

Cadet Under Officer (CUO) Barriers 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. Which areas are listed as areas to concentrate on keeping clean?**
 - A. Eyes, nose, mouth, hair and ears; Hands, underarms, neck and feet; Private areas**
 - B. Eyes, nose, mouth only**
 - C. Hands and feet only**
 - D. Chest and abdomen only**

- 2. Which task typically follows breakfast in the typical morning routine?**
 - A. Hygiene inspection**
 - B. Foot inspection**
 - C. Equipment pack up**
 - D. Preparation for the day's activities**

- 3. Which of the following is an example of SITREP content?**
 - A. Crossing a drain**
 - B. Battery level warning**
 - C. Weather forecast**
 - D. Map update**

- 4. Which of the following is a listed sign of shock?**
 - A. Slow pulse**
 - B. No sweating**
 - C. Rapid breathing**
 - D. Feeling faint**

- 5. Which statement about the pace stick is true?**
 - A. The pace stick is 50 cm long**
 - B. The pace stick is 75 cm long**
 - C. The pace stick is used to measure marching speed**
 - D. The pace stick measures the distance between batteries**

- 6. Which of the following is listed as a main principle to improve for KRCU?**
- A. Courage**
 - B. Self confidence**
 - C. Teamwork**
 - D. Respect**
- 7. Which of the following are major signs of heat exposure?**
- A. Heat exhaustion only**
 - B. Sunburn and rashes**
 - C. Dizziness and dehydration**
 - D. Heat exhaustion, heat stroke (high fever above 41)**
- 8. Which set of terms describes the three areas of discipline when applying a balanced approach?**
- A. Imposed, Self, Collective**
 - B. Self, Collective, Imposed**
 - C. Imposed, Self, Collective**
 - D. Imposed, Collective, Self**
- 9. Which symptom is associated with moderate blood loss?**
- A. Feeling cold**
 - B. Paleness**
 - C. Light headaches**
 - D. Increase in pulse and breathing rate**
- 10. Which sequence correctly represents the loss of communications procedure?**
- A. Stop; Check battery; Hold up radio; Request radio check; Try relay procedure; Move to higher ground**
 - B. Stop; Hold up radio; Check battery; Request radio check; Move to higher ground; Try relay procedure**
 - C. Check battery; Stop; Request radio check; Move to higher ground; Hold up radio**
 - D. Stop; Check battery; Hold up radio; Request radio check; Try relay procedure; Move to higher ground**

Answers

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

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Explanations

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1. Which areas are listed as areas to concentrate on keeping clean?

A. Eyes, nose, mouth, hair and ears; Hands, underarms, neck and feet; Private areas

B. Eyes, nose, mouth only

C. Hands and feet only

D. Chest and abdomen only

Comprehensive personal hygiene focuses on cleaning all major areas that can collect dirt, sweat, and bacteria. The list includes the eyes, nose, and mouth, plus the hair and ears, and also the hands, underarms, neck, and feet, as well as private areas. Keeping these areas clean helps prevent the transfer of grime and odor, maintains health, and supports discipline and readiness in cadet settings. Other options miss important zones: facial features alone leave out hands and feet and underarms; hands and feet alone neglect the face and underarms; chest and abdomen alone neglect the head, neck, and limbs.

2. Which task typically follows breakfast in the typical morning routine?

A. Hygiene inspection

B. Foot inspection

C. Equipment pack up

D. Preparation for the day's activities

The main idea here is how a cadet morning is sequenced for a smooth transition from meals to active duties. After breakfast, a hygiene inspection is typically carried out first because it's a quick, standardized check that ensures personal grooming and uniform standards are met before the day begins. It catches any issues caused by the meal—messy hair, wrinkled clothing, or other grooming lapses—and corrects them while cadets are still in the squad area, ready to move on to the day's activities. Other tasks don't fit as the immediate next step. Foot inspection is more specialized and not a universal daily step right after breakfast. Equipment pack up usually happens when preparing to depart or head into field tasks, not as the immediate morning follow-up to a meal. Preparation for the day's activities happens as part of moving into the day's schedule, but the hygiene check is the gatekeeper that ensures everyone presents themselves properly before proceeding.

3. Which of the following is an example of SITREP content?

- A. Crossing a drain**
- B. Battery level warning**
- C. Weather forecast**
- D. Map update**

SITREP content is about conveying what is happening right now and any changes that affect how the unit can operate. It focuses on real-time situation information, such as where you are, what you're encountering, hazards or obstacles, and events that could influence safety or mission progress. Crossing a drain fits because it represents a concrete obstacle encountered during movement that could impact speed, route choice, or safety. Reporting it keeps the team informed and allows immediate adjustments—like changing the route, requesting assistance, or pausing to reassess. The other options are not typical SITREP content: a battery level warning is more about equipment status than the current operational situation; a weather forecast provides future planning information rather than what's happening now; a map update is a data product rather than a live incident or current impediment affecting the mission. In SITREPs, the emphasis is on current, mission-relevant happenings and changes.

4. Which of the following is a listed sign of shock?

- A. Slow pulse**
- B. No sweating**
- C. Rapid breathing**
- D. Feeling faint**

When the body goes into shock, it tries to compensate to keep blood flowing to vital organs. One clear sign of this compensation is an increase in the breathing rate, so you'll see rapid breathing. This tachypnea happens as the body attempts to improve oxygen delivery to tissues that aren't getting enough oxygen because of reduced blood flow. Slow pulse wouldn't fit because shock typically drives the heart to beat faster, though weak in strength. No sweating goes against what usually happens—diaphoresis (sweating) is common as the body activates the sympathetic nervous system. Feeling faint can occur, but rapid breathing is a more reliable and observable indicator that is commonly listed as a sign of shock.

5. Which statement about the pace stick is true?

- A. The pace stick is 50 cm long**
- B. The pace stick is 75 cm long**
- C. The pace stick is used to measure marching speed**
- D. The pace stick measures the distance between batteries**

The main idea here is that a pace stick has a standard length used as a visual reference to keep marching rhythm and spacing consistent. The commonly used length is 75 cm because it provides a practical, comfortable size that aligns well with typical drill maneuvers and step lengths. Holding and using a 75 cm stick gives instructors a reliable cue to maintain a steady cadence across drills without needing to measure actual speed. This makes it a guide for rhythm and spacing, not a tool for calculating how fast you're moving. That's why the statement about measuring marching speed isn't correct—the pace stick helps keep a uniform pace, while speed depends on cadence and stride. The other options describe dimensions or uses that don't match this standard practice, such as a length of 50 cm or measuring the distance between batteries.

6. Which of the following is listed as a main principle to improve for KRCU?

- A. Courage
- B. Self confidence**
- C. Teamwork
- D. Respect

Self-confidence as a leadership trait is what this item emphasizes. When a cadet under officer believes in their own abilities and judgment, they communicate more clearly, issue proper commands, and stay composed under pressure, which keeps the team aligned and focused on the mission. This confidence also helps you accept feedback, learn from mistakes, and delegate tasks effectively, widening your impact as a leader. While courage, teamwork, and respect are valuable, self-confidence serves as the foundation that enables you to act decisively, maintain standards, and guide others with clarity.

7. Which of the following are major signs of heat exposure?

- A. Heat exhaustion only
- B. Sunburn and rashes
- C. Dizziness and dehydration
- D. Heat exhaustion, heat stroke (high fever above 41)**

Recognizing major signs of heat exposure means understanding the progression from heat exhaustion to heat stroke. Heat exhaustion shows up with symptoms like weakness, dizziness, nausea, heavy sweating, and thirst, signaling the body is struggling to cool down. Heat stroke is much more serious and is a medical emergency, marked by a very high body temperature (above 41°C in this context) and altered mental status, which may include confusion or unconsciousness; skin can be hot and either dry or sweaty depending on the situation. Sunburn and rashes come from sun exposure and aren't indicators of heat illness, while dizziness and dehydration can occur with heat but don't alone define the major, potentially life-threatening signs. Therefore, including both heat exhaustion and heat stroke best captures the major signs of heat exposure.

8. Which set of terms describes the three areas of discipline when applying a balanced approach?

- A. Imposed, Self, Collective
- B. Self, Collective, Imposed
- C. Imposed, Self, Collective**
- D. Imposed, Collective, Self

A balanced approach to discipline combines three interacting areas: Imposed discipline, Self-discipline, and Collective discipline. Imposed discipline covers the rules, standards, and consequences that come from leadership. Self-discipline is the individual's own commitment to follow those standards, even when supervision isn't present. Collective discipline reflects how the group as a whole upholds norms, supporting consistency through peer accountability and shared expectations. Put together, these three areas—external guidance, personal responsibility, and group norms—form the complete framework for balanced discipline, which is why Imposed, Self, Collective is the best description. The other options mix or reorder the components and don't capture all three essential elements of the balanced approach.

9. Which symptom is associated with moderate blood loss?

- A. Feeling cold**
- B. Paleness**
- C. Light headaches**
- D. Increase in pulse and breathing rate**

When blood volume is reduced moderately, the body's immediate response is to compensate by increasing heart rate and breathing. This helps maintain blood flow and oxygen delivery to vital organs even as the circulating volume drops. So the most reliable sign at this stage is an increased pulse and faster breathing. Feeling cold and paleness can occur with blood loss too, but they're less specific to this stage and can appear later as perfusion worsens. Light headaches may occur with reduced cerebral oxygen but aren't as consistent a marker of moderate blood loss as the combination of a faster heart rate and quicker breathing.

10. Which sequence correctly represents the loss of communications procedure?

- A. Stop; Check battery; Hold up radio; Request radio check; Try relay procedure; Move to higher ground**
- B. Stop; Hold up radio; Check battery; Request radio check; Move to higher ground; Try relay procedure**
- C. Check battery; Stop; Request radio check; Move to higher ground; Hold up radio**
- D. Stop; Check battery; Hold up radio; Request radio check; Try relay procedure; Move to higher ground**

This question tests the proper order for handling a loss of communications. Start with stopping any ongoing actions to avoid wasted transmissions or confusion. Then check the battery to rule out a simple power issue. Holding up the radio provides a clear, visible signal that you're attempting to contact others, which helps nearby teammates understand your status. Next, request a radio check to confirm whether your channel or link is still usable and to verify if others can hear you. If the link remains down, attempt a relay procedure to use another unit or pathway to get your message through. Only after these troubleshooting steps should you move to higher ground to improve line-of-sight and range, maximizing the chance of re-establishing contact. This order prioritizes quick power checks, clear signaling, and efficient use of available relay options before relocating to improve signal.

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://cuobarriers.examzify.com>

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

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