

Marine Corps Combat Fitness Test (CFT) Practice Test (Sample)

Study Guide



Everything you need from our exam experts!

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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

- 1. What is a required component of the Combat Fitness Test?**
 - A. A written test**
 - B. The 880-meter run**
 - C. Only strength training**
 - D. A team obstacle course**
- 2. What type of centers does the Marine Corps provide for CFT preparation?**
 - A. Recreational centers**
 - B. Fitness and wellness centers**
 - C. Nutrition centers**
 - D. Medical centers**
- 3. In the individual data section, which of the following is NOT a field that must be filled out?**
 - A. Rank**
 - B. Height**
 - C. Weight**
 - D. Training program**
- 4. What is the significance of the casualty drag in the MUF event?**
 - A. It tests endurance**
 - B. It simulates rescue operations**
 - C. It assesses familiarity with weapons**
 - D. It evaluates teamwork**
- 5. What is the primary focus of the CFT?**
 - A. Team cohesion**
 - B. Individual physical readiness**
 - C. Leadership capabilities**
 - D. Strategic planning**

- 6. What is the purpose of the lead monitor during the MTC?**
- A. Ensure that participants are calm and relaxed**
 - B. Describe the objective and explain the purpose of the course**
 - C. Provide a safety briefing before the event**
 - D. Count the number of completed laps**
- 7. What injuries can occur during the AL if participants are not fit or use improper form?**
- A. Only muscle strains**
 - B. Bruises and scrapes**
 - C. Lacerations and chipped teeth**
 - D. Severe back injuries**
- 8. Which of the following risks should be assessed for the CFT?**
- A. Location of all Marine Corps bases**
 - B. Access to indoor facilities**
 - C. The number of previous CFT attempts**
 - D. The physical fitness level of officers only**
- 9. What is one requirement during the high crawl exercise?**
- A. Only use arms for movement**
 - B. Maintain contact on the ground with elbows, knees, and torso**
 - C. Keep legs straight at all times**
 - D. Perform the crawl at a rapid pace**
- 10. What is the total distance of the Maneuver Under Fire (MUF) course?**
- A. 100 meters**
 - B. 200 meters**
 - C. 300 meters**
 - D. 400 meters**

Answers

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

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Explanations

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1. What is a required component of the Combat Fitness Test?

- A. A written test
- B. The 880-meter run**
- C. Only strength training
- D. A team obstacle course

The 880-meter run is a required component of the Combat Fitness Test (CFT). This distance assesses a Marine's stamina and cardiovascular endurance, which are crucial for the physical demands they may encounter in combat situations. The CFT is designed to evaluate a Marine's ability to perform in a combat environment, and running is a fundamental physical activity that significantly impacts overall performance and endurance in various operational scenarios. In contrast, the other options do not align with the structure of the CFT. A written test does not gauge physical fitness, while focusing solely on strength training overlooks essential endurance and mobility aspects tested in the CFT. A team obstacle course, while useful for developing unit cohesion and tactical skills, is not a specific requirement of the CFT. Thus, the 880-meter run is integral to the holistic assessment of a Marine's combat readiness.

2. What type of centers does the Marine Corps provide for CFT preparation?

- A. Recreational centers
- B. Fitness and wellness centers**
- C. Nutrition centers
- D. Medical centers

The Marine Corps provides fitness and wellness centers specifically designed to aid in CFT preparation. These centers focus on enhancing physical fitness through well-structured programs that emphasize strength, endurance, and overall wellness, which are crucial components of the Combat Fitness Test. The facilities typically offer various resources, such as workout equipment, fitness classes, and personal training, all tailored to support Marines in achieving optimal performance during their physical assessments. Utilizing these centers allows Marines to access expert guidance and fitness resources that align with their training needs, leading to improved test results and overall physical readiness. This approach reflects the Marine Corps' commitment to maintaining the health and fitness of its personnel.

3. In the individual data section, which of the following is NOT a field that must be filled out?

- A. Rank**
- B. Height**
- C. Weight**
- D. Training program**

In the context of the individual data section for the Marine Corps Combat Fitness Test, the fields that must be filled out are critical for ensuring that all participants are accurately recorded and evaluated. Rank, height, and weight are essential pieces of information that are necessary for assessing the physical readiness and health of Marines. These details help to categorize individuals appropriately and allow for fair comparison and analysis. The training program, while potentially relevant for broader context or tracking individual progress, is not a mandatory field that must be completed in the individual data section of the CFT. This means that Marines can complete the CFT without needing to provide information about their specific training programs, which emphasizes the focus on the essential metrics of rank, height, and weight.

4. What is the significance of the casualty drag in the MUF event?

- A. It tests endurance**
- B. It simulates rescue operations**
- C. It assesses familiarity with weapons**
- D. It evaluates teamwork**

The significance of the casualty drag in the Maneuver Under Fire (MUF) event is that it simulates rescue operations. This component is designed to replicate the realistic scenario where a Marine may need to carry or drag an injured comrade to safety under combat conditions. By incorporating this element into the CFT, the training emphasizes the importance of physical readiness and the skills necessary for effective rescue and recovery in a high-stress environment. It not only evaluates individual physical capabilities but also reinforces the critical mission of preserving life during operations. This realism is essential for ensuring that Marines are prepared for the challenges they may face in the field, where every second counts in a rescue situation. The other choices, while related to physical performance, do not fully capture the primary purpose of the casualty drag. Endurance may be tested through the event, but it is not the primary focus. Familiarity with weapons is crucial for combat readiness, but it is not directly assessed by the casualty drag. Teamwork is important in the overall context of military operations but is not specifically evaluated through this individual event.

5. What is the primary focus of the CFT?

- A. Team cohesion
- B. Individual physical readiness**
- C. Leadership capabilities
- D. Strategic planning

The primary focus of the Combat Fitness Test (CFT) is individual physical readiness. This test is designed to assess the physical capabilities of Marines in a variety of critical tasks relevant to combat situations. Components of the CFT, such as the maneuver under fire, include exercises that simulate scenarios a Marine might encounter in the field, ensuring that each individual is prepared to meet the physical demands of their role. By emphasizing individual physical readiness, the CFT ensures that all Marines maintain a level of fitness necessary for both personal performance and overall unit effectiveness during operations. Strong physical conditioning is fundamental for executing tasks efficiently, promoting resilience, and enhancing the capacity to handle the stresses of combat. This focus is essential for maintaining the overall readiness of the Marine Corps and each of its members.

6. What is the purpose of the lead monitor during the MTC?

- A. Ensure that participants are calm and relaxed
- B. Describe the objective and explain the purpose of the course**
- C. Provide a safety briefing before the event
- D. Count the number of completed laps

The purpose of the lead monitor during the Marine Corps Combat Fitness Test (CFT), particularly in the Movement Technique Course (MTC), is to describe the objectives and explain the purpose of the course to the participants. This clarification is essential as it helps ensure that all participants understand what is expected of them and the goals they are striving to achieve during the course. Understanding the objectives enhances focus and performance, aligning participants' efforts with the overall training goals. In this context, while safety briefings are important for any physical training to minimize the risk of injury, the main role of the lead monitor goes beyond that. Instead of simply ensuring participants are relaxed or counting laps, the lead monitor's primary responsibility is to articulate the course's purpose, ensuring that the training is not only effective but that all participants are engaged and informed about the objectives they need to achieve.

7. What injuries can occur during the AL if participants are not fit or use improper form?

- A. Only muscle strains**
- B. Bruises and scrapes**
- C. Lacerations and chipped teeth**
- D. Severe back injuries**

The correct answer pertains to potential injuries during the obstacle course portion of the Combat Fitness Test (CFT), specifically focusing on the types of harm that can arise from a lack of fitness or improper form. Participants who do not have adequate physical conditioning or who execute the course with poor technique can sustain a variety of injuries, including lacerations and chipped teeth. Improper form can lead to falls or collisions with obstacles, increasing the likelihood of cuts or injuries to the mouth and face. The fast-paced and physically demanding nature of the obstacle course amplifies these risks, making it crucial for participants to possess a proper level of fitness and to use correct techniques. On the other hand, while muscle strains, bruises, scrapes, and severe back injuries can certainly occur during such physically exertive activities, the specific focus of this question is on injuries that are more directly associated with the obstacles confronted during the course, making lacerations and chipped teeth a pertinent consideration.

8. Which of the following risks should be assessed for the CFT?

- A. Location of all Marine Corps bases**
- B. Access to indoor facilities**
- C. The number of previous CFT attempts**
- D. The physical fitness level of officers only**

Assessing access to indoor facilities is crucial for the Combat Fitness Test (CFT) because these facilities provide a controlled environment to conduct fitness assessments, especially during inclement weather or extreme temperatures. The availability of indoor spaces can ensure that all participants can complete the test safely and under consistent conditions. This consideration is essential for maintaining uniformity in testing conditions and ensuring that all Marines can perform to the best of their abilities without external factors impacting their performance. Examining the other options, while understanding the location of Marine Corps bases and the number of previous CFT attempts could provide context for logistics and planning, they do not directly relate to the immediate risks associated with conducting the CFT. Similarly, focusing solely on the physical fitness level of officers does not encompass the entire population undertaking the CFT, as it is essential to assess the overall fitness levels of all participants, not just a specific subgroup. Hence, the emphasis on access to indoor facilities stands out as a critical risk factor to assess for the CFT.

9. What is one requirement during the high crawl exercise?

- A. Only use arms for movement**
- B. Maintain contact on the ground with elbows, knees, and torso**
- C. Keep legs straight at all times**
- D. Perform the crawl at a rapid pace**

Maintaining contact on the ground with elbows, knees, and torso during the high crawl exercise is essential for several reasons. This technique ensures that the body remains low to the ground, making it more difficult for an enemy to detect a Marine while in a prone position. Keeping these points of contact provides stability and balance, allowing for smoother and more controlled movements. Furthermore, this method effectively simulates the tactical, low-profile movement necessary in combat situations, enhancing the overall effectiveness of the exercise. Proper form and mechanics help to reduce the risk of injury and improve the ability to navigate challenging terrains while staying concealed. This focus on maintaining contact is foundational in developing the coordination and agility required in real-life scenarios.

10. What is the total distance of the Maneuver Under Fire (MUF) course?

- A. 100 meters**
- B. 200 meters**
- C. 300 meters**
- D. 400 meters**

The total distance of the Maneuver Under Fire (MUF) course is indeed 300 meters. This aspect of the Marine Corps Combat Fitness Test is designed to evaluate a Marine's ability to perform under physical and mental stress. The MUF course includes a series of tasks that simulate scenarios a Marine might encounter in a combat environment, such as maneuvering under fire, executing tactical movements, and carrying equipment. The distance of 300 meters ensures that the course adequately tests the endurance and agility of the Marines while also allowing for a realistic simulation of potential combat conditions. It is essential for measuring not just the physical capabilities, but also decision-making and teamwork in a concise span. The design is critical to preparing Marines for real-world challenges they may face in the field.

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://marinecorpscombatfitness.examzify.com>

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