

CARL R. DARNALL ARMY MEDICAL CENTER (CRDAMC) HQ PROMOTION BOARD PRACTICE TEST (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 is the role of the Victim Advocate (VA)?

- A. To provide legal counsel
- B. To support victims of sexual assault
- C. To lead counseling sessions
- D. To oversee all medical responses

2. What is the function of JSLIST?

- A. Joint Service Lightweight Integrated Suit Technology
- B. Joint Service Light Infantry Strategy Tool
- C. Joint Strategic Land Infrastructure Support Taskforce
- D. Joint Service Long-range Independent Surveillance Technology

3. In what scenario is a command of execution most critical?

- A. At the beginning of a drill
- B. When regrouping the unit
- C. Immediately before movement
- D. When issuing commands during a review

4. Who was Richard Cavazos?

- A. First four-star, Mexican-American general
- B. First African American general in the Army
- C. Famous Navy SEAL during the Cold War
- D. First woman to lead a military unit

5. Where should the platoon leader ideally position themselves?

- A. Directly behind the platoon members
- B. 6 steps behind the platoon
- C. 6 steps in front and centered on the platoon
- D. At the command post

6. Which foot is considered the leading foot when marching?

- A. Right foot
- B. Left foot
- C. Both feet
- D. None of the above

7. What is the primary purpose of a recon patrol mission?

- A. To train new recruits
- B. To provide accurate information on the enemy and terrain
- C. To relocate resources
- D. To set up ambushes

8. What is included in the prep drills?

- A. Jogging and sprinting
- B. Bend and Reach and Rear Lunge
- C. Push-ups and sit-ups
- D. Cardio and strength training

9. What does TCCC stand for?

- A. Tactical Casualty Care Course
- B. Tactical Combat Casualty Care
- C. Tactical Care for Combat Casualties
- D. Tactical Crisis Care Course

10. What type of sexual harassment involves physical contact?

- A. Verbal
- B. Nonverbal
- C. Physical Contact
- D. Emotional

Answers

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

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Explanations

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1. What is the role of the Victim Advocate (VA)?

- A. To provide legal counsel
- B. To support victims of sexual assault**
- C. To lead counseling sessions
- D. To oversee all medical responses

The role of the Victim Advocate (VA) is primarily to support victims of sexual assault. This involves offering emotional support, providing information about available resources, and helping the victim navigate the reporting process and available options for care and justice. Victim Advocates are specifically trained to address the unique needs and concerns of victims, ensuring they feel heard and supported during a critical time in their lives. While other roles mentioned in the options may involve various aspects of victim support or care, such as counseling or legal proceedings, those functions are typically outside the specific purview of the VA. The Victim Advocate's focus is on the victim's immediate needs and ensuring they have access to the necessary services, both in the emotional and procedural aspects relating to the incident.

2. What is the function of JSLIST?

- A. Joint Service Lightweight Integrated Suit Technology**
- B. Joint Service Light Infantry Strategy Tool
- C. Joint Strategic Land Infrastructure Support Taskforce
- D. Joint Service Long-range Independent Surveillance Technology

The correct choice regarding the function of JSLIST is the Joint Service Lightweight Integrated Suit Technology. This technology is specifically designed to protect personnel against chemical, biological, radiological, and nuclear (CBRN) hazards while maintaining mobility and operational effectiveness. The suit is lighter and more flexible than previous iterations, allowing for improved comfort during extended wear in various environments. Understanding the significance of JSLIST involves recognizing the necessity for modern military personnel to operate in environments that may pose significant CBRN threats. The design and functionality are integral to ensuring the protection of soldiers without compromising their agility or performance on the battlefield. This capability is critical in maintaining readiness and effectiveness in diverse mission settings, thus serving a vital role in military operations. Other choices do not relate to the established purpose or capabilities of JSLIST, focusing instead on concepts that do not exist or are not aligned with the operational needs addressed by the JSLIST system.

3. In what scenario is a command of execution most critical?

- A. At the beginning of a drill
- B. When regrouping the unit
- C. Immediately before movement**
- D. When issuing commands during a review

A command of execution is most critical immediately before movement because it signals the precise moment when the unit should act. This command serves as the trigger that initiates the action, ensuring that all personnel move in a synchronized manner. The timing and clarity of this command are crucial, as any hesitation or lack of understanding can disrupt the entire movement, lead to confusion, or even cause safety concerns within the unit. While commands are important in other scenarios, such as the beginning of a drill or when regrouping the unit, those situations allow for additional time to clarify and correct any misunderstandings. The urgency and immediacy of the command to move underscore its critical nature, making it vital that all members understand and respond to the command without delay.

4. Who was Richard Cavazos?

- A. First four-star, Mexican-American general
- B. First African American general in the Army
- C. Famous Navy SEAL during the Cold War
- D. First woman to lead a military unit

Richard Cavazos was a distinguished military leader known for being the first four-star Mexican-American general in the United States Army. His achievements reflect a significant milestone not only in his personal career but also in the representation of Hispanic Americans in the military. Throughout his service, Cavazos held various command positions, demonstrating exceptional leadership and commitment to his duties, which ultimately led to his historic promotion. This milestone is particularly important in the context of diversity and inclusion within the ranks of the U.S. armed forces, as it paved the way for future generations of Hispanic leaders in the military. On the other hand, the other figures mentioned do not share the same historical significance regarding generalship or the specific legacy associated with Cavazos. Recognizing him as a four-star general acknowledges his impact and recognition in military history.

5. Where should the platoon leader ideally position themselves?

- A. Directly behind the platoon members
- B. 6 steps behind the platoon
- C. 6 steps in front and centered on the platoon
- D. At the command post

The ideal positioning of a platoon leader is six steps in front and centered on the platoon. This positioning allows the leader to maintain clear visibility of the unit while being assertively present to lead and direct. When positioned in this manner, the platoon leader can effectively observe the movements and behavior of the soldiers, ensuring proper execution of commands and maintaining control over the formation. Being centered helps the leader to communicate easily with all members of the platoon, fostering a sense of unity and direction. This forward positioning also symbolizes leadership and initiative, as it places the officer in a proactive stance relative to the mission and the platoon's actions. Additionally, distance from the rear allows the leader to anticipate and react to any issues that arise more quickly than if they were positioned behind the troops or at a command post. In contrast, positioning directly behind the platoon would hinder visibility and reduce the leader's ability to effectively manage and direct the soldiers. Being at the command post may be appropriate for strategic planning, but it would separate the leader from the immediate action, diminishing influence and oversight. Therefore, the optimal position for the platoon leader is in front, enabling proactive leadership and effective communication.

6. Which foot is considered the leading foot when marching?

- A. Right foot
- B. Left foot
- C. Both feet
- D. None of the above

In military marching, the left foot is designated as the leading foot. This convention is rooted in the traditions of military drill and ceremonies, where the left foot initiates the march with the command "March." When given this command, soldiers start marching with their left foot, which helps maintain unit cohesion and uniformity among the ranks, as all soldiers initiate with the same foot simultaneously. This standardization is crucial for precise movements and formations during drills. The concept of the leading foot ensures that all personnel move in sync, allowing for enhanced discipline and coordination, which are essential traits in military operations. Understanding this basic principle of marching is vital for any soldier, as it contributes to the overall effectiveness and appearance of the unit during movements and ceremonies.

7. What is the primary purpose of a recon patrol mission?

- A. To train new recruits
- B. To provide accurate information on the enemy and terrain**
- C. To relocate resources
- D. To set up ambushes

The primary purpose of a recon patrol mission is to provide accurate information on the enemy and terrain. Reconnaissance missions are essential during military operations as they gather intelligence that helps commanders make informed decisions. The information collected can include enemy strength, position, movements, and characteristics of the terrain, which can crucially affect strategy and operational success. Effective reconnaissance allows for the identification of potential threats, aids in planning troop movements, and ensures that resources are allocated effectively. Training new recruits, relocating resources, and setting up ambushes may be important aspects of military operations, but they do not define the primary objectives of a reconnaissance patrol. The core function is rooted in intelligence gathering to enhance situational awareness and mission planning.

8. What is included in the prep drills?

- A. Jogging and sprinting
- B. Bend and Reach and Rear Lunge**
- C. Push-ups and sit-ups
- D. Cardio and strength training

The prep drills are designed to enhance flexibility, mobility, and prepare the body for more strenuous physical activity. Bend and Reach and Rear Lunge are specific exercises that focus on stretching key muscle groups and warming up the joints, which is essential before engaging in more intensive physical exercise. These drills improve the range of motion, helping to prevent injuries and ensuring that the body is adequately prepared for the demands of training or physical readiness tests. While options like jogging, sprinting, push-ups, sit-ups, cardio, and strength training are important components of a broader fitness regimen, they do not specifically characterize the purpose of prep drills, which is to gradually prime the body for movement rather than to serve as the primary workout itself.

9. What does TCCC stand for?

- A. Tactical Casualty Care Course
- B. Tactical Combat Casualty Care**
- C. Tactical Care for Combat Casualties
- D. Tactical Crisis Care Course

TCCC stands for Tactical Combat Casualty Care. This term is used to describe a set of medical guidelines aimed at providing immediate care to casualties in a combat environment. TCCC emphasizes the significance of addressing preventable death on the battlefield through timely and effective interventions such as hemorrhage control, airway management, and transportation of the injured to higher levels of care. The training and protocols established under TCCC are essential for military personnel and other first responders, as they prepare them to operate under the unique conditions of combat, where traditional medical approaches may not be feasible or effective. This acronym has gained wide recognition and has been integrated into various military and emergency services training programs globally. Understanding TCCC is crucial for anyone involved in tactical operations, as it directly impacts the survival and outcomes for injured personnel in high-stress environments.

10. What type of sexual harassment involves physical contact?

- A. Verbal
- B. Nonverbal
- C. Physical Contact**
- D. Emotional

The type of sexual harassment that involves physical contact is indeed characterized as physical contact. This form of harassment encompasses any unwelcome physical behavior of a sexual nature, which can include actions such as touching, groping, or any other form of direct physical interaction that is inappropriate and violates an individual's personal boundaries. Physical contact is distinct from other forms of harassment, such as verbal, which pertains to unwelcome comments or jokes of a sexual nature; nonverbal, which includes gestures or displays that suggest sexual content without physical interaction; and emotional, which involves manipulation or abuse that impacts someone's emotional well-being but does not necessarily involve any physical or sexual advances. Recognizing the characteristics of physical contact as sexual harassment is crucial for understanding broader definitions and implications of workplace behavior and maintaining a safe environment.

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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.

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

<https://crdamchqpromotion.examzify.com>

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

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