

NAVY BASIC MILITARY REQUIREMENTS (BMR) PRACTICE TEST (SAMPLE)

STUDY GUIDE



**SAMPLE STUDY GUIDE
WITH LIMITED QUESTIONS**

**VISIT US ONLINE FOR
THE FULL VERSION STUDY GUIDE**

<https://navybmr.examzify.com>



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	15

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. Which flag code signifies "I am taking in, discharging, or carrying dangerous materials"?**
 - A. Delta
 - B. Bravo
 - C. Foxtrot
 - D. Golf

- 2. What form is used to order corrective prescription eye-wear?**
 - A. DD Form 770
 - B. DD Form 771
 - C. DD Form 772
 - D. DD Form 773

- 3. Which of the following is classified as a reportable medical event within the Department of the Navy?**
 - A. Skin rash
 - B. Cold
 - C. Syphilis
 - D. Allergy

- 4. Rigor mortis occurs as early as how many minutes after death?**
 - A. 5
 - B. 10
 - C. 15
 - D. 20

- 5. What does NICN stand for in the context of Navy supply management?**
 - A. Navy Item Catalog Number
 - B. Navy Inventory Control Number
 - C. Navy Integrated Control Number
 - D. Navy Item Code Number

- 6. At which level of war is the Marine Forces (MARFOR) primarily focused?**
- A. Tactical
 - B. Strategic
 - C. Operational
 - D. Logistical
- 7. What large triangular muscle forms the prominent chest muscle?**
- A. Pectoralis major
 - B. Latissimus dorsi
 - C. Deltoid
 - D. Rectus abdominis
- 8. Why is it important to test vaccine storage alarms frequently?**
- A. To monitor employee performance
 - B. To ensure vaccine efficacy
 - C. To comply with financial regulations
 - D. To prepare for audits
- 9. What is the painless sore called that is the first sign of syphilis?**
- A. Lesion
 - B. Chancre
 - C. Ulcer
 - D. Wart
- 10. What is the highest promotion recommendation that can be given to Ensign and lieutenant junior grade on their FITREPs for non-Limited Duty Officer designators?**
- A. p
 - B. q
 - C. r
 - D. s

Answers

SAMPLE

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

SAMPLE

Explanations

SAMPLE

1. Which flag code signifies "I am taking in, discharging, or carrying dangerous materials"?

- A. Delta
- B. Bravo**
- C. Foxtrot
- D. Golf

The flag code that signifies "I am taking in, discharging, or carrying dangerous materials" is Bravo. This flag is part of the International Code of Signals and is specifically recognized for indicating the presence of hazardous materials on a vessel. The flag itself is a solid blue and is crucial for ensuring safety and communication at sea, particularly in instances where cargo may pose risks to other ships or personnel. Understanding the significance of this flag is essential for maintaining maritime safety protocols and effective communication in naval operations.

2. What form is used to order corrective prescription eye-wear?

- A. DD Form 770
- B. DD Form 771**
- C. DD Form 772
- D. DD Form 773

The correct answer is B, DD Form 771, which is specifically designated for the order of corrective prescription eyewear. This form is utilized within the military to ensure that personnel receive appropriate eye care and the necessary eyewear based on their prescribed vision needs. It plays a critical role in maintaining the operational readiness of service members by addressing visual impairments that may affect their performance. The importance of this form lies in its standardization across the Department of Defense, facilitating a streamlined process for acquiring corrective lenses and ensuring compliance with military specifications. Understanding the use of DD Form 771 is essential for healthcare personnel involved in providing eye care services within military settings.

3. Which of the following is classified as a reportable medical event within the Department of the Navy?

- A. Skin rash
- B. Cold
- C. Syphilis**
- D. Allergy

The identification of syphilis as a reportable medical event within the Department of the Navy is based on the serious nature and potential implications of the condition. Syphilis is a sexually transmitted infection that can lead to severe health complications if left untreated, including long-term cardiovascular and neurological damage. Reportable medical events are those conditions that could impact the health of personnel and mission readiness and often require tracking and management to prevent outbreaks and ensure appropriate treatment and reporting protocols are followed. The focus on syphilis aligns with public health initiatives aimed at early identification and intervention to curb the spread of sexually transmitted infections within the military population. In contrast, skin rashes, colds, and allergies typically do not require the same level of public health intervention or monitoring since they are more common and less likely to affect large groups or have significant long-term health impacts.

4. Rigor mortis occurs as early as how many minutes after death?

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

Rigor mortis typically begins to set in within approximately 10 to 15 minutes after death. The process is initiated by the biochemical changes occurring in the muscles as the body starts to break down without the circulation of blood, which delivers oxygen and removes waste products. In this timeframe, the body experiences muscle stiffening due to the depletion of ATP (adenosine triphosphate), which is essential for muscle relaxation. This stiffening can be observed in both small and large muscle groups, spreading gradually throughout the body. The other options suggest earlier times (5 minutes) or slightly later than the typical onset (15 or 20 minutes), which do not align with the widely accepted biological processes involved in rigor mortis. Hence, the timeframe of around 10 minutes directly correlates with these physiological changes postmortem, making it the most accurate choice.

5. What does NICN stand for in the context of Navy supply management?

- A. Navy Item Catalog Number
- B. Navy Inventory Control Number**
- C. Navy Integrated Control Number
- D. Navy Item Code Number

The correct answer is Navy Inventory Control Number, which refers to the unique identification number assigned to manage and track inventory within the Navy's supply system. This number is critical for ensuring accurate inventory management, helping to monitor stock levels, and facilitating the ordering and distribution of supplies and equipment. Using the NICN, personnel can effectively account for items, ensuring that the Navy has the necessary materials on hand to maintain operational readiness. This systemized approach to supply management helps streamline processes and improve logistical efficiency, making it an essential aspect of Navy operations.

6. At which level of war is the Marine Forces (MARFOR) primarily focused?

- A. Tactical
- B. Strategic
- C. Operational**
- D. Logistical

The Marine Forces (MARFOR) are primarily focused at the operational level of war. This level serves as a bridge between the tactical and strategic levels, where plans and operations are developed to achieve national and theater objectives. In an operational environment, MARFOR focuses on conducting campaigns and major operations that integrate various assets and capabilities across multiple engagements. By operating at this level, MARFOR can effectively coordinate between different service branches and units to ensure that actions taken in the tactical arena — such as battles and engagements — align with the broader strategic goals of military and national policy. This operational focus allows MARFOR to effectively manage resources, command and control, logistics, and maneuver forces within a theater of operations. While the tactical level involves specific battles and actions executed by forces, and the strategic level encompasses the overall direction of military forces to meet national objectives, MARFOR's emphasis on the operational level prioritizes the planning and execution of operations that ultimately support higher-level strategic aims.

7. What large triangular muscle forms the prominent chest muscle?

- A. Pectoralis major**
- B. Latissimus dorsi
- C. Deltoid
- D. Rectus abdominis

The pectoralis major is indeed the large triangular muscle that forms the prominent chest muscle. This muscle plays a crucial role in the movement of the shoulder joint, allowing for actions such as pushing, lifting, and throwing. Its size and location contribute to the muscular appearance of the chest, often making it a focal point in discussions of upper body strength and aesthetics in physical fitness and bodybuilding. Understanding the anatomy surrounding the chest region enhances the recognition of the pectoralis major's importance not only in athletic activities but also in various physical tasks. This muscle is essential for exercises like bench presses, push-ups, and other movements that engage the upper body. The other muscles listed do not contribute to the prominence of the chest in the same way. The latissimus dorsi is a broad muscle of the back, which aids in movements of the shoulders but does not form the chest. The deltoid is located around the shoulder and is responsible for shoulder movements, while the rectus abdominis is part of the abdominal area and is not associated with the chest at all. Each of these muscles has its distinct roles in anatomy and movement but lacks the visibility and prominence that the pectoralis major provides to the chest region.

8. Why is it important to test vaccine storage alarms frequently?

- A. To monitor employee performance
- B. To ensure vaccine efficacy**
- C. To comply with financial regulations
- D. To prepare for audits

Testing vaccine storage alarms frequently is crucial to ensure vaccine efficacy. Vaccines are highly sensitive to temperature changes, and improper storage conditions can lead to a loss of potency. Regular testing of the alarms helps verify that the storage unit is functioning correctly and that vaccines are maintained within the required temperature range. This practice not only safeguards public health by ensuring that administered vaccines are effective but also helps in minimizing waste and financial loss due to spoiled vaccines. While there may be other reasons for monitoring alarms, such as preparing for audits or ensuring compliance with regulations, the primary focus in the context of vaccine efficacy is to protect the integrity of the vaccines being stored and to provide effective protection against diseases.

9. What is the painless sore called that is the first sign of syphilis?

- A. Lesion
- B. Chancre**
- C. Ulcer
- D. Wart

The first sign of syphilis is referred to as a chancre. This is a painless sore that typically appears at the site where the bacteria enter the body, often during the primary stage of syphilis. Chancres are usually round and firm, and while they are not painful, they are significant as they indicate the presence of syphilis infection. Recognizing and treating a chancre early is crucial for preventing the progression of the disease to its later stages, which can lead to more severe health issues. Lesion and ulcer are more general terms that can refer to any abnormal tissue change or sore, but they do not specifically identify the characteristic sore associated with syphilis. Warts refer to growths caused by human papillomavirus (HPV) and are unrelated to syphilis. Understanding the specific characteristics of a chancre helps in the diagnosis and management of syphilis.

10. What is the highest promotion recommendation that can be given to Ensign and lieutenant junior grade on their FITREPs for non-Limited Duty Officer designators?

A. p

B. q

C. r

D. s

The highest promotion recommendation that can be assigned to Ensigns and Lieutenant Junior Grades in non-Limited Duty Officer designators on their Fitness Reports (FITREPs) is "p." This promotion recommendation represents "Promote" and indicates that the individual is ready for promotion to the next rank based on their performance and potential. In the context of the Navy's evaluation system, the letter ratings help convey the individual's readiness for advancement. Non-Limited Duty Officers are evaluated under different criteria compared to Limited Duty Officers, which affects the scoring process. Higher rating designations such as "q" (Promote with consideration) or "r" (Promote with reservations) are not applicable for Ensigns and Lieutenant Junior Grades. The system is designed to encourage the growth of junior officers while maintaining standards for advancement based on their capabilities in leadership and performance.

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://navybmr.examzify.com>

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

SAMPLE