

BPOC STANDARDIZED FIELD SOBRIETY TESTS (SFST) 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. Which of the following is a clue indicating impairment during the HGN test?**
 - A. The subject is able to follow directions
 - B. Inability to maintain balance
 - C. Jerking of the eyes
 - D. The subject exhibits steady focus
- 2. What is the definition of Nystagmus in the context of field sobriety tests?**
 - A. Brightness of light sensitivity
 - B. Involuntary jerking of the eyes
 - C. Balance issues while walking
 - D. Difficulty understanding instructions
- 3. What does BAC measure?**
 - A. Percent of alcohol in breath
 - B. Grams of alcohol per 100 milliliters of blood
 - C. Volume of alcohol consumed
 - D. Time since last drink
- 4. Which environmental factors can potentially affect SFST performance?**
 - A. Clothing choices and accessories
 - B. Weather conditions, lighting, and surface conditions
 - C. Time of day and personal stress levels
 - D. Presence of other individuals
- 5. In the context of SFSTs, what is the significance of the Walk-and-Turn test?**
 - A. It assesses a driver's memory recall
 - B. It evaluates an individual's physical coordination and ability to follow instructions
 - C. It tests the driver's overall knowledge of road signs
 - D. It checks for emotional stability during driving

- 6. Which of the following is not a validated clue for the One Leg Stand test?**
- A. Failure to count out loud
 - B. Using arms for balance
 - C. Putting the foot down
 - D. Hop while balancing
- 7. How many total clues are there for the walk and turn test?**
- A. 6
 - B. 8
 - C. 10
 - D. 12
- 8. In a field sobriety test, officers often look for signs of:**
- A. Emotional distress
 - B. Physical impairment
 - C. Cognitive clarity
 - D. Social interaction skills
- 9. Which test includes instructions, heel-to-toe walking, and return walk?**
- A. Horizontal Gaze Nystagmus
 - B. Walk-and-Turn
 - C. One-Leg Stand
 - D. Breath Analysis
- 10. What is the total number of clues evaluated in the walk and turn test?**
- A. 5 clues
 - B. 6 clues
 - C. 7 clues
 - D. 8 clues

Answers

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

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Explanations

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1. Which of the following is a clue indicating impairment during the HGN test?

- A. The subject is able to follow directions
- B. Inability to maintain balance
- C. Jerking of the eyes**
- D. The subject exhibits steady focus

The presence of jerking of the eyes, specifically during the Horizontal Gaze Nystagmus (HGN) test, is a significant indicator of impairment. HGN is a test used by law enforcement to assess a person's ability to track a moving object smoothly with their eyes. When a person is sober, their eyes should follow the stimulus smoothly. However, impairment from substances like alcohol can cause involuntary jerking or jerking of the eyes, known as nystagmus, which becomes noticeable when the eyes are moved to the side at certain angles. This involuntary jerking suggests a disruption in the normal functioning of the central nervous system, aligning with the effects of alcohol or other drugs. Consequently, the presence of eye jerking observed during the test provides critical evidence that the individual may be under the influence. In contrast, the other options do not directly indicate impairment in the same way. Being able to follow directions, exhibiting a steady focus, and the ability to maintain balance are not clear indicators of intoxication. In fact, those traits could suggest that the individual is sober, as impaired individuals may struggle with following directions, focusing, or maintaining physical stability. Thus, jerking of the eyes is the unequivocal clue indicating impairment during the

2. What is the definition of Nystagmus in the context of field sobriety tests?

- A. Brightness of light sensitivity
- B. Involuntary jerking of the eyes**
- C. Balance issues while walking
- D. Difficulty understanding instructions

Nystagmus, in the context of field sobriety tests, refers to the involuntary jerking or movement of the eyes. This physiological response is crucial in assessing potential impairment due to substances such as alcohol or drugs. During field sobriety tests, officers observe this eye movement as an indicator of intoxication; for instance, the Horizontal Gaze Nystagmus (HGN) test specifically looks for this eye reaction in response to a moving stimulus, which can be influenced by the level of intoxication. The other options, while related to potential signs of impairment, do not specifically define nystagmus. Brightness sensitivity relates to visual acuity under varying lighting conditions, balance issues while walking pertain to a person's coordination and stability, and difficulty in understanding instructions can indicate cognitive impairment, but none of these directly describe the eye movement characteristic of nystagmus. Thus, the correct definition of nystagmus is specifically tied to the involuntary eye movement observed during sobriety testing.

3. What does BAC measure?

- A. Percent of alcohol in breath
- B. Grams of alcohol per 100 milliliters of blood**
- C. Volume of alcohol consumed
- D. Time since last drink

Blood Alcohol Concentration (BAC) measures the grams of alcohol present in 100 milliliters of blood. This is a standard measurement used in legal and medical contexts to determine the level of intoxication in an individual. A higher BAC indicates a higher level of alcohol in the bloodstream, which can correspond to greater impairment in motor skills and cognitive functions. The importance of accurately measuring BAC lies in its direct correlation with impairment, enabling law enforcement and legal systems to enforce laws regarding driving under the influence. While other options touch on related concepts—such as the volume of alcohol consumed, which can influence BAC, or the time since last drink, which can help estimate BAC changes over time—they do not specifically define what BAC itself quantifies. The measurement of alcohol in breath is related to breathalyzer tests, which estimate BAC but do not measure it directly.

4. Which environmental factors can potentially affect SFST performance?

- A. Clothing choices and accessories
- B. Weather conditions, lighting, and surface conditions**
- C. Time of day and personal stress levels
- D. Presence of other individuals

Weather conditions, lighting, and surface conditions are critical environmental factors that can greatly influence the performance of Standardized Field Sobriety Tests (SFST). These tests are designed to assess a person's sobriety and coordination, and variations in the environment can significantly impact the results. For instance, if the weather is poor—such as being rainy or windy—it can affect a subject's ability to maintain balance, particularly during tests that require standing or walking in a straight line. Similarly, insufficient or harsh lighting can impair visibility, making it harder for individuals to perform tasks that require precision, such as following the officer's finger with their eyes. Surface conditions—like uneven ground or slippery surfaces—can also introduce challenges, as they may hinder a person's stability and control, directly influencing their performance on the tests. In contrast, while factors like clothing choices, stress levels, the time of day, and the presence of other individuals may have some influence on an individual's performance, they are not as directly impactful on the standardized procedures of the SFST as the environmental conditions described.

5. In the context of SFSTs, what is the significance of the Walk-and-Turn test?

- A. It assesses a driver's memory recall
- B. It evaluates an individual's physical coordination and ability to follow instructions**
- C. It tests the driver's overall knowledge of road signs
- D. It checks for emotional stability during driving

The Walk-and-Turn test is significant because it is designed to evaluate an individual's physical coordination and ability to follow instructions. During this test, the subject is asked to walk a straight line, taking a series of steps forward, turn on one foot, and return back along the same line. This requires the individual to perform multiple tasks simultaneously, which relies on good balance, coordination, and the ability to adhere to specified instructions. Successfully executing the Walk-and-Turn test indicates that the individual likely maintains their physical faculties required for safe operation of a vehicle. Failing to either follow the instructions or maintain balance may suggest impairment, often due to alcohol or drug influence. Hence, the test serves as a valuable tool for law enforcement officers in determining a driver's level of impairment.

6. Which of the following is not a validated clue for the One Leg Stand test?

A. Failure to count out loud

B. Using arms for balance

C. Putting the foot down

D. Hop while balancing

The choice indicating "Failure to count out loud" is not a validated clue for the One Leg Stand test because the standardized procedure for this test focuses on specific observable behaviors that indicate impairment due to alcohol. The main validated clues for this test include using arms to maintain balance, putting the foot down, and hopping while trying to maintain balance. In contrast, counting out loud is not an intrinsic part of the test itself; it does not directly assess a subject's physical ability to balance on one leg, which is the primary aim of the One Leg Stand test. Instead, this form of counting may be used as an additional instruction, but it does not form part of the standardized scoring criteria in assessing performance. Hence, it does not qualify as a valid clue in determining whether a participant is impaired.

7. How many total clues are there for the walk and turn test?

A. 6

B. 8

C. 10

D. 12

The total number of clues for the walk and turn test is eight. This test is designed to assess a suspect's ability to follow instructions and perform physical tasks, which can be impaired by alcohol or drug use. During the test, the officer looks for specific clues that indicate potential impairment. These eight clues include observable cues such as starting too soon, not following instructions, stopping while walking, and failing to touch heel to toe. Additionally, completing the test in a manner that includes an improper turn or taking the wrong number of steps also counts as an indication of impairment. This systematic observation helps officers make a more informed decision about the suspect's level of impairment and the potential need for further evaluation. Understanding the significance of each clue is essential for conducting the test effectively.

8. In a field sobriety test, officers often look for signs of:

A. Emotional distress

B. Physical impairment

C. Cognitive clarity

D. Social interaction skills

The reason physical impairment is the correct choice in the context of a field sobriety test is that these tests are specifically designed to assess an individual's motor skills and physical coordination. Officers conduct these tests to determine if a person's ability to perform tasks, such as walking heel-to-toe or balancing on one leg, is compromised by alcohol or other substances. Observing signs of physical impairment helps officers evaluate whether a driver's sobriety is impaired enough to pose a risk to themselves and others on the road. In contrast, while emotional distress, cognitive clarity, and social interaction skills may provide some insight into an individual's state, they are not the primary focuses of field sobriety tests. These tests are rooted in objective measurements of physical ability, making physical impairment the most relevant indicator in assessing sobriety.

9. Which test includes instructions, heel-to-toe walking, and return walk?

- A. Horizontal Gaze Nystagmus
- B. Walk-and-Turn**
- C. One-Leg Stand
- D. Breath Analysis

The Walk-and-Turn test is designed to assess an individual's ability to follow instructions and perform physical tasks simultaneously, which is indicative of their cognitive and motor skills. During the test, a person is instructed to take a series of heel-to-toe steps in a straight line, then turn on one foot and walk back to the starting point in the same manner. This specific structure—following detailed instructions, the heel-to-toe walking, and the return walk—makes it particularly effective in determining whether an individual is impaired. The test evaluates balance, coordination, and the ability to concentrate, which can be affected by alcohol or drugs. In contrast, the other options do not incorporate heel-to-toe walking or the requirement for a return walk: the Horizontal Gaze Nystagmus focuses on tracking a moving object with the eyes, the One-Leg Stand assesses balance while standing on one leg without walking, and Breath Analysis is a method for measuring blood alcohol content rather than a physical performance test. This distinction underlines why the Walk-and-Turn test is the correct answer.

10. What is the total number of clues evaluated in the walk and turn test?

- A. 5 clues
- B. 6 clues
- C. 7 clues
- D. 8 clues**

In the walk and turn test, a total of eight specific clues are evaluated to assess a person's physical and cognitive impairments related to possible alcohol intoxication. These clues are carefully observed by the officer during the test, as they help to establish the individual's ability to follow instructions and maintain balance while performing a task that demands mental focus and coordination. The eight clues include factors such as whether the individual started too soon, stopped while walking, didn't touch heel-to-toe, took the wrong number of steps, turned incorrectly, or used their arms for balance. Each clue serves as an indicator of impairment, contributing to the overall assessment of the individual's sobriety. Recognizing all eight clues is essential for properly administering and interpreting the walk and turn test, which makes knowing the correct number of clues critical for officers conducting sobriety tests.

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:

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

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