

BAMC Promotion Board Practice Exam (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. LFX stands for?**
 - A. Low Frequency X-ray**
 - B. Live Fire Exercise**
 - C. Logistics Field Exercise**
 - D. Light Fire Exercise**

- 2. What is the principle that all army training is based on?**
 - A. Train as you fight**
 - B. Practice makes perfect**
 - C. Learn and adapt**
 - D. Train for victory**

- 3. Which topic is most directly addressed by TC 3-22.9?**
 - A. Vehicle maintenance for the M4**
 - B. Night vision equipment calibration**
 - C. Foundational knowledge on marksmanship, handling, and weapon safety for the M4**
 - D. Communications encryption for field radios**

- 4. Which trio correctly represents the principal ways leaders can develop others?**
 - A. Mentoring, Coaching, and Counseling**
 - B. Counseling, Directing, and Mentoring**
 - C. Counseling, Coaching, and Mentoring**
 - D. Advising, Guiding, and Observing**

- 5. Which set lists the four steps of an AAR in the correct order?**
 - A. What was supposed to happen? What did happen? What are some improvements and sustains? What should be done differently?**
 - B. What was supposed to happen? What did happen? What should be done differently? What are some improvements and sustains?**
 - C. What happened? What was supposed to happen? What should be done differently? What are some improvements and sustains?**
 - D. What should be done differently? What happened? What are some improvements and sustains? What was supposed to happen?**

- 6. Which of the following is NOT one of the Army values?**
- A. Humility**
 - B. Loyalty**
 - C. Integrity**
 - D. Duty**
- 7. What does the uniform represent to the soldier?**
- A. Being part of something bigger than themselves**
 - B. Displaying rank and insignia**
 - C. Demonstrating personal wealth**
 - D. Signaling unit loyalty**
- 8. In which year did the New BAMC open?**
- A. 1886 the first brick hospital was built.**
 - B. 1996 New BAMC opened.**
 - C. 1942 the hospital's name was changed to General Brook Hospital.**
 - D. 2011 COTO opened.**
- 9. Which of the following is NOT a step in the Troop Leading Procedures?**
- A. Receive the mission**
 - B. Issue the warning order**
 - C. Conduct Reconnaissance**
 - D. Publish the after action review**
- 10. Which option is NOT a feature of the M4?**
- A. Magazine fed**
 - B. Gas operated**
 - C. Water cooling**
 - D. Semi automatic**

Answers

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

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Explanations

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1. LFX stands for?

- A. Low Frequency X-ray
- B. Live Fire Exercise**
- C. Logistics Field Exercise
- D. Light Fire Exercise

This question tests how military training acronyms are used in practice. LFX is commonly used to denote a Live Fire Exercise. Here's why this fits: "Live" means actual ammunition is used, not blanks or simulations. "Fire" indicates the firing component of the training, and "Exercise" signals a structured, planned training event designed to practice tactics, procedures, or mission tasks under controlled safety measures. This combination is the standard term for drills where troops engage in real weapons firing on a range or approved area. The other options don't align with the standard meaning. Low Frequency X-ray is a radiology/physics term, not a training exercise designation. Light Fire Exercise isn't a recognized, commonly used term in military training. A Logistics Field Exercise would focus on supply and support operations rather than live weapons firing. So the best choice is Live Fire Exercise.

2. What is the principle that all army training is based on?

- A. Train as you fight**
- B. Practice makes perfect
- C. Learn and adapt
- D. Train for victory

Train as you fight is the principle behind Army training. It means training under conditions that mirror real operations—using the same gear, weapons, and communications, in realistic terrain and under time pressure, with fatigue and stress present, and with integrated teamwork. This realism helps habits and decisions that are practiced to transfer directly to the battlefield, so reactions become automatic and coordinated rather than improvised. Realistic drills, live-fire and simulated environments, mission-focused rehearsals, and after-action reviews all reinforce procedures and judgment in settings that resemble actual combat. General sayings about practice or victory don't lock in the same connection between training conditions and battlefield performance, whereas training under fight-like conditions ensures what is learned is usable when it matters most.

3. Which topic is most directly addressed by TC 3-22.9?

- A. Vehicle maintenance for the M4**
- B. Night vision equipment calibration**
- C. Foundational knowledge on marksmanship, handling, and weapon safety for the M4**
- D. Communications encryption for field radios**

TC 3-22.9 is the Army rifle marksmanship manual, so it directly covers how to shoot and handle the M4 safely. It teaches the fundamentals of marksmanship—stance, grip, sight alignment and sight picture, breathing, trigger control, and follow-through—as well as essential weapon safety and basic handling procedures, loading and unloading, and safe clearing of stoppages. That focus on building solid shooting technique and safe operation for the M4 is why the option describing foundational knowledge on marksmanship, handling, and weapon safety for the M4 is the best fit. Topics like vehicle maintenance for the M4, night vision equipment calibration, or communications encryption are outside this manual's scope and would be found in other manuals or training materials.

4. Which trio correctly represents the principal ways leaders can develop others?

- A. Mentoring, Coaching, and Counseling**
- B. Counseling, Directing, and Mentoring**
- C. Counseling, Coaching, and Mentoring**
- D. Advising, Guiding, and Observing**

Leaders develop others through mentoring, coaching, and counseling. Mentoring builds a long-term relationship where an experienced leader shares guidance, career insight, and cultural understanding to help the person grow. Coaching is more targeted and time-bound, focusing on specific skills or performance goals with structured feedback, practice, and accountability. Counseling addresses personal or professional obstacles that can block development, offering support, reflection, and decision-making help so the individual can move forward. Together, these three cover relationship-building, concrete skill development, and personal support—a well-rounded approach to growth. Other options mix in directing or observing, which are less about developing capability or addressing personal barriers, making them weaker fits for how leaders effectively develop others.

5. Which set lists the four steps of an AAR in the correct order?

A. What was supposed to happen? What did happen? What are some improvements and sustains? What should be done differently?

B. What was supposed to happen? What did happen? What should be done differently? What are some improvements and sustains?

C. What happened? What was supposed to happen? What should be done differently? What are some improvements and sustains?

D. What should be done differently? What happened? What are some improvements and sustains? What was supposed to happen?

The main idea being tested is the proper order of steps in an After Action Review: compare what was planned with what actually happened, then determine what to sustain and what to improve, and finally decide what will be done differently next time. This sequence starts with the plan to give you a baseline, then records the actual results to show reality versus expectation. With those two pieces in place, you can honestly identify strengths to keep and weaknesses to change, which leads to concrete, targeted actions for the future. Jumping ahead to what should be done differently before analyzing outcomes or rearranging the steps would risk basing changes on incomplete information, so the provided order is the logical, effective flow for learning and improvement.

6. Which of the following is NOT one of the Army values?

A. Humility

B. Loyalty

C. Integrity

D. Duty

The Army values are a defined set that guides Soldier conduct. The seven official values are Loyalty, Duty, Respect, Selfless Service, Honor, Integrity, and Personal Courage. Humility isn't included in that list, which is why it's the correct answer to the question. While humility is a commendable personal trait and can support strong leadership, it isn't named as one of the Army's seven core values. The other choices—Loyalty, Duty, and Integrity—are indeed part of the official values, which is why they aren't the correct choice for "not one of the Army values."

7. What does the uniform represent to the soldier?

- A. Being part of something bigger than themselves**
- B. Displaying rank and insignia**
- C. Demonstrating personal wealth**
- D. Signaling unit loyalty**

The uniform represents being part of something bigger than oneself. It signals enlistment in a shared mission, values, and tradition, creating esprit de corps and a sense of unity, discipline, and commitment to the team and its responsibilities. While the uniform can display rank or unit identifiers, the deeper meaning to the soldier is belonging to a larger purpose and community. Personal wealth is unrelated, and signaling unit loyalty is a secondary outcome of that core sense of belonging.

8. In which year did the New BAMC open?

- A. 1886 the first brick hospital was built.**
- B. 1996 New BAMC opened.**
- C. 1942 the hospital's name was changed to General Brook Hospital.**
- D. 2011 COTO opened.**

This question tests your ability to identify the year the New BAMC began operating. The New BAMC opened in 1996. The other dates refer to different events: 1886 marks the building of the first brick hospital, a prior milestone; 1942 is when the hospital was renamed to General Brook Hospital; 2011 refers to COTO opening, a separate development. So, 1996 is the year the New BAMC opened.

9. Which of the following is NOT a step in the Troop Leading Procedures?

- A. Receive the mission**
- B. Issue the warning order**
- C. Conduct Reconnaissance**
- D. Publish the after action review**

Understanding Troop Leading Procedures: they guide how a leader quickly and effectively moves from receiving a mission to mission execution. The steps include getting the mission, sending a warning order to start the process, developing a tentative plan, initiating movement toward the objective, conducting reconnaissance to gather critical information, finalizing the plan, issuing the operations order to subordinates, and then supervising and refining the operation as it unfolds. Publishing the after action review is not part of this cycle; it occurs after the mission to capture lessons learned and improve future performance. The other steps listed are all integral to the TLP, while the after action review belongs to the post-mission assessment phase rather than the planning and execution sequence.

10. Which option is NOT a feature of the M4?

- A. Magazine fed**
- B. Gas operated**
- C. Water cooling**
- D. Semi automatic**

The M4 is magazine-fed, gas-operated, and semi-automatic. It is not water-cooled. Water cooling would require a water jacket or a cooling system around the barrel, which the M4 does not have; heat is managed mainly by air cooling and the barrel's design. The magazine-fed aspect means it uses detachable box magazines, the gas-operated system drives the action to cycle rounds, and semi-automatic means one shot per trigger pull in standard configurations.

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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://bamcpromotionboard.examzify.com>

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

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