

FLATROCK ACADEMY TEST 2 PRACTICE (SAMPLE)

STUDY GUIDE



SAMPLE STUDY GUIDE WITH LIMITED QUESTIONS

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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. Which statement about junk food calories is accurate?**
 - A. Junk food accounts for 18% of daily calories
 - B. Junk food accounts for 61% of daily calories
 - C. Junk food accounts for 90%
 - D. Junk food is unrelated to calories
- 2. Which amendments are cited as providing due process protections?**
 - A. 1st and 2nd
 - B. 4th and 8th
 - C. 6th and 7th
 - D. 5th and 14th
- 3. Trans fat has been shown to increase the risk of which condition?**
 - A. Diabetes
 - B. Cardiovascular disease
 - C. Asthma
 - D. Skin cancer
- 4. In a food chain, if a predator population declines, what happens to its prey?**
 - A. Prey decreases
 - B. Prey fluctuates widely
 - C. Prey increases
 - D. No change
- 5. Colorado Title 18 refers to what?**
 - A. Offenses, Sentencing
 - B. Criminal Procedures
 - C. Civil Procedure
 - D. Administrative Procedures
- 6. Amendment I protects which rights?**
 - A. Freedom of speech and religion and peaceably assemble
 - B. Right to bear arms
 - C. Quartering of troops
 - D. Searches and seizures

7. Solve the system: $y = 2x + 1$ and $y = -x + 4$. What is x ?

- A. 0
- B. 1
- C. 2
- D. -1

8. What is a Grand Jury Indictment?

- A. The charging document
- B. The verdict
- C. The arrest warrant
- D. The complaint

9. Miranda Rights protect against what?

- A. Double Jeopardy
- B. Self-incrimination
- C. Right to a speedy trial
- D. Search and seizure without a warrant

10. During an arrest, a suspect pulls away and resists; what is the charge?

- A. Obstruction
- B. Resisting arrest
- C. Disorderly conduct
- D. Escape

Answers

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

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Explanations

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1. Which statement about junk food calories is accurate?

- A. Junk food accounts for 18% of daily calories
- B. Junk food accounts for 61% of daily calories**
- C. Junk food accounts for 90%
- D. Junk food is unrelated to calories

The main idea being tested is that junk foods can contribute a large share of the daily calories you consume because they're usually very energy-dense, with a lot of calories packed into relatively small portions due to added fats and sugars. That makes the statement about junk food accounting for about 61% of daily calories the most accurate reflection of how these foods often fit into a typical diet. A figure like 18% would understate how much of the daily energy intake comes from junk foods, 90% would overstate it, and saying junk food has no relation to calories is simply incorrect since every calorie comes from the foods you eat.

2. Which amendments are cited as providing due process protections?

- A. 1st and 2nd
- B. 4th and 8th
- C. 6th and 7th
- D. 5th and 14th**

The main idea here is that due process protections come from amendments that ensure fair treatment by the government in legal proceedings. The Fifth Amendment sets that standard at the federal level, prohibiting the government from depriving anyone of life, liberty, or property without due process of law. It also includes other protections tied to fair procedure, like not forcing someone to testify against themselves and protections against double jeopardy. The Fourteenth Amendment then brings those protections to actions by state governments, saying that no state shall deny any person the equal protection of the laws and, critically, that due process must be observed by the states as well. This combination—federal due process from the Fifth and state-level due process from the Fourteenth—is why these two amendments are cited for due process protections. Other amendments protect specific rights (for example, freedoms of speech and religion, protection against unreasonable searches, and rights to a fair trial or jury in certain cases). While these are important and related to fair treatment, they aren't the broad due process guarantees in the same way that the Fifth and Fourteenth are.

3. Trans fat has been shown to increase the risk of which condition?

- A. Diabetes
- B. Cardiovascular disease**
- C. Asthma
- D. Skin cancer

Trans fats raise LDL cholesterol while lowering HDL cholesterol, and they promote inflammation and damage to the lining of arteries. This combination accelerates the development of atherosclerosis, where plaques build up and can block blood flow, leading to heart attacks and strokes. Because of this direct impact on heart and blood vessels, trans fats are linked to a higher risk of cardiovascular disease. They aren't a primary driver of asthma or skin cancer, and while overall diet can influence diabetes risk, the strongest and most direct association for trans fats is with cardiovascular disease.

4. In a food chain, if a predator population declines, what happens to its prey?

- A. Prey decreases
- B. Prey fluctuates widely
- C. Prey increases
- D. No change

Predator-prey dynamics show how predators regulate prey populations. When predators are fewer, there's less predation pressure, so more prey survive and reproduce. This typically leads to a rise in the prey population, at least until resources limit growth. So prey increases. The other possibilities don't fit the common outcome: more predation or instability would push prey down or cause fluctuating cycles, and no change ignores the impact of fewer predators.

5. Colorado Title 18 refers to what?

- A. Offenses, Sentencing
- B. Criminal Procedures
- C. Civil Procedure
- D. Administrative Procedures

The topic being tested is what area Colorado Title 18 covers: crimes and their punishments. Title 18 lays out offenses and the penalties for those offenses, including sentencing guidelines and ranges. It focuses on what actions are illegal and what consequences follow, rather than on how cases are brought, courtroom procedures, or civil or administrative rules. That's why the best choice is the one labeled Offenses, Sentencing. Criminal procedures describe how cases move through the courts (arrests, warrants, trials), civil procedure deals with lawsuits between private parties, and administrative procedures cover agency rulemaking. These areas are governed by different titles or sections, not Title 18.

6. Amendment I protects which rights?

- A. Freedom of speech and religion and peaceably assemble
- B. Right to bear arms
- C. Quartering of troops
- D. Searches and seizures

The main idea tested is the set of civil liberties guaranteed by the First Amendment: freedom of speech, freedom of religion, and the right to peaceably assemble (and to petition the government). Freedom of speech lets you express ideas publicly or privately; freedom of religion protects your right to practice, or not practice, your religion without government interference; and the right to peaceably assemble allows people to gather for protests, demonstrations, or other lawful purposes. The option that includes these specific rights matches what the First Amendment protects. The other options point to rights in other amendments—bearing arms is the Second Amendment, quartering troops is the Third, and searches and seizures are the Fourth.

7. Solve the system: $y = 2x + 1$ and $y = -x + 4$. What is x ?

- A. 0
- B. 1**
- C. 2
- D. -1

Two lines intersect where their y -values are the same for the same x . Since both equations give y in terms of x , set them equal to find that common y : $2x + 1 = -x + 4$. Solve by moving terms: add x to both sides to get $3x + 1 = 4$, then subtract 1 to get $3x = 3$, so $x = 1$. If you plug x back into either equation, you get $y = 3$, so the intersection is $(1, 3)$. Therefore, the x -value that satisfies both lines is 1.

8. What is a Grand Jury Indictment?

- A. The charging document**
- B. The verdict
- C. The arrest warrant
- D. The complaint

A Grand Jury Indictment is the formal charging document that begins criminal charges after a grand jury determines there is probable cause that the defendant committed the offenses. It marks an accusation and moves the case toward arraignment and trial. This is different from a verdict, which decides guilt or innocence after a trial, and from an arrest warrant, which is a court order to arrest someone. It's also different from a complaint, which is a preliminary filing used in some cases without a grand jury. The indictment thus serves as the official charge the defendant must answer to in court.

9. Miranda Rights protect against what?

- A. Double Jeopardy
- B. Self-incrimination**
- C. Right to a speedy trial
- D. Search and seizure without a warrant

Miranda Rights protect against self-incrimination. When someone is in custody and being interrogated, they have the right to know they can remain silent and that anything they say can be used against them in court, plus the right to counsel. This safeguarding comes from the Fifth Amendment, which bars being forced to testify or provide evidence that could convict you. The warnings help ensure a voluntary, not coerced, statement. Other protections exist in other parts of the Constitution: double jeopardy prevents being tried twice for the same offense; the right to a speedy trial is a Sixth Amendment guarantee; and protections against unreasonable searches and seizures (often requiring warrants) come from the Fourth Amendment. But the Miranda focus is specifically on protecting the individual from being forced to incriminate themselves during custodial questioning.

10. During an arrest, a suspect pulls away and resists; what is the charge?

- A. Obstruction
- B. Resisting arrest**
- C. Disorderly conduct
- D. Escape

Resisting arrest is charged when someone actively opposes an officer's attempt to arrest or detain them. In this situation, pulling away while an officer is trying to restrain the suspect is a direct, protective reaction against the arrest process, which fits the definition of resisting arrest because the person is seeking to prevent the officer from completing the lawful duty. Obstruction involves interfering with an officer's duties more broadly, and disorderly conduct centers on disruptive behavior in public rather than the act of resisting during an arrest. Escape would involve fleeing after custody has already been established, not the moment of active resistance during the arrest itself. So the behavior described best matches resisting arrest.

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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://flatrockacademy2.examzify.com>

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

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