

BASIC MILITARY TRAINING STUDY GUIDE (BMTSG) 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. BAS stands for which allowance?**
 - A. Basic Allowance for Subsistence
 - B. Basic Allowance for Services
 - C. Basic Allowance for Substances
 - D. Basic Allowance for Subunits
- 2. What term describes a joint team formed between two or more nations for a common action?**
 - A. Alliance
 - B. Confederation
 - C. Coalition
 - D. Union
- 3. Describe the rank insignia of a Senior Airman.**
 - A. Chevron 1 Stripe
 - B. No Insignia
 - C. Chevron of 2 Stripes
 - D. Chevron of 3 Stripes
- 4. Which nutrient is essential and helps transport other nutrients to cells, carries wastes, and aids digestion?**
 - A. Carbohydrate
 - B. Water
 - C. Protein
 - D. Fat
- 5. Without proper training, a warrior is likely to succumb to the negative effects of fear.**
 - A. Sometimes
 - B. True
 - C. False
 - D. Never

- 6. Which of the following is NOT a recognized classification for targeting personnel under LOAC?**
- A. Lawful Combatants
 - B. Non-combatants
 - C. Unlawful combatants
 - D. Military Contractors
- 7. Which LOAC principle requires that military force be necessary to achieve a legitimate military objective?**
- A. Humanity
 - B. Proportionality
 - C. Military Necessities
 - D. Distinction
- 8. Mental rehearsal and readiness may determine the outcome between which two possibilities in a sudden violence incident?**
- A. Learning self-control
 - B. Avoiding all fights
 - C. Increasing aggression
 - D. Escaping from or dying from sudden violence
- 9. Which country uses more energy than any other country?**
- A. United States
 - B. China
 - C. Russia
 - D. Canada
- 10. Which dimension is most associated with social connectedness and relationships?**
- A. Mental
 - B. Physical
 - C. Spiritual
 - D. Social

Answers

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

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Explanations

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1. BAS stands for which allowance?

- A. Basic Allowance for Subsistence
- B. Basic Allowance for Services
- C. Basic Allowance for Substances
- D. Basic Allowance for Subunits

Basic Allowance for Subsistence is a monthly monetary allowance to offset the cost of meals for service members when government dining facilities aren't providing meals. It directly relates to paying for food, ensuring troops can eat properly without bearing full price. The other options don't fit because they don't describe a meal-related allowance. BAS rates are set by policy and can vary for officers versus enlisted and by circumstances, but the core idea is a subsistence (meal) allowance.

2. What term describes a joint team formed between two or more nations for a common action?

- A. Alliance
- B. Confederation
- C. Coalition
- D. Union

Coalition describes a temporary, action-focused partnership among two or more nations created to carry out a shared objective. It fits a joint team formed for a common action because it emphasizes collaboration for a specific mission rather than a lasting political structure. An alliance usually implies a broader, longer-term agreement; a confederation is a looser grouping with some central authority but not a single joint operation; a union is a merged political entity. So the best choice describes a coalition, commonly seen in military or humanitarian contexts where countries pool resources for a defined task.

3. Describe the rank insignia of a Senior Airman.

- A. Chevron 1 Stripe
- B. No Insignia
- C. Chevron of 2 Stripes
- D. Chevron of 3 Stripes

In the Air Force, enlisted rank insignia show on the sleeve as chevrons, and the number of stripes marks how advanced you are in the lower enlisted grades. Senior Airman is the E-4 pay grade, the fourth enlisted rank, and it is represented by three chevron stripes. So describing the insignia as a chevron with three stripes matches the actual rank. A single stripe or two stripes would indicate lower ranks, and no insignia would correspond to entry-level or different categories.

4. Which nutrient is essential and helps transport other nutrients to cells, carries wastes, and aids digestion?

- A. Carbohydrate
- B. Water**
- C. Protein
- D. Fat

Water is an essential nutrient and the body's transport medium. It dissolves nutrients so they can be absorbed from the gut and carried in the bloodstream to cells. It also helps move waste products from cells to the kidneys for excretion. In digestion, water participates in saliva and gastric and intestinal secretions and helps break down food; it also lubricates the digestive tract to aid movement of contents. Without enough water, nutrient transport and digestion slow, and waste removal becomes less efficient. While carbohydrates, proteins, and fats provide energy and building blocks, they do not serve as the primary transport medium or solvent for nutrient movement or waste removal in the same way water does.

5. Without proper training, a warrior is likely to succumb to the negative effects of fear.

- A. Sometimes
- B. True**
- C. False
- D. Never

The main idea here is how training shapes a warrior's ability to handle fear in combat. Fear is a natural, automatic response that can disrupt decision-making, slow reactions, and impair coordination if it isn't managed. Proper training creates automatic, reliable responses to that fear by embedding routines, procedures, and stress management techniques so you can keep moving and think clearly even under pressure. Through physical conditioning and drills, you become accustomed to high adrenaline, fatigue, and the feel of pressure without panicking. Rehearsed actions—like steady breathing, adherence to cover, scanning for threats, and following standard operating procedures—become automatic, freeing your mind to assess the situation and make sound choices. Scenario-based training, stress inoculation, and after-action reviews help you recognize fear cues, regain control, and learn from mistakes, reducing the chance that fear will derail your performance. Without proper training, those protective structures aren't in place, so fear is more likely to overwhelm you, leading to hesitancy, tunnel vision, or poor judgment. That's why the statement is true. The other options don't fit because fear under stress is a real, predictable factor in combat, and training changes the odds in your favor rather than making the outcome random, occasional, or impossible.

6. Which of the following is NOT a recognized classification for targeting personnel under LOAC?

- A. Lawful Combatants
- B. Non-combatants
- C. Unlawful combatants
- D. Military Contractors**

Under LOAC, who can be targeted is tied to their status in relation to the conflict. Lawful combatants are legitimate military targets while they are engaged in hostilities. Unlawful combatants are those who do not meet the requirements of lawful combatant status but who participate in fighting, and they can be targeted as well, though they do not have POW protections. Civilians, or non-combatants, are protected from direct attack unless they directly participate in hostilities, in which case they may be targeted for the duration of that participation. Military contractors are not a separate, recognized target category under LOAC. They are generally civilians, with protection extended to them unless they directly participate in hostilities, at which point they may be targeted for the period of participation.

7. Which LOAC principle requires that military force be necessary to achieve a legitimate military objective?

- A. Humanity
- B. Proportionality
- C. Military Necessities**
- D. Distinction

Military Necessity is the LOAC principle that force may be used only to achieve a legitimate military objective and only to the extent required to accomplish that objective. This means actions taken in war should be aimed at a real military goal and limited to what is essential—no more, no less. It sets the boundary that operations must be purposeful and directed, rather than punitive or wasteful. This concept is meant to ensure that force serves a concrete military aim and does not drift into unnecessary destruction. This idea works alongside other safeguards. Distinction requires you to target only military objectives, avoiding civilians and civilian objects. Proportionality limits the level of force to what is appropriate for the objective, so collateral damage isn't excessive. Humanity covers humane treatment and protection of those who are not participating in hostilities. Together, these principles shape how force is planned and conducted.

8. Mental rehearsal and readiness may determine the outcome between which two possibilities in a sudden violence incident?

- A. Learning self-control
- B. Avoiding all fights
- C. Increasing aggression
- D. Escaping from or dying from sudden violence**

Mental rehearsal and readiness influence whether a person can escape from sudden violence rather than become a victim of it. When you've prepared mentally, you're quicker to recognize danger, make a decisive plan, and take actions that create distance and move you toward safety. Under high-stress moments, adrenaline can cloud judgment and slow responses; practiced preparation helps your actions become more automatic and focused, increasing the chances you can disengage and get away, which is often the difference between escaping harm or facing serious injury or death. While staying calm and avoiding unnecessary fights is valuable, the real high-stakes outcome in a sudden violent incident is whether you can escape to safety or not.

9. Which country uses more energy than any other country?

A. United States

B. China

C. Russia

D. Canada

Energy use by country is about total energy consumption across all sectors. The United States has one of the world's largest economies and a broad, energy-intensive activity footprint—heavy industry, extensive transportation networks, and large residential and commercial energy needs—so it has historically led in total energy consumption. This makes it the best answer for this item in many data sets or timeframes used in study materials. Keep in mind that rankings can shift depending on the year and the measurement (total energy vs. primary energy vs. per capita), and in some current measurements China may surpass the U.S., but the question aligns with the traditional or the specific dataset used for the test.

10. Which dimension is most associated with social connectedness and relationships?

A. Mental

B. Physical

C. Spiritual

D. Social

Social connectedness and relationships map to the social dimension of well-being. This dimension covers how we interact with others, our sense of belonging, our networks of support, and the quality of our relationships. It's about forming and maintaining social ties that provide emotional support, collaboration, and community. The mental dimension focuses on thoughts, emotions, and cognitive health; the physical dimension concerns bodily health and functioning; the spiritual dimension involves meaning, beliefs, and purpose. Because social connectedness is specifically about our relationships and interactions with others, it best fits the social dimension.

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://bmtsg.examzify.com>

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

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