

California POST Requalification 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 documented at the scene to preserve evidence?**
 - A. Only the suspects' names.**
 - B. Conditions, injuries, statements, and changes in the scene.**
 - C. Personal opinions about the scene.**
 - D. The weather only.**

- 2. In domestic violence cases, which factor is a key determinant of the dominant aggressor?**
 - A. The Aggressor's Height**
 - B. The Victim's Age**
 - C. History of DV and Fear-Based Control**
 - D. Time Since The Incident**

- 3. Resisting, delaying, or obstructing a peace officer is covered under which Penal Code?**
 - A. PC 148(a)(3)**
 - B. PC 242**
 - C. PC 835**
 - D. PC 148(a)(1)**

- 4. Which Vehicle Code provision covers rolling through a stop sign?**
 - A. VC 22350**
 - B. VC 22350**
 - C. VC 22454**
 - D. VC 22450**

- 5. Which Health and Safety Code section addresses the use of controlled substances?**
 - A. HS 11350**
 - B. HS 11357**
 - C. HS 11377**
 - D. HS 11550**

- 6. Which elements should be documented in a use-of-force report to accurately reflect the incident?**
- A. Incidents, justify actions, details of forces used, injuries, de-escalation steps, and witnesses**
 - B. The time of day only**
 - C. The officer's personal beliefs**
 - D. The weather**
- 7. Which practice helps ensure the integrity of evidence across custody?**
- A. It is unnecessary to track every person who handles the evidence.**
 - B. Evidence can be moved without documentation as long as security guards are present.**
 - C. The chronological record of every person who handled the evidence must be maintained to preserve integrity.**
 - D. The chain of custody is determined by court order.**
- 8. Which term describes a standard used to assess whether force used by an officer was legally justified during a specific incident?**
- A. Necessity doctrine**
 - B. Objective necessity**
 - C. Reasonable force doctrine**
 - D. Proportionality standard**
- 9. Which practice helps prevent contamination of evidence at a violent scene?**
- A. Allow unrestricted access to the scene.**
 - B. Move victims around for comfort.**
 - C. Share evidence with other agencies without chain-of-custody.**
 - D. Secure the scene, minimize movement, and document changes.**

10. Are chokeholds or carotid restraints permitted under California policy?

- A. Routinely allowed.**
- B. Always used.**
- C. Only during crowd control.**
- D. Generally prohibited or severely restricted.**

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Answers

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

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Explanations

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1. What should be documented at the scene to preserve evidence?

A. Only the suspects' names.

B. Conditions, injuries, statements, and changes in the scene.

C. Personal opinions about the scene.

D. The weather only.

Documenting what you observe at the scene is essential to preserve evidence. Recording the conditions, injuries, statements, and changes in the scene creates an objective, complete record that can be relied on later for investigation and court proceedings. This includes how the scene looks and feels (lighting, weather, surface conditions), any injuries observed (type, location, apparent severity), statements from witnesses or suspects (who said what and when), and any changes that occur after arrival (objects moved, footprints, bloodstains, items altered). Keeping track of these details helps establish what happened and maintains the integrity of the evidence. Relying on only the suspects' names misses crucial information about the scene and the events; focusing on personal opinions contaminates the record; and noting weather alone leaves out injuries, statements, and changes that could be vital to understanding the incident.

2. In domestic violence cases, which factor is a key determinant of the dominant aggressor?

A. The Aggressor's Height

B. The Victim's Age

C. History of DV and Fear-Based Control

D. Time Since The Incident

Understanding who is the dominant aggressor centers on recognizing patterns of control. The clearest indicator is the history of domestic violence and fear-based control—the repeated use of threats, intimidation, and coercive tactics aimed at maintaining power over the other person. This ongoing pattern shows who is driving the abuse and preserving control in the relationship, which is what investigators consider when identifying the primary aggressor. Physical size or age doesn't determine who holds power, and the time elapsed since the last incident doesn't reveal whether a long-standing cycle of coercion exists. By focusing on the history of abuse and the victim's fear, you identify the main aggressor and address safety and accountability accordingly.

3. Resisting, delaying, or obstructing a peace officer is covered under which Penal Code?

- A. PC 148(a)(3)
- B. PC 242
- C. PC 835
- D. PC 148(a)(1)**

The defining concept here is the specific statute that criminalizes interfering with a peace officer who is performing official duties. The language that matches exactly is “resisting, delaying, or obstructing a peace officer in the performance of his or her duties.” That precise phrasing is what makes Penal Code 148(a)(1) the correct choice. It covers any willful act that resists, delays, or obstructs an officer while they’re carrying out their duties, even if no harm occurs. What the other statutes cover is different: one concerns battery on a peace officer, another deals with how officers may use force during an arrest, and another form of resisting may exist but doesn’t capture the full trio of resisting, delaying, or obstructing in the officer’s duties. So the best answer, by matching the exact conduct described, is Penal Code 148(a)(1).

4. Which Vehicle Code provision covers rolling through a stop sign?

- A. VC 22350
- B. VC 22350
- C. VC 22454
- D. VC 22450**

When you reach a stop sign, you must come to a complete stop. Rolling through a sign means you didn’t stop as required, which is unlawful. Vehicle Code 22450 specifies the duty to stop at stop signs (stopping before the stop line or, if none, before entering the intersection) and then proceed when it’s safe. That’s why this option is the correct one. The other rules describe different obligations—one governs speed as a factor of safety, not the stopping action at a sign, and the other concerns a different traffic-control scenario—so they don’t apply to the act of rolling through a stop sign.

5. Which Health and Safety Code section addresses the use of controlled substances?

- A. HS 11350
- B. HS 11357
- C. HS 11377
- D. HS 11550**

Using a controlled substance is addressed in Health and Safety Code section 11550. This provision makes it illegal to knowingly use any controlled substance listed in Schedules I, II, or III, outside of authorized medical use, and it covers being under the influence. The focus is on the act of using, not merely possessing the drug, which is why this section specifically targets use rather than possession. The other sections deal with possession: one section criminalizes possessing controlled substances, another covers possession of marijuana under certain amounts, and another covers possession of various other controlled substances. Those statutes punish having the drugs in possession or control, not the act of using them. So the use-focused statute is the best fit for questions about illegal use of controlled substances.

6. Which elements should be documented in a use-of-force report to accurately reflect the incident?

- A. Incidents, justify actions, details of forces used, injuries, de-escalation steps, and witnesses**
- B. The time of day only**
- C. The officer's personal beliefs**
- D. The weather**

Accurate use-of-force documentation requires a complete, factual record that supports accountability and review. The report should capture the incident chronology, why the use of force was necessary and proportional, the exact types and amounts of force applied, any injuries sustained by the subject or officers, the de-escalation steps attempted, and all witnesses who observed or participated in the event. Why this set is the best fit: recording the sequence provides an objective timeline of actions and responses. Explaining the justification shows why force was necessary and whether it was reasonable under the circumstances, which is crucial for legality and policy compliance. Detailing the forces used gives a precise account of weapons, techniques, and intensity, which matters for evaluation and training. Noting injuries ensures there is a clear medical and legal record. Documenting de-escalation steps demonstrates an effort to reduce risk and shows adherence to departmental standards. Including witnesses helps corroborate the narrative and reduce bias. Details like the time of day or weather can be relevant in some contexts, but they do not belong in this report unless they directly influenced the incident or the use of force. Personal beliefs of the officer are not pertinent to the incident record.

7. Which practice helps ensure the integrity of evidence across custody?

- A. It is unnecessary to track every person who handles the evidence.**
- B. Evidence can be moved without documentation as long as security guards are present.**
- C. The chronological record of every person who handled the evidence must be maintained to preserve integrity.**
- D. The chain of custody is determined by court order.**

Chain of custody is about preserving the integrity of evidence by documenting every person who handles it. Keeping a detailed, chronological log that records who touched the evidence, when they did so, why access was granted, where the item is stored or moved, and the condition of the evidence at each step creates a verifiable trail from collection to court. This continuous record lets investigators, prosecutors, and the court see that nothing was altered or tampered with and that each transfer or access is accounted for. A break in this log or moving the evidence without documentation can cast doubt on its reliability and may lead to suppression or challenges to its admissibility. While court orders may specify certain procedures, the foundational requirement is a complete, maintained chain of custody showing every custodian and every transfer.

8. Which term describes a standard used to assess whether force used by an officer was legally justified during a specific incident?

- A. Necessity doctrine
- B. Objective necessity**
- C. Reasonable force doctrine
- D. Proportionality standard

The main idea here is judging whether the officer's use of force was justified by looking at the situation through an objective lens and determining if the force was necessary under the circumstances. In use-of-force analysis, courts evaluate what a reasonable officer would have believed was necessary, based on what was known at the moment of the incident. That focus on necessity assessed from an objective viewpoint is why the term described by this item is best captured by "objective necessity." It emphasizes that the justification rests on whether the force was needed, rather than on the officer's subjective feelings or hindsight after the fact. Other terms don't fit as precisely. A necessity doctrine isn't the standard used to evaluate force in the moment, while a reasonable force doctrine isn't the established label for this test. A proportionality standard concerns whether the amount of force is proportional to the threat, which is a key consideration but does not itself define the overarching justification standard.

9. Which practice helps prevent contamination of evidence at a violent scene?

- A. Allow unrestricted access to the scene.
- B. Move victims around for comfort.
- C. Share evidence with other agencies without chain-of-custody.
- D. Secure the scene, minimize movement, and document changes.**

Preserving evidence at a violent scene hinges on controlling access, movement, and documentation. Securing the scene creates a defined boundary so only authorized personnel enter, preventing unrelated objects or debris from being introduced and helping investigators locate evidence in its original position. Minimizing movement preserves the condition and placement of physical traces—like bloodstains, shell casings, and tool marks—so investigators can interpret the sequence of events accurately. Documenting changes in real time, through notes, photos, sketches, and a chain-of-custody log, provides a traceable record of who touched what, when, and why, which protects the evidence's integrity in court and assists later analysis. In contrast, letting anyone roam the scene, moving victims around, or sharing evidence without proper custody can contaminate or misattribute evidence and compromise the investigation.

10. Are chokeholds or carotid restraints permitted under California policy?

- A. Routinely allowed.**
- B. Always used.**
- C. Only during crowd control.**
- D. Generally prohibited or severely restricted.**

Chokeholds and carotid restraints are treated as high-risk, dangerous techniques in California policy and are not allowed as a normal options. They are generally prohibited or severely restricted because using them can quickly cut off blood flow to the brain or airway, potentially leading to serious injury or death, especially if the person is restrained on the ground or has underlying health issues. The idea behind the policy is that use of force must be objectively reasonable and proportional to the threat, with a strong emphasis on de-escalation and preserving life. Safer alternatives and de-escalation strategies are preferred, and officers are trained to rely on less-lethal tools and control methods that minimize the risk of asphyxia or trauma. If any limited use is allowed, it's typically under very strict criteria, with extensive oversight, and often only as a last resort for imminent life threats. Why the other options don't fit: these holds are not considered routine or universal tools; they're not something officers are expected to use in all situations, or only in crowd control, or in every encounter. The prevailing policy stance is to prohibit or severely restrict them due to the grave safety risks involved.

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://capostrequalification.examzify.com>

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

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