

COMBAT MEDIC AIT 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 does the term 'laceration' refer to?**
 - A. A cut or tear
 - B. A bruise or contusion
 - C. A burn or abrasion
 - D. An infection or wound
- 2. Which of the following medical responses is crucial for controlling severe bleeding?**
 - A. Heart monitor attachment
 - B. Administering IV fluids
 - C. Application of a tourniquet
 - D. Performing abdominal compressions
- 3. Which plane divides the body into superior and inferior parts?**
 - A. Coronal
 - B. Horizontal
 - C. Transverse
 - D. Sagittal
- 4. What is the primary function of ligaments?**
 - A. Connect muscle to bone
 - B. Provide structure to cartilage
 - C. Connect bone to bone
 - D. Protect organs
- 5. What is the definition of a contusion in medical terms?**
 - A. Scrape
 - B. Bruise
 - C. Cut
 - D. Wound
- 6. What is the purpose of administering oxygen to a patient?**
 - A. To improve oxygen delivery to body tissues in cases of respiratory distress
 - B. To promote relaxation
 - C. To numb pain
 - D. To reduce fever

- 7. What is true regarding the thyroid cartilage?**
- A. It is the largest cartilage in the larynx.
 - B. It is part of the ankle joint.
 - C. It connects the ribs to the sternum.
 - D. It is an elbow joint structure.
- 8. Which of the following is crucial when treating a spinal injury?**
- A. Use of an AED immediately
 - B. Minimizing movement
 - C. Giving the patient fluids
 - D. Assessing for other injuries
- 9. What does "quality" refer to in the O-P-Q-R-S-T assessment?**
- A. Type of healthcare provided
 - B. Sharp or dull pain
 - C. Duration of symptoms
 - D. Size of the affected area
- 10. Which of the following terms refers to the hip bone?**
- A. Ilium
 - B. Ischium
 - C. Pubis
 - D. Femur

Answers

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

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Explanations

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1. What does the term 'laceration' refer to?

- A. A cut or tear**
- B. A bruise or contusion
- C. A burn or abrasion
- D. An infection or wound

The term 'laceration' specifically refers to a cut or tear in the skin or tissue. This injury can vary in depth and severity, often resulting from sharp objects or accidents. Understanding this definition is crucial for combat medics who need to assess and treat injuries effectively in the field. A laceration often requires proper cleaning and, in some cases, suturing, depending on its severity and location. Recognizing the difference between a laceration and other types of injuries, such as burns, abrasions, bruises, or infections, is key to providing appropriate care. Other options, while related to injuries, describe different conditions and do not specifically match the definition of a laceration.

2. Which of the following medical responses is crucial for controlling severe bleeding?

- A. Heart monitor attachment
- B. Administering IV fluids
- C. Application of a tourniquet**
- D. Performing abdominal compressions

The application of a tourniquet is crucial for controlling severe bleeding, especially in cases of traumatic injuries where arterial blood flow is compromised. When significant bleeding occurs, particularly from a limb, a tourniquet can be used to constrict blood vessels and stop the blood flow, which is vital in preventing life-threatening blood loss. This technique is essential in emergency situations, as it can stabilize a patient until further medical treatment can be provided. Tourniquets are applied above the injury site and are designed to block blood flow efficiently when other methods, such as direct pressure or dressings, have failed or are not feasible due to the severity of the injury. When used correctly, tourniquets can be a lifesaver in critical scenarios, highlighting their importance in a combat medic's toolkit. In contrast, heart monitor attachment, administering IV fluids, and performing abdominal compressions, while they are all important medical responses, do not directly control severe bleeding. Heart monitors are used to assess cardiac function, IV fluids help with hydration and maintaining blood pressure but do not address the source of external bleeding, and abdominal compressions are not applicable for stopping bleeding in extremities. Therefore, the application of a tourniquet stands out as the most effective immediate response for controlling severe

3. Which plane divides the body into superior and inferior parts?

- A. Coronal
- B. Horizontal
- C. Transverse**
- D. Sagittal

The correct answer is the transverse plane. This plane is specifically defined as one that divides the body into superior (upper) and inferior (lower) portions. It runs horizontally across the body, perpendicular to the sagittal and coronal planes. In anatomy, the transverse plane is vital for describing the location of body structures relative to each other, particularly when discussing medical imaging or surgical procedures. For example, when a CT scan is described as being a transverse view, it indicates that the sections shown are separating the body into upper and lower halves, which can aid healthcare professionals in assessing various conditions or planning treatments. The significance of the transverse plane in a clinical context is further emphasized in areas such as trauma assessment where it can help determine how injuries may be affecting different body regions above or below this plane. Understanding this concept is foundational for the study of human anatomy and important for anyone engaged in medical practice.

4. What is the primary function of ligaments?

- A. Connect muscle to bone
- B. Provide structure to cartilage
- C. Connect bone to bone**
- D. Protect organs

Ligaments play a crucial role in the musculoskeletal system by connecting bone to bone at joints. This connectivity is essential for providing stability and support to the skeletal structure, allowing joints to function effectively during movement. Ligaments are composed of strong, fibrous connective tissue that can withstand tension, which helps maintain proper alignment and prevents excessive movement that could lead to injuries or joint disorders. The primary function of ligaments in stabilizing joints is vital for overall mobility and physical activity, as they help maintain the integrity of both the skeletal and muscular systems. Understanding this function is essential for those studying human anatomy and physiology, especially in fields related to healthcare and physical fitness.

5. What is the definition of a contusion in medical terms?

- A. Scrape
- B. Bruise**
- C. Cut
- D. Wound

A contusion, in medical terminology, is defined as a bruise. It occurs when small blood vessels are damaged due to a direct impact or trauma, causing localized bleeding under the skin without breaking the surface. This results in discoloration and swelling in the affected area. The mechanism of injury distinguishes a contusion from other types of injuries such as scrapes, cuts, or open wounds, which involve the disruption of skin integrity. Understanding this definition is crucial for recognizing and properly assessing the severity of soft tissue injuries in a clinical setting, as well as for determining the appropriate first aid or treatment needed.

6. What is the purpose of administering oxygen to a patient?

- A. To improve oxygen delivery to body tissues in cases of respiratory distress
- B. To promote relaxation
- C. To numb pain
- D. To reduce fever

Administering oxygen to a patient primarily serves to improve the delivery of oxygen to body tissues, particularly in situations involving respiratory distress. When a patient is experiencing difficulty breathing or has compromised lung function, their capacity to absorb enough oxygen can be severely limited, which may lead to hypoxia (a deficiency in the amount of oxygen reaching the tissues). By supplying additional oxygen, medical personnel can help alleviate this condition, enhancing the oxygen content in the bloodstream, ensuring that vital organs and tissues receive the necessary oxygen for proper functioning. The other options, while important in their own right, do not align with the primary objective of oxygen administration. Promoting relaxation and numbing pain relate to different aspects of patient care, often involving medications rather than oxygen therapy. Reducing fever is typically addressed through antipyretics and does not involve oxygen administration as a method of treatment. Thus, option A accurately reflects the critical role oxygen plays in medical situations, highlighting its importance in maintaining cellular health and supporting metabolic processes.

7. What is true regarding the thyroid cartilage?

- A. It is the largest cartilage in the larynx.
- B. It is part of the ankle joint.
- C. It connects the ribs to the sternum.
- D. It is an elbow joint structure.

The thyroid cartilage is indeed the largest cartilage in the larynx and plays a significant role in the structure of the voice box. Located in the front of the larynx, it is shaped like a shield and consists of two curved plates that meet at an angle, creating the prominence commonly known as the "Adam's apple." Its size and structure are vital for protecting the vocal folds that reside behind it, as well as providing attachment for muscles that are involved in sound production and swallowing. The other options pertain to structures in completely different parts of the body. The thyroid cartilage solely resides within the respiratory system, specifically in the laryngeal framework, making the assertion that it is part of the ankle joint, connects ribs to the sternum, or is involved in the elbow joint, incorrect. These incorrect options reflect structures related to other anatomical systems and do not relate to the function or location of the thyroid cartilage.

8. Which of the following is crucial when treating a spinal injury?

- A. Use of an AED immediately
- B. Minimizing movement
- C. Giving the patient fluids
- D. Assessing for other injuries

Minimizing movement is crucial when treating a spinal injury because spinal injuries pose a high risk of causing further damage to the spinal cord. Movement can exacerbate the injury due to the potential for vertebrae to shift or for fragments to press against the spinal cord, resulting in permanent neurological deficits or paralysis. By keeping the patient stable and immobilizing the spine, medical responders aim to prevent exacerbating the injury, thus safeguarding the patient's neurological function and overall outcome. The other options, while important in different contexts, do not address the immediate critical need associated with spinal injuries. For example, although an AED is vital in cases of cardiac arrest, it is not pertinent to spinal injury treatment. Giving fluids can be important for general trauma care, but it is not the primary concern in the immediate management of a spinal injury. Assessing for other injuries is also important in a complete trauma assessment, but it should not compromise the immobilization and protection of the spine.

9. What does "quality" refer to in the O-P-Q-R-S-T assessment?

- A. Type of healthcare provided
- B. Sharp or dull pain**
- C. Duration of symptoms
- D. Size of the affected area

In the context of the O-P-Q-R-S-T assessment, "quality" specifically pertains to the sharpness or dullness of pain experienced by a patient. This aspect of pain assessment is essential for understanding the nature of a patient's discomfort, which can aid in diagnosis and treatment. Identifying whether the pain is sharp, dull, throbbing, burning, or crushing provides valuable insight into what may be causing the symptoms and influences the approach to management and intervention. The other options touch on different elements of the assessment: "type of healthcare provided" relates to the overall context of care rather than individual symptoms, "duration of symptoms" focuses on how long the patient has been experiencing the issue, and "size of the affected area" involves the extent of the problem rather than the characteristics of the pain itself. These aspects are important, but quality is specifically about the sensory experience of the pain, making it a key component in assessing a patient's condition.

10. Which of the following terms refers to the hip bone?

- A. Ilium**
- B. Ischium
- C. Pubis
- D. Femur

The term that refers to the hip bone is "Ilium." The ilium is the largest of the three bones that make up the pelvis and is located at the uppermost part. It forms the broad, flared portion of the hip, which is essential for supporting the body's weight and providing stability during activities like walking and running. The ilium also serves as an attachment point for several muscles and ligaments, playing a critical role in movement and function. Understanding the anatomy of the pelvis is important for medical personnel, particularly when it comes to assessing injuries or conditions related to the hip region. In contrast, the ischium and pubis are the other two bones that make up the pelvis. The ischium forms the lower rear part of the pelvis, while the pubis is located at the front, contributing to the anterior part of the pelvic structure. The femur, on the other hand, is the thigh bone that connects the hip to the knee, and while it interacts with the pelvis at the hip joint, it is not part of the hip bone itself.

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://combatmedic.examzify.com>

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

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