

DELAWARE STATE POLICE ACADEMY TRAINING PRACTICE TEST (SAMPLE)

STUDY GUIDE



Prepare with structure. Pass with confidence



Copyright © 2026 by Examzify - A Kaluba Technologies Inc. product.

ALL RIGHTS RESERVED.

No part of this book may be reproduced or transferred in any form or by any means, graphic, electronic, or mechanical, including photocopying, recording, web distribution, taping, or by any information storage retrieval system, without the written permission of the author.

Notice: Examzify makes every reasonable effort to obtain accurate, complete, and timely information about this product from reliable sources.

SAMPLE

Table of Contents

Copyright	1
Table of Contents	2
Introduction	3
How to Use This Guide	4
Questions	5
Answers	8
Explanations	10
Next Steps	16

SAMPLE

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

SAMPLE

- 1. What are the cleaning responsibilities for the Female OD quarters?**
 - A. Check linens, wash windows, sweep floor, empty the trash
 - B. Check linens, sweep floor, clean the head, empty the trash
 - C. Check linens, scrub tiles, vacuum, empty the trash
 - D. Check linens, sweep floor, wash windows, tidy furniture
- 2. What is the purpose of the Delaware State Police Divisional Training Committee?**
 - A. To manage police operations
 - B. To oversee training of Delaware State Police employees
 - C. To handle public relations
 - D. To conduct criminal investigations
- 3. What must recruits do if they become ill?**
 - A. Inform their classmates about their illness
 - B. Report the illness immediately to the Academy staff
 - C. Wait until the end of the day to inform staff
 - D. Seek medical help outside of the Academy
- 4. What physical tests are included in the Training Academy Physical Training Test?**
 - A. A series of agility drills
 - B. A one-minute push-up, sit-up, and a 1.5-mile run
 - C. Swimming tests and obstacle courses
 - D. Timed sprinting and weight lifting
- 5. What must recruits do before bringing prescription medications onto Academy property?**
 - A. Notify their fellow recruits
 - B. They must register them with the staff
 - C. Provide a doctor's note for approval
 - D. Discard any unused medications

- 6. What should recruits demonstrate progress towards during their training?**
- A. Increased flexibility only
 - B. Physical fitness goals outlined in the standards
 - C. Improving endurance in running
 - D. Mastery of tactical skills only
- 7. What is the structure of the Delaware State Police Academy's training program?**
- A. Four phases: Red, White, Blue, and Green
 - B. Three phases: Red, White, and Blue
 - C. Two phases: Theory and Practical
 - D. Five phases: Introduction, Foundation, Intermediate, Advanced, and Specialization
- 8. Why is it important for recruits to inspect their notebooks regularly?**
- A. To ensure they are meeting personal goals
 - B. To prepare for physical endurance tests
 - C. To verify comprehension of the material
 - D. To maintain peer accountability
- 9. What activities are performed following each PT session?**
- A. High-intensity interval training
 - B. Static stretching and foam rolling
 - C. Dynamic movements
 - D. Cardio exercises
- 10. Which characteristic is NOT included in the Equal Employment Opportunity/Affirmative Action policy?**
- A. Race
 - B. Age
 - C. Language
 - D. Disability

Answers

SAMPLE

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

SAMPLE

Explanations

SAMPLE

1. What are the cleaning responsibilities for the Female OD quarters?

- A. Check linens, wash windows, sweep floor, empty the trash
- B. Check linens, sweep floor, clean the head, empty the trash**
- C. Check linens, scrub tiles, vacuum, empty the trash
- D. Check linens, sweep floor, wash windows, tidy furniture

The cleaning responsibilities for the Female Officer Dormitory quarters include tasks that focus on maintaining hygiene and a clean living environment. The correct choice emphasizes essential cleaning tasks, ensuring the quarters are not only tidy but also functional. Checking linens is crucial for ensuring that bedding remains fresh and clean, which contributes to the overall comfort of the living space. Sweeping the floor removes dirt and debris, maintaining cleanliness and safety in the quarters. Cleaning the head (referring to restrooms) is vital for hygiene purposes, as such facilities require regular attention to prevent unsanitary conditions. Emptying the trash keeps the area free of waste and odors, further contributing to a healthy living environment. This combination of responsibilities highlights a focus on cleanliness and maintenance that is particularly important in communal living spaces. Other options incorporate cleaning tasks that might be less essential or appropriate for a dormitory setting, making them less suitable compared to the responsibilities outlined in the correct answer.

2. What is the purpose of the Delaware State Police Divisional Training Committee?

- A. To manage police operations
- B. To oversee training of Delaware State Police employees**
- C. To handle public relations
- D. To conduct criminal investigations

The purpose of the Delaware State Police Divisional Training Committee is primarily focused on overseeing the training of Delaware State Police employees. This committee ensures that all personnel receive the necessary training to perform their duties effectively and adhere to established protocols and standards. By facilitating ongoing education and skill development, the committee plays a vital role in maintaining a well-prepared and competent police force. Such oversight includes evaluating training programs, ensuring compliance with state requirements, and implementing new training initiatives as laws, technologies, and community needs evolve. This focus on training is crucial for enhancing the effectiveness and professionalism of police operations, ultimately leading to better service to the community.

3. What must recruits do if they become ill?

- A. Inform their classmates about their illness
- B. Report the illness immediately to the Academy staff**
- C. Wait until the end of the day to inform staff
- D. Seek medical help outside of the Academy

Recruits must report any illness immediately to the Academy staff to ensure that they receive appropriate care and to maintain the health and safety of the entire recruit class. This prompt reporting allows the Academy staff to assess the situation and take necessary actions, whether that's providing medical assistance, arranging for a medical evaluation, or implementing health protocols to prevent the spread of illness among recruits. It underscores the importance of communication and accountability in a training environment, where the wellbeing of both individual recruits and their peers is a priority. Delaying the report could lead to worsening health for the recruit and potential exposure for others, while seeking help outside the Academy may not provide the immediate support necessary in a training context. Thus, informing Academy staff right away ensures an appropriate and timely response, reflecting the values and procedures taught at the Delaware State Police Academy.

4. What physical tests are included in the Training Academy Physical Training Test?

- A. A series of agility drills
- B. A one-minute push-up, sit-up, and a 1.5-mile run**
- C. Swimming tests and obstacle courses
- D. Timed sprinting and weight lifting

The inclusion of a one-minute push-up, sit-up, and a 1.5-mile run in the Training Academy Physical Training Test is primarily focused on assessing the core physical fitness levels that are essential for law enforcement duties. These specific exercises are standardized and widely recognized for evaluating overall strength, endurance, and cardiovascular fitness, which are critical components for a police officer's physical capabilities. The push-up and sit-up tests measure muscular endurance, which is important for the physical demands of police work, such as controlling situations, chasing suspects, and maintaining stamina over extended periods. The 1.5-mile run serves as a test of cardiovascular endurance, ensuring that recruits can perform effectively in high-stress situations that require sustained physical effort. To summarize, this combination of tests effectively checks the essential fitness levels that contribute to a recruit's ability to meet the demands of law enforcement work, making it a suitable choice for the physical training assessment. Other options, while they might represent valuable physical activities, do not specifically align with the requirements established by the Training Academy for assessing fitness in a manner consistent with police responsibilities.

5. What must recruits do before bringing prescription medications onto Academy property?

- A. Notify their fellow recruits
- B. They must register them with the staff**
- C. Provide a doctor's note for approval
- D. Discard any unused medications

Before bringing prescription medications onto Academy property, recruits must register them with the staff. This process is essential for maintaining a safe and controlled environment within the Academy. By registering medications, the staff can ensure that they are aware of any substances present, which helps monitor for potential misuse or adverse reactions among recruits. Furthermore, registration allows the Academy to maintain accurate records, facilitate necessary accommodations for individuals who may require their medications during training, and ensure compliance with any specific regulations or policies related to medication use on-site. This protocol also safeguards the well-being of all recruits and staff by preventing any possible misunderstandings about medication use or the presence of unregistered substances on the premises. Ensuring that all medications are accounted for helps to promote a secure atmosphere conducive to learning and training.

6. What should recruits demonstrate progress towards during their training?

- A. Increased flexibility only
- B. Physical fitness goals outlined in the standards**
- C. Improving endurance in running
- D. Mastery of tactical skills only

Recruits should demonstrate progress towards physical fitness goals outlined in the standards because these goals encompass a holistic approach to fitness required for law enforcement duties. This includes various components such as strength, endurance, flexibility, and overall physical readiness, aligned with the expectations set for police officers. The physical fitness goals ensure that recruits are well-prepared for the demands of the job, which can include foot pursuits, handling physical confrontations, and managing the overall physical challenges of police work. These standards are designed not only to improve individual performance but also to ensure that all recruits meet a baseline of physical capability essential for the safety and effectiveness of law enforcement tasks. While increasing flexibility, improving endurance in running, and mastering tactical skills are important aspects of a recruit's training, they are all parts of the broader goal of achieving the overall physical fitness standards. Focusing solely on one aspect, like tactical skills or running endurance, without addressing comprehensive fitness goals would not adequately prepare recruits for the varied physical demands of policing.

7. What is the structure of the Delaware State Police Academy's training program?

- A. Four phases: Red, White, Blue, and Green
- B. Three phases: Red, White, and Blue**
- C. Two phases: Theory and Practical
- D. Five phases: Introduction, Foundation, Intermediate, Advanced, and Specialization

The training program at the Delaware State Police Academy is structured into three essential phases: Red, White, and Blue. This tiered approach is designed to progressively build the recruits' knowledge, skills, and competencies necessary for effective law enforcement. The "Red" phase typically focuses on foundational knowledge, including legal principles, ethical considerations, and departmental policies. Following this, the "White" phase shifts the emphasis towards practical applications of the learned concepts, allowing recruits to engage in realistic scenarios that they might face in the field. Finally, the "Blue" phase usually advances to more specialized training, incorporating tactical scenarios and decision-making under stress. This three-phase structure is most effective because it offers a comprehensive educational experience, ensuring that recruits are not only aware of the rules and regulations of law enforcement but are also equipped to responsibly implement them in real-world situations.

8. Why is it important for recruits to inspect their notebooks regularly?

- A. To ensure they are meeting personal goals
- B. To prepare for physical endurance tests
- C. To verify comprehension of the material**
- D. To maintain peer accountability

Inspecting notebooks regularly is vital for verifying comprehension of the material. This process allows recruits to review and reflect on what they have learned during their training. By regularly checking their notes, recruits can identify areas where they might need further clarification or study, ensuring they have a solid understanding of the content. This self-assessment is crucial in a training environment, as understanding the material fully directly impacts their performance in practical applications of their training. Additionally, revisiting their notes helps reinforce retention of information, making it easier for recruits to recall necessary procedures and protocols in high-pressure situations, which is essential for law enforcement personnel. Regular notebook inspections also serve as a valuable tool for tracking progress over time, enabling recruits to see their development and areas that still need attention.

9. What activities are performed following each PT session?

- A. High-intensity interval training
- B. Static stretching and foam rolling**
- C. Dynamic movements
- D. Cardio exercises

Following each physical training (PT) session, it is essential to engage in static stretching and foam rolling as part of the cool-down process. Static stretching involves holding stretches for a certain length of time to improve flexibility and reduce muscle tension. This practice helps in promoting relaxation and recovery after a workout, allowing the body to transition back to a resting state. Foam rolling complements static stretching by providing self-myofascial release, which helps alleviate muscle soreness and tightness. It aids in enhancing blood flow to the muscles and can decrease the risk of injury by improving muscle elasticity. In contrast, high-intensity interval training, dynamic movements, and cardio exercises are typically performed during the main workout and are not suited for post-session activities, as they could increase heart rate and muscle fatigue rather than promote recovery. Engaging in the correct post-PT activities is crucial for maintaining overall performance and aiding in recovery for future training sessions.

10. Which characteristic is NOT included in the Equal Employment Opportunity/Affirmative Action policy?

- A. Race
- B. Age
- C. Language**
- D. Disability

The correct choice identifies language as a characteristic not explicitly included in most Equal Employment Opportunity (EEO) and Affirmative Action (AA) policies. EEO and AA policies typically focus on specific legally protected characteristics such as race, age, and disability, which are outlined in various federal and state laws aimed at preventing discrimination in the workplace. Race is included as it represents a fundamental category that has been the basis for significant civil rights legislation. Age is covered under the Age Discrimination in Employment Act (ADEA), which safeguards individuals aged 40 and older from employment discrimination. Disability is protected under the Americans with Disabilities Act (ADA), which ensures rights and accommodations for individuals with disabilities in employment settings. While language ability can relate to national origin and may influence workplace policies to ensure effective communication, it is not classified as a protected characteristic under EEO/AA policies. Therefore, language is not afforded the same legal protections as the other options listed.

SAMPLE

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://depoliceacademytraining.examzify.com>

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

SAMPLE