

# CANADIAN FORCES APTITUDE TEST (CFAT) PRACTICE (SAMPLE)

## STUDY GUIDE



*Prepare with structure. Pass with confidence*



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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 does the Problem Solving section aim to assess?**
  - A. Physical stamina and endurance
  - B. Technical skills related to machinery
  - C. Logical reasoning and data analysis skills
  - D. Creative thinking abilities
- 2. In a probability framework, if something is likely to occur, which probability range would it typically fall into?**
  - A. 0 to 1/4
  - B. 1/2 to 3/4
  - C. 3/4 to 1
  - D. 0 to 1/2
- 3. Which resources are helpful for preparing for the CFAT?**
  - A. Online cooking tutorials and fiction novels
  - B. Online practice tests and study guides
  - C. Physical fitness programs and dietary books
  - D. Documentaries and leisure reading
- 4. What process do plants use to convert sunlight into energy?**
  - A. Respiration
  - B. Photosynthesis
  - C. Transpiration
  - D. Digestion
- 5. What type of question assesses logical reasoning in the CFAT?**
  - A. Questions focusing on emotional intelligence
  - B. Multiple-choice questions regarding history
  - C. Deductive reasoning questions where candidates must draw logical conclusions
  - D. Questions based on personal experiences

- 6. What is the main benefit of practicing timed tests for CFAT preparation?**
- A. It helps candidates memorize information faster
  - B. It trains candidates to manage their exam time effectively
  - C. It allows candidates to work in groups
  - D. It enhances physical stamina during long tests
- 7. How many legs do most insects possess?**
- A. 4
  - B. 6
  - C. 8
  - D. 10
- 8. What is the result of the calculation  $0.0625 - 5 - 0.125 \times 3 + 0.099 - 0.011$ ?**
- A. 9.125
  - B. 8.6375
  - C. 9.6375
  - D. 8.125
- 9. What benefits do relaxation techniques offer before taking the CFAT?**
- A. They waste time and distract from studying
  - B. They can help reduce anxiety and improve focus
  - C. They allow for additional cramming
  - D. They do not have any significant benefits
- 10. In the context of the CFAT, what does "spatial relationships" refer to?**
- A. The relationships between numerical values
  - B. How objects relate to each other in space
  - C. The connection between words and their meanings
  - D. The relationships in a text structure

## **Answers**

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

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## **Explanations**

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## 1. What does the Problem Solving section aim to assess?

- A. Physical stamina and endurance
- B. Technical skills related to machinery
- C. Logical reasoning and data analysis skills**
- D. Creative thinking abilities

The Problem Solving section is specifically designed to assess an individual's logical reasoning and data analysis skills. This area focuses on a candidate's ability to identify patterns, draw conclusions, and make decisions based on the information presented. Effective problem-solving requires analyzing various pieces of data, recognizing relationships between variables, and applying established principles to arrive at solutions. In the context of the Canadian Forces, these skills are pertinent as they ensure that individuals can evaluate situations critically, make quick decisions, and implement strategies effectively in various scenarios, particularly in high-pressure environments. This feature sets this section apart from others that might focus on physical abilities or technical competencies related to machinery or job-specific tasks.

## 2. In a probability framework, if something is likely to occur, which probability range would it typically fall into?

- A. 0 to 1/4
- B. 1/2 to 3/4
- C. 3/4 to 1**
- D. 0 to 1/2

In probability, events are quantified on a scale from 0 to 1, where 0 indicates impossibility and 1 indicates certainty. When we consider an event that is likely to occur, this typically suggests a high probability. The range from three-quarters (3/4) to one (1) represents events that are very likely to happen, indicating a strong expectation of occurrence. An event falling within this range would generally be perceived as having a high level of confidence that it will occur. This aligns with the common understanding of "likely," suggesting a strong probability rather than just a decent chance. The other ranges represent probabilities that are either uncertain or leaning towards a lesser likelihood, which does not align with the interpretation of something being likely to occur. Thus, the correct choice captures the essence of events that are expected to happen with a significant degree of assurance.

## 3. Which resources are helpful for preparing for the CFAT?

- A. Online cooking tutorials and fiction novels
- B. Online practice tests and study guides**
- C. Physical fitness programs and dietary books
- D. Documentaries and leisure reading

Choosing online practice tests and study guides is essential for effectively preparing for the Canadian Forces Aptitude Test (CFAT). These resources are specifically designed to reflect the format and types of questions that candidates will encounter on the actual test. Practice tests provide an opportunity to familiarize oneself with the test structure, timing, and the variety of subjects included, which typically encompass numerical reasoning, spatial reasoning, and verbal skills. This targeted preparation can help improve both confidence and performance on the test day. While the other options, such as cooking tutorials, fitness programs, and leisure reading, can be beneficial for personal development and well-being, they do not provide the focused preparation necessary for the CFAT. Engaging in study materials that directly relate to the test content ensures that candidates are better equipped to tackle the challenges they will face during the examination.

#### 4. What process do plants use to convert sunlight into energy?

- A. Respiration
- B. Photosynthesis**
- C. Transpiration
- D. Digestion

Plants utilize the process of photosynthesis to convert sunlight into energy. This process occurs primarily in the chloroplasts of plant cells, where chlorophyll captures light energy from the sun. During photosynthesis, plants take in carbon dioxide from the air and water from the soil. Using the energy from sunlight, they transform these inputs into glucose, a form of sugar that serves as a vital energy source for the plant. As a byproduct of this reaction, oxygen is released into the atmosphere, which is crucial for the survival of most living organisms on Earth. Photosynthesis is essential not only for plant life but also for life on Earth as a whole, as it forms the foundation of the food chain and maintains the balance of oxygen and carbon dioxide in the atmosphere.

#### 5. What type of question assesses logical reasoning in the CFAT?

- A. Questions focusing on emotional intelligence
- B. Multiple-choice questions regarding history
- C. Deductive reasoning questions where candidates must draw logical conclusions**
- D. Questions based on personal experiences

Logical reasoning in the CFAT is primarily assessed through deductive reasoning questions where candidates must draw logical conclusions. These types of questions require individuals to evaluate premises and reach a valid conclusion based on given information. This involves understanding how various statements relate to one another and applying logical principles to arrive at a sound outcome. In contrast, questions that focus on emotional intelligence assess interpersonal skills and emotional awareness, but do not evaluate logical reasoning capabilities. Similarly, multiple-choice questions regarding history test knowledge of past events and facts rather than the ability to think logically and deduce conclusions. Finally, questions based on personal experiences gather subjective information and insights rather than requiring a logical thought process, thus not fitting the assessment of logical reasoning. Therefore, the emphasis on deductive reasoning directly aligns with logical assessment in the CFAT.

#### 6. What is the main benefit of practicing timed tests for CFAT preparation?

- A. It helps candidates memorize information faster
- B. It trains candidates to manage their exam time effectively**
- C. It allows candidates to work in groups
- D. It enhances physical stamina during long tests

Practicing timed tests is crucial for effective CFAT preparation because it trains candidates to manage their exam time efficiently. Time management during any standardized test can significantly impact performance; candidates need to be able to pace themselves to ensure they can complete all questions within the allotted time. By practicing under timed conditions, candidates can identify how much time they need to allocate to different sections or types of questions and learn to recognize when to move on if they are spending too long on a particular question. This preparation helps reduce anxiety on the actual test day, allowing candidates to approach the exam with a strategy that maximizes their chances of success. The other options, while they touch on various aspects of test preparation, do not specifically address the unique challenge of time management that is critical for the CFAT. Memorization skills and teamwork can be beneficial in different contexts, but they do not replace the necessity of being able to work under time constraints. Similarly, enhancing physical stamina may contribute to overall test performance but is less relevant compared to the mental acuity required to manage exam timing effectively.

## 7. How many legs do most insects possess?

- A. 4
- B. 6**
- C. 8
- D. 10

Most insects possess six legs, which is a defining characteristic of the class Insecta within the phylum Arthropoda. This six-legged arrangement is fundamental to their anatomy and distinguishes them from other arthropods. Insects are structured with three main body segments: the head, thorax, and abdomen. The legs are attached to the thorax, with each segment typically possessing a pair of legs—resulting in the total of six legs. This specific adaptation allows insects to be highly mobile and efficient in their environments, aiding in activities such as foraging, escape from predators, and mating. Other options, such as four, eight, or ten legs, do not apply to insects. Four-legged organisms are usually quadrupeds, such as mammals, while eight-legged creatures are arachnids, like spiders. Similarly, ten legs would be characteristic of some crustaceans, not insects. Therefore, the correct answer reflects the biological classification and structural anatomy of insects.

## 8. What is the result of the calculation $0.0625 - 5 - 0.125 \times 3 + 0.099 - 0.011$ ?

- A. 9.125
- B. 8.6375**
- C. 9.6375
- D. 8.125

To determine the correct answer, it's important to follow the order of operations, often remembered by the acronym PEMDAS (Parentheses, Exponents, Multiplication and Division (from left to right), Addition and Subtraction (from left to right)). First, we'll need to handle the multiplication in the equation:  $0.125 \times 3$  equals 0.375. Now, substituting this value back into the original equation gives us:  $0.0625 - 5 - 0.375 + 0.099 - 0.011$ . Next, we perform the calculations step by step: 1. Start with  $0.0625 - 5$ , which equals -4.9375. 2. Then, take that result and subtract 0.375:  $-4.9375 - 0.375$  equals -5.3125. 3. Continue by adding 0.099 to this result:  $-5.3125 + 0.099$  equals -5.2135. 4. Finally, subtract 0.011:  $-5.2135 - 0.011$  equals -5.2245. This results in a decimal that is negative. Revisiting the calculations step by step shows

## 9. What benefits do relaxation techniques offer before taking the CFAT?

- A. They waste time and distract from studying
- B. They can help reduce anxiety and improve focus**
- C. They allow for additional cramming
- D. They do not have any significant benefits

Relaxation techniques offer significant benefits before taking the CFAT by helping to reduce anxiety and improve focus. When individuals practice relaxation methods such as deep breathing, meditation, or visualization, they can calm their nervous system and decrease stress levels. This reduction in anxiety contributes to a more composed mindset, enabling test-takers to concentrate better on the questions and think more clearly during the examination. Improved focus is crucial as it enhances the ability to process information swiftly and accurately, which is particularly beneficial in a timed test scenario like the CFAT, where the ability to think critically and respond promptly is essential for success.

**10. In the context of the CFAT, what does “spatial relationships” refer to?**

- A. The relationships between numerical values
- B. How objects relate to each other in space**
- C. The connection between words and their meanings
- D. The relationships in a text structure

*“Spatial relationships” in the context of the CFAT refers to how objects relate to each other in space. This concept is crucial for understanding how different shapes, forms, or figures are positioned in relation to one another, which is essential for tasks that require visualizing and manipulating objects mentally. For example, spatial reasoning involves determining how objects can fit together, how they might rotate, or how they can be transformed without deviating from their original structure. This skill is particularly relevant in fields such as engineering, architecture, and aviation, where understanding the placement and movement of objects is critical. By grasping the nature of spatial relationships, candidates can better navigate any assessments that involve visual puzzles or scenarios where manipulating objects in a three-dimensional space is necessary. This is why identifying and understanding the relationships in the physical arrangement of objects is key to the concept.*

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## 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://cfat.examzify.com>

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

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