

# BPOC Standardized Field Sobriety Tests (SFST) Practice Test (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. What should be done in case of conflicting information from the subject during an SFST?**
  - A. Focus on the physical tests only**
  - B. Verify the information through questioning**
  - C. Confront the subject directly**
  - D. Ignore the inconsistencies**
  
- 2. What must an officer ensure before starting the SFST?**
  - A. That the subject is aware of their rights**
  - B. That the environment is safe and conducive to conducting the tests**
  - C. That the subject is well-rested**
  - D. That no other vehicles are nearby**
  
- 3. How might a subject show impairment during the Walk-and-Turn test?**
  - A. By walking in a zigzag pattern**
  - B. By taking an incorrect number of steps or stepping off the line**
  - C. By looking away from the starting point**
  - D. By forgetting the instructions given**
  
- 4. Why is giving clear instructions important in SFSTs?**
  - A. To assess the subject's ability to comprehend and follow instructions accurately**
  - B. To improve overall efficiency of the testing process**
  - C. To ensure the tests are completed within a specific timeframe**
  - D. To maintain officer safety during the test**
  
- 5. Which of the following Walk and Turn cues can be scored in the instruction stage?**
  - A. Steps out of order**
  - B. Starts walking too soon**
  - C. Fails to walk heel to toe**
  - D. Cannot maintain balance**

- 6. How many inches must a person raise their arms in the Walk and Turn or One Leg Stand test to indicate a clue?**
- A. 3 inches**
  - B. 5 inches**
  - C. 6 inches**
  - D. 8 inches**
- 7. What are the two stages involved in the One Leg Stand test?**
- A. Instructions stage and Balance stage**
  - B. Instructions stage and Counting stage**
  - C. Counting stage and Observation stage**
  - D. Balance stage and Observation stage**
- 8. Which physical factors can affect balance during SFSTs?**
- A. Diet and exercise routine**
  - B. Injuries, medications, and age**
  - C. Psychological state and emotional health**
  - D. Weather conditions and clothing**
- 9. What is a key factor in the reliability of the SFST results?**
- A. Consistency in test administration**
  - B. The number of tests administered**
  - C. The location of the testing**
  - D. The type of sobriety checkpoints used**
- 10. What are the two types of clues evaluated in the One-Leg Stand test?**
- A. Reaction time and verbal responses**
  - B. Balance and ability to follow instructions**
  - C. Physical appearance and mental alertness**
  - D. Posture and syntactic coherence**

## Answers

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

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## **Explanations**

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**1. What should be done in case of conflicting information from the subject during an SFST?**

- A. Focus on the physical tests only**
- B. Verify the information through questioning**
- C. Confront the subject directly**
- D. Ignore the inconsistencies**

When a subject provides conflicting information during a Standardized Field Sobriety Test (SFST), verifying the information through questioning is crucial. This approach allows the officer to clarify the subject's statements and assess their coherence and credibility. By asking follow-up questions, the officer can gather more details that may reveal patterns or inconsistencies, contributing to a more accurate overall assessment. Using this method also ensures that the officer maintains a professional demeanor, which can help in building rapport with the subject and possibly reducing their defensiveness. Understanding the reasoning behind the subject's statements may uncover important insights that could impact the officer's evaluation of impairment, leading to a more informed decision regarding the necessity of further testing or arrest.

**2. What must an officer ensure before starting the SFST?**

- A. That the subject is aware of their rights**
- B. That the environment is safe and conducive to conducting the tests**
- C. That the subject is well-rested**
- D. That no other vehicles are nearby**

Before commencing the Standardized Field Sobriety Tests (SFST), it is crucial for an officer to ensure that the environment is safe and conducive to conducting the tests. This means that the testing area should be free from hazards, distractions, and any elements that could influence the performance of the subject or the officer. A safe and appropriate environment allows the officer to accurately observe and evaluate the subject's actions without external interruptions or dangers that could skew the results of the tests. For instance, conducting a test on a busy roadway can introduce factors such as traffic noise or the risk of vehicles passing by, which may distract the subject or create a potentially dangerous situation. Establishing a controlled environment is therefore a fundamental aspect of the testing process, ensuring that the results are as reliable and valid as possible. While the other options mention important considerations in the broader context of law enforcement and individual rights, they do not directly address the immediate prerequisites for executing the SFST effectively.

### 3. How might a subject show impairment during the Walk-and-Turn test?

- A. By walking in a zigzag pattern
- B. By taking an incorrect number of steps or stepping off the line**
- C. By looking away from the starting point
- D. By forgetting the instructions given

The Walk-and-Turn test is a standardized field sobriety test specifically designed to assess an individual's balance, coordination, and ability to follow instructions, all of which can be compromised by alcohol or drug impairment. A subject exhibiting impairment may demonstrate their condition through various physical behaviors during this test. Taking an incorrect number of steps or stepping off the line directly reflects an inability to maintain the precise coordination required to perform the task correctly. The test requires the individual to walk heel-to-toe in a straight line for nine steps, turn around, and walk back in the same manner. Deviating from these instructions—such as taking more or fewer steps than required or stepping off the marked line—indicates problems with balance and cognitive processing, both common signs of impairment. The other behaviors, while they may indicate some difficulty, do not specifically demonstrate the failure to follow the structured requirements of the test as clearly as the inability to take the correct number of steps or maintain the walking line does. Therefore, the manifestation of impairment in the context of this standard test is best exemplified by those specific actions.

### 4. Why is giving clear instructions important in SFSTs?

- A. To assess the subject's ability to comprehend and follow instructions accurately**
- B. To improve overall efficiency of the testing process
- C. To ensure the tests are completed within a specific timeframe
- D. To maintain officer safety during the test

Giving clear instructions in the context of Standardized Field Sobriety Tests (SFSTs) is crucial for assessing a subject's ability to understand and follow the commands accurately. This aspect is integral to determining whether the individual is impaired or not, as any confusion or misinterpretation of instructions can lead to an inaccurate assessment of their sobriety. For example, if a subject does not fully comprehend the instructions given during the tests, it may affect their performance and ultimately impact the officer's judgment regarding their level of impairment. Clear communication helps ensure that the tests measure the intended attributes, such as balance, coordination, and cognitive function, which are essential in establishing the person's ability to safely operate a vehicle. Other options, while potentially relevant in varying contexts, do not focus on the primary goal of the SFSTs as effectively as assessing comprehension and adherence to instructions. Improving efficiency or adhering to timeframes might be beneficial but do not relate directly to the core purpose of the tests. Similarly, while officer safety is always a priority, it is not the main reason for clarity in instructions during sobriety assessment.

**5. Which of the following Walk and Turn cues can be scored in the instruction stage?**

- A. Steps out of order**
- B. Starts walking too soon**
- C. Fails to walk heel to toe**
- D. Cannot maintain balance**

The cue that can be scored in the instruction stage of the Walk and Turn test is when the individual starts walking too soon. This aspect of the test is crucial because it measures the subject's ability to follow directions and listen carefully before beginning the physical tasks. During the instruction phase, participants are directed to stand heel to toe while listening to the officer's explanation of how to perform the walk. If they begin walking before receiving the command, it demonstrates a lack of compliance with the instructions, which is an indicator of potential impairment. This behavior disrupts the testing process and suggests an inability to follow basic commands, which can be a sign of intoxication or impairment. The other cues listed are assessed during the walking phase of the test rather than the instruction stage. Steps out of order, fails to walk heel to toe, and cannot maintain balance are all evaluated once the subject begins walking, which is after the instructions have been given and properly understood. Therefore, the only cue that can be scored during the instruction stage is related to starting walking prematurely.

**6. How many inches must a person raise their arms in the Walk and Turn or One Leg Stand test to indicate a clue?**

- A. 3 inches**
- B. 5 inches**
- C. 6 inches**
- D. 8 inches**

In both the Walk and Turn and One Leg Stand tests, a specific arm movement can indicate a clue when assessing a subject's coordination and balance. Specifically, when an individual raises their arms by 6 inches or more during these tests, it signifies a lack of control and balance. This particular measurement of 6 inches is an established threshold used in evaluating performance, as it demonstrates the person's difficulty in maintaining the correct stance and indicates a potential impairment. The tests are designed to assess various physical abilities such as balance, coordination, and the ability to follow instructions, and the indicated clue of arm elevation becomes a critical factor in determining the driver's level of impairment. Understanding this detail is essential for accurately interpreting the results of field sobriety tests.

**7. What are the two stages involved in the One Leg Stand test?**

- A. Instructions stage and Balance stage**
- B. Instructions stage and Counting stage**
- C. Counting stage and Observation stage**
- D. Balance stage and Observation stage**

In the One Leg Stand test, the two critical stages involve the Instructions stage and the Counting stage. During the Instructions stage, the officer provides clear and specific directions to the subject on how to perform the test. This includes how to stand on one leg, where to place the other foot, and the specific duration for which to hold this position. The understanding and compliance during this stage are crucial because they set the foundation for trusting that the subject can follow instructions. The following Counting stage is when the subject must count aloud, typically from one to a certain number (often 30) while balancing on one leg. This stage not only assesses their balance but also evaluates their ability to focus and maintain cognitive function while performing a physical task, which can be indicative of impairment. The combination of these two stages provides valuable information regarding the individual's level of impairment attributable to alcohol or other substances. Other options do not accurately represent the critical stages of this test, as they either incorrectly identify what is involved or mix elements that are not directly associated with the One Leg Stand test.

**8. Which physical factors can affect balance during SFSTs?**

- A. Diet and exercise routine**
- B. Injuries, medications, and age**
- C. Psychological state and emotional health**
- D. Weather conditions and clothing**

The choice that addresses the physical factors affecting balance during Standardized Field Sobriety Tests (SFSTs) is indeed injuries, medications, and age. These factors are directly related to a person's physical state and can significantly influence their ability to maintain balance. Injuries can impair coordination or cause pain, making it difficult for an individual to perform balance-related tasks during the tests. Medications, particularly those that affect the central nervous system, can alter a person's motor skills and equilibrium, further complicating their ability to stand and move as required. Age also plays a critical role; as individuals age, they may naturally experience declines in balance, strength, and coordination, which can affect their performance in sobriety tests. Options related to diet, exercise, psychological state, emotional health, weather conditions, and clothing are less directly tied to physical balance. While they can influence overall health or performance in various ways, the specific physical impacts of injuries, medications, and age present a clearer connection to how balance is affected during SFSTs.

**9. What is a key factor in the reliability of the SFST results?**

- A. Consistency in test administration**
- B. The number of tests administered**
- C. The location of the testing**
- D. The type of sobriety checkpoints used**

Consistency in test administration is crucial for the reliability of Standardized Field Sobriety Tests (SFST) results. This consistency ensures that each test is conducted following established protocols, which includes the order in which tests are presented and the manner in which they are administered. Variations in how tests are conducted can lead to different outcomes for similar levels of impairment, compromising the integrity of the results. Maintaining a consistent approach allows law enforcement officers to better assess an individual's level of impairment accurately. This is important not only for the officer's judgment during traffic stops but also for the potential legal implications of the results, as they must withstand scrutiny in court. Other factors, such as the location where the tests are administered or the type of sobriety checkpoints used, can introduce variables that may affect the results but are not as fundamental to the integrity of the test process itself. The number of tests administered, while potentially beneficial for gathering more data, does not contribute to the reliability of any single test's outcome. Therefore, consistency in how the tests are performed is the cornerstone of ensuring that the findings are valid and defensible.

**10. What are the two types of clues evaluated in the One-Leg Stand test?**

- A. Reaction time and verbal responses**
- B. Balance and ability to follow instructions**
- C. Physical appearance and mental alertness**
- D. Posture and syntactic coherence**

In the One-Leg Stand test, the main focus is on assessing balance and the individual's ability to follow instructions. Balance is critical because the test involves standing on one leg, which challenges the subject's stability and coordination under a condition where impairment may be evident. The ability to follow instructions is equally important; the test requires the subject to listen to and understand the commands being given, as well as execute them precisely. Observing these two types of clues allows officers to evaluate whether the person is demonstrating the coordination and cognitive function expected of a sober individual, making the assessment of balance and ability to follow instructions essential for determining sobriety.

## 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](mailto:hello@examzify.com).**

**Or visit your dedicated course page for more study tools and resources:**

**<https://bpocfst.examzify.com>**

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

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