

# Navy Basic Military Requirements (BMR) 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**

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- 1. How often should HVE and saliva ejector tubing and cuspidor be flushed with a cleaning solution?**
  - A. Daily**
  - B. Weekly**
  - C. Monthly**
  - D. Quarterly**
- 2. Which entity provides guidelines for ensuring healthcare provider conduct is upheld in the Navy?**
  - A. BUMED**
  - B. US Navy Regulations**
  - C. Military Justice Code**
  - D. Department of Defense**
- 3. According to the Tuberculosis Control Program guidance, a positive result on the tuberculin skin test (TST) is recorded for induration of how many mm or more?**
  - A. 5**
  - B. 10**
  - C. 15**
  - D. 20**
- 4. What technique should be utilized to safely recap anesthetic needles?**
  - A. Two-handed method**
  - B. One handed "scoop"**
  - C. Pinching method**
  - D. Cap-and-flip technique**
- 5. What is the maximum percentage of total calories from saturated fat that menu planners can serve in military dining facilities?**
  - A. 5%**
  - B. 10%**
  - C. 15%**
  - D. 20%**

**6. NAVMEDLOGCOM programs the replacement of AMAL and ADAL equipment with an acquisition cost of what amount or more?**

- A. \$1,000
- B. \$5,000
- C. \$10,000
- D. \$15,000

**7. What is the primary component of living matter that is recognized as the basic building block of life?**

- A. Tissue
- B. Cells
- C. Atoms
- D. Molecules

**8. What cells help to feed the brain and make up the Blood Brain Barrier?**

- A. Astrocytes
- B. Neurons
- C. Oligodendrocytes
- D. Microglia

**9. What are agents called that are used to disinfect inanimate objects and primarily have germicidal action?**

- A. Antiseptics
- B. Cleansers
- C. Disinfectants
- D. Sanitizers

**10. How many times per year does the NAP3C formally convene?**

- A. 1
- B. 2
- C. 3
- D. 4

## **Answers**

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

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## **Explanations**

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**1. How often should HVE and saliva ejector tubing and cuspidor be flushed with a cleaning solution?**

- A. Daily**
- B. Weekly**
- C. Monthly**
- D. Quarterly**

HVE (High-Volume Evacuator) and saliva ejector tubing, along with the cuspidor, should be flushed with a cleaning solution weekly to ensure optimal hygiene and functionality. This frequent cleaning helps prevent the buildup of biofilm and debris, which can lead to contamination and potential health risks in a clinical setting. Regular maintenance is vital in a dental environment where cleanliness directly affects patient safety and the effectiveness of procedures. Flushing these components weekly is particularly important as it aligns with best practices for infection control and equipment maintenance, ensuring that the systems remain clean and free of obstructions that could compromise their performance during dental procedures.

**2. Which entity provides guidelines for ensuring healthcare provider conduct is upheld in the Navy?**

- A. BUMED**
- B. US Navy Regulations**
- C. Military Justice Code**
- D. Department of Defense**

BUMED, or the Bureau of Medicine and Surgery, is the correct entity responsible for providing guidelines that ensure healthcare provider conduct is upheld in the Navy. BUMED establishes policies, standards, and practices that govern the quality of medical care and ethical behavior expected from healthcare providers within the Navy. This includes ensuring that medical personnel adhere to professional standards and regulatory requirements that safeguard both patient care and the integrity of the healthcare system. The other entities, while they may play significant roles in the broader regulatory framework of military conduct, do not specifically focus on healthcare provider conduct. US Navy Regulations cover a wide range of aspects related to naval service and behavior, but they do not provide the same specialized guidelines for healthcare personnel as BUMED does. The Military Justice Code pertains to the legal and judicial processes within the military context, addressing offenses and punishments but lacking the specific healthcare focus. The Department of Defense oversees a vast array of military activities and policies but relies on subordinate entities like BUMED to address specific areas like healthcare provider conduct.

**3. According to the Tuberculosis Control Program guidance, a positive result on the tuberculin skin test (TST) is recorded for induration of how many mm or more?**

- A. 5**
- B. 10**
- C. 15**
- D. 20**

A positive result on the tuberculin skin test (TST) is recorded for induration of 10 mm or more. This threshold is significant because it indicates a higher likelihood of tuberculosis infection, especially in individuals with varying risk factors. The TST measures the immune response to a protein derived from the tuberculosis bacteria; if a person has been exposed, their body will react with swelling at the test site. The 10 mm measurement is particularly important in assessing populations who may be at increased risk for tuberculosis, including those who have had recent contact with infectious TB cases, individuals with weakened immune systems, or those with certain medical conditions. The lower thresholds, such as 5 and 15 mm, are used as well, but they apply to specific groups with unique risk factors. For instance, a 5 mm induration may be considered positive for HIV-positive individuals or others with severe immunosuppression, while 15 mm is regarded as a positive response for individuals with no known risk factors. However, for a general population without these specific conditions, 10 mm serves as the standard cut-off for positivity in the TST.

**4. What technique should be utilized to safely recap anesthetic needles?**

- A. Two-handed method**
- B. One handed "scoop"**
- C. Pinching method**
- D. Cap-and-flip technique**

The one-handed "scoop" method is the preferred technique for recapping anesthetic needles because it greatly reduces the risk of needle-stick injuries. This method involves laying the needle cap on a flat surface and using a single hand to scoop the cap onto the needle. By employing only one hand, the other hand is kept safely away from the sharp end of the needle, minimizing the chance of an accidental puncture to the user. This technique is recognized in medical safety protocols as it helps to ensure that recapping is done without direct handling of the needle's sharp end, which is important for both the safety of the healthcare provider and the patients they serve. Using this method can also facilitate a quicker, more controlled action compared to methods that involve two-handed techniques or pinching, which can increase the likelihood of mishaps. In contrast, other techniques like the two-handed method pose a higher risk of injury as both hands are in close proximity to the sharp needle during the recapping process. The cap-and-flip technique can lead to potential exposure during execution, and the pinching method also carries an increased risk of accidental needle contact. Therefore, the one-handed "scoop" method stands out as the safest and most effective way to recap needles in medical

**5. What is the maximum percentage of total calories from saturated fat that menu planners can serve in military dining facilities?**

- A. 5%
- B. 10%**
- C. 15%
- D. 20%

The maximum percentage of total calories from saturated fat that menu planners can serve in military dining facilities is set at 10%. This guideline is important in order to promote overall health and wellness among military personnel. Limiting saturated fat intake helps to reduce the risk of chronic diseases such as heart disease and high cholesterol. By maintaining this standard, the goal is to support the dietary needs of service members, ensuring they receive balanced nutrition for optimal performance in their roles. The 10% threshold is based on recommendations from dietary guidelines and is designed to foster a healthier diet while still providing a variety of food options.

**6. NAVMEDLOGCOM programs the replacement of AMAL and ADAL equipment with an acquisition cost of what amount or more?**

- A. \$1,000
- B. \$5,000**
- C. \$10,000
- D. \$15,000

The correct amount for the replacement of AMAL (Afloat Medical Asset List) and ADAL (Ashore Medical Asset List) equipment, as programmed by NAVMEDLOGCOM, is \$5,000 or more. This threshold indicates that any equipment with an acquisition cost above this amount qualifies for a structured replacement program, ensuring that operational readiness and medical capabilities are maintained effectively. The significance of this value lies in budget management, resource allocation, and ensuring that medical units can efficiently replace essential equipment as needed while operating within financial guidelines. This allows for a focus on essential medical readiness and the timely replacement of critical assets without becoming overly burdened by costs.

**7. What is the primary component of living matter that is recognized as the basic building block of life?**

- A. Tissue**
- B. Cells**
- C. Atoms**
- D. Molecules**

Cells are recognized as the basic building block of life because they are the fundamental unit of structure and function in all living organisms. Every living organism, from the simplest bacteria to complex multicellular organisms like humans, is composed of cells. They carry out essential processes necessary for growth, reproduction, and maintenance of homeostasis. Cells can exist as unicellular organisms, like amoebas and bacteria, or they can form part of larger multicellular organisms that exhibit specialization and organization, such as tissues and organs. This cellular organization allows for complex life forms to maintain different functions and systems, emphasizing the cell's role as the fundamental unit of life. While atoms and molecules are essential components of cells, they themselves do not have the characteristics of life. Atoms combine to form molecules, which in turn make up the cellular structures, but it is the cell that embodies the properties critical for biological functions.

**8. What cells help to feed the brain and make up the Blood Brain Barrier?**

- A. Astrocytes**
- B. Neurons**
- C. Oligodendrocytes**
- D. Microglia**

Astrocytes are a type of glial cell in the central nervous system that play a critical role in supporting and protecting neurons. They help to maintain the blood-brain barrier, which is essential for regulating the environment of the brain and ensuring that harmful substances in the blood do not enter the brain tissue. Astrocytes facilitate the transport of nutrients from the bloodstream to neurons and contribute to the structural integrity of the blood-brain barrier by forming tight junctions with endothelial cells. This protective barrier is vital for maintaining the brain's homeostasis and overall function, making astrocytes crucial for both nutrient supply and protection of neural tissue.

**9. What are agents called that are used to disinfect inanimate objects and primarily have germicidal action?**

- A. Antiseptics**
- B. Cleansers**
- C. Disinfectants**
- D. Sanitizers**

The term that describes agents used to disinfect inanimate objects and primarily exhibit germicidal action is "disinfectants." These substances are specifically formulated to destroy or inactivate harmful microorganisms on surfaces that do not involve living tissue. Disinfectants are essential in various settings, including hospitals, laboratories, and homes, where maintaining a sterile environment is crucial to prevent the spread of infections and diseases. Antiseptics, on the other hand, are designed for use on living tissues, such as skin, to inhibit the growth of microorganisms. Cleansers refer to products used for cleaning surfaces and may not necessarily have germicidal properties. Sanitizers reduce the number of pathogens on surfaces but do not typically achieve the same level of microbial destruction as disinfectants. Therefore, amongst these terms, "disinfectants" specifically denotes the agents which are used to disinfect inanimate objects with a focus on their germicidal capabilities.

**10. How many times per year does the NAP3C formally convene?**

- A. 1**
- B. 2**
- C. 3**
- D. 4**

The correct answer indicates that the NAP3C, which refers to the Navy Advanced Physical Readiness Program (NAP3C), formally convenes two times per year. This regular schedule allows for consistent evaluation and oversight of the program's goals and performance metrics, ensuring that physical readiness standards are maintained throughout the Navy. By convening twice annually, the program can effectively assess ongoing developments and make necessary adjustments to enhance training and performance outcomes. This frequency strikes a balance between allowing sufficient time for data collection and changes, while ensuring accountability and oversight in the advancement of Navy physical readiness.

# 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](mailto:hello@examzify.com).**

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

**<https://navybmr.examzify.com>**

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

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