implied duties are those responsibilities that, while not explicitly stated, are understood as necessary to perform specified duties effectively. This means that certain actions are expected to be carried out as part of the comprehensive understanding of a soldier's role. Directed duties involve tasks assigned through direct orders from a higher authority, which can be immediate or temporary in nature. "Assigned," while it sounds like it could fit within the framework of military duties, is not categorized in the same way as the aforementioned types. In this context, it lacks the formal recognition and definition that delineates it as a distinct type of duty alongside specified, directed, and implied.

8. What does the Army Combat Fitness Test measure?

- A. Mental readiness and focus
- B. Physical fitness and combat readiness**
- C. Team coordination and strategy
- D. Leadership and teamwork skills

The Army Combat Fitness Test is designed specifically to assess a soldier's physical fitness and combat readiness, reflecting the physical demands faced during military operations. This test evaluates various components of physical fitness, including muscular strength, endurance, agility, and cardiovascular capability. By measuring these elements, the test aims to ensure that soldiers are physically prepared to perform their duties effectively in combat situations and to promote overall soldier readiness. In this context, mental readiness, team coordination, and leadership skills, while important in military operations, are not the primary focus of the Combat Fitness Test. Instead, this test emphasizes tangible physical attributes that are crucial for a soldier's performance in the field.

9. What is the role of a leader during a Recon phase in troop leading procedures?

- A. To finalize the plan
- B. To initiate movement
- C. To gather information for planning**
- D. To execute the mission

In the context of troop leading procedures, the role of a leader during the Recon phase is primarily to gather information for planning. This phase involves assessing the environment where the operation will take place, understanding terrain features, identifying key locations, and observing enemy positions and capabilities. By collecting this critical information, a leader can better inform the final plan, ensuring that it is tailored to the realities of the operational environment. This aspect of reconnaissance is vital because the intelligence gained during this phase directly influences decision-making and strategic planning. A well-conducted reconnaissance provides the necessary details that help to mitigate risks and maximize the effectiveness of the military operation, ultimately contributing to mission success.

10. What does the acronym "SHARP" stand for?

- A. Soldier Harassment Assessment Response Program
- B. Sexual Harassment/Assault Response and Prevention**
- C. Service Health and Recovery Program
- D. Senior Harassment Awareness Response Protocol

The acronym "SHARP" stands for Sexual Harassment/Assault Response and Prevention. This program is essential within the Army as it aims to promote a safe and respectful environment for all Soldiers. It addresses issues of sexual harassment and assault, providing a framework for reporting incidents and offering support to victims. The emphasis on prevention is key; the program works not only to respond to incidents but also to educate and train personnel to help prevent such behaviors from occurring in the first place. Promoting awareness and understanding of SHARP is vital in fostering a culture of respect, and ensuring that all Soldiers are informed about their rights and resources available to them. The focus on comprehensive responses to these serious issues underscores the Army's commitment to the well-being of its personnel.

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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://armypromotionboarde5.examzify.com>

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

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