

NAVY SPECIAL WARFARE PRACTICE TEST (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 type of missions are NOT typically undertaken by NSW?**
 - A. Counterterrorism
 - B. Unconventional Warfare
 - C. Cultural Diplomacy
 - D. Direct Action
- 2. What is the team composition of Navy Combat Demolitions Units (NCDUs)?**
 - A. Four-man teams
 - B. Six-man teams
 - C. Eight-man teams
 - D. Twelve-man teams
- 3. What is the payload capacity of the SEAL Delivery Vehicle (SDV)?**
 - A. Equipment for up to four combat swimmers
 - B. Equipment for up to six combat swimmers
 - C. Equipment for up to eight combat swimmers
 - D. Unlimited equipment for any number of swimmers
- 4. What significant losses did NCDUs sustain during Operation OVERLOAD?**
 - A. 15 dead and 20 wounded
 - B. 31 dead and 60 wounded
 - C. 50 dead and 80 wounded
 - D. 10 dead and 40 wounded
- 5. Which operations did SEALs take part in during 1990-1991?**
 - A. Operation ENDURING FREEDOM and Operation IRAQI FREEDOM
 - B. Operation DESERT SHIELD and Operation DESERT STORM
 - C. Operation JUST CAUSE and Operation IRAQI FREEDOM
 - D. Operation PHANTOM FURY and Operation EL DORADO
- 6. What is the primary function of Navy Combat Demolitions Units (NCDUs)?**
 - A. Provide logistics support for naval deployments
 - B. Conduct underwater reconnaissance and demolition
 - C. Assist in air support operations
 - D. Serve as medical support teams

- 7. What type of operations is NSWG 4 organized for?**
- A. Covert operations
 - B. Maritime mobility
 - C. Cyber warfare
 - D. Aerial surveillance
- 8. What is a "sandbag carry," and why is it practiced by SEALs?**
- A. It's a leisure exercise for relaxation
 - B. It's primarily for building navigation skills
 - C. It builds strength and simulates carrying equipment in combat
 - D. It is for improving swimming techniques
- 9. Which term refers to the practices aimed at improving national security within a foreign nation?**
- A. Foreign Internal Defense
 - B. Counterinsurgency
 - C. Conventional war tactics
 - D. Peacekeeping missions
- 10. Why are teamwork drills important in SEAL training?**
- A. To create friendly competition among team members
 - B. To develop communication and collaboration skills
 - C. To emphasize individual performance
 - D. To minimize team engagement

Answers

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

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Explanations

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1. Which type of missions are NOT typically undertaken by NSW?

- A. Counterterrorism
- B. Unconventional Warfare
- C. Cultural Diplomacy**
- D. Direct Action

Cultural Diplomacy is not typically undertaken by Navy Special Warfare (NSW) units. These units are primarily designed to execute high-intensity military operations that focus on direct engagement with adversaries, such as counterterrorism, unconventional warfare, and direct action missions. Counterterrorism involves operations aimed specifically at preventing, responding to, and dismantling terrorist threats. Unconventional warfare refers to the use of irregular forces to undermine or overthrow a regime or opposing force, often through guerrilla tactics and support for local insurgencies. Direct action encompasses short-duration strikes and other low-visibility operations aimed at achieving specific tactical objectives, such as capturing or killing a high-value target. Cultural diplomacy, on the other hand, involves fostering mutual understanding and cooperation between different cultures and nations. It is more aligned with diplomatic and soft power strategies rather than the aggressive, combat-focused capabilities of NSW, which are centered on immediate military objectives and direct confrontation. Therefore, cultural diplomacy does not fit into the operational scope of NSW missions.

2. What is the team composition of Navy Combat Demolitions Units (NCDUs)?

- A. Four-man teams
- B. Six-man teams**
- C. Eight-man teams
- D. Twelve-man teams

Navy Combat Demolitions Units (NCDUs) are specifically structured to operate effectively in various environments and accomplish their mission objectives. The standard team composition is six-man teams, which enables the unit to maintain operational flexibility and cohesion during missions. This size strikes a balance between effective resource management, manpower, and the ability to engage in both covert and overt operations. Each member of the six-man team plays a critical role, ensuring that different skill sets are represented to handle the diverse challenges faced during missions, such as demolitions, reconnaissance, and combat operations. The six-man team structure also allows for effective communication and coordination while minimizing the complexity of command and control in high-stress scenarios.

3. What is the payload capacity of the SEAL Delivery Vehicle (SDV)?

- A. Equipment for up to four combat swimmers
- B. Equipment for up to six combat swimmers**
- C. Equipment for up to eight combat swimmers
- D. Unlimited equipment for any number of swimmers

The payload capacity of the SEAL Delivery Vehicle (SDV) is designed to accommodate specialized equipment and personnel, specifically catering to the operational requirements of Navy SEAL missions. The correct response indicates that the SDV can transport equipment for up to six combat swimmers, reflecting its intended use in maritime operations. This capacity allows for a balanced load between personnel and gear necessary for various underwater tasks such as reconnaissance, insertion, and extraction missions. The design of the SDV incorporates factors such as space, weight, and operational readiness, ensuring it can effectively support its mission parameters while remaining stealthy and maneuverable. This figure underscores the SDV's capability to deploy a tactical team with adequate gear while maintaining the necessary operational security and stealth that is vital during covert missions. Understanding the SDV's specific payload capacity is essential for planning and executing successful operations in hostile environments.

4. What significant losses did NCDUs sustain during Operation OVERLOAD?

- A. 15 dead and 20 wounded
- B. 31 dead and 60 wounded**
- C. 50 dead and 80 wounded
- D. 10 dead and 40 wounded

During Operation OVERLOAD, the Naval Combat Demolition Units (NCDUs) faced substantial risks as they were tasked with clearing beaches in preparation for the Normandy invasion. This operation involved extensive enemy resistance, including entrenched fortifications and defensive obstacles designed to impede the advancing Allied forces. The number "31 dead and 60 wounded" is accurate and reflects the significant sacrifices made by the NCDUs during this crucial operation. These casualties underscore the bravery and critical role of NCDU personnel, who worked under extremely hazardous conditions. Their efforts were vital in ensuring that the landing forces could secure beachheads essential for the success of D-Day. The losses also highlight the intense nature of combat operations and the heavy toll on specialized units tasked with such dangerous objectives. Understanding the scale of these losses provides insights into the challenges faced by the Navy during World War II and emphasizes the importance of the NCDUs' contributions to the overall success of the Operation OVERLOAD mission.

5. Which operations did SEALs take part in during 1990-1991?

- A. Operation ENDURING FREEDOM and Operation IRAQI FREEDOM
- B. Operation DESERT SHIELD and Operation DESERT STORM**
- C. Operation JUST CAUSE and Operation IRAQI FREEDOM
- D. Operation PHANTOM FURY and Operation EL DORADO

During the period of 1990-1991, Navy SEALs were significantly involved in Operation DESERT SHIELD and Operation DESERT STORM, which were critical military campaigns during the Gulf War. Operation DESERT SHIELD commenced in August 1990 as the United States and allied forces mobilized to protect Saudi Arabia from potential invasion by Saddam Hussein's Iraq. The operation involved building a coalition, conducting reconnaissance, and preparing for military action. The SEALs played a crucial role by providing specialized skills in reconnaissance, intelligence gathering, and direct action missions. Following DESERT SHIELD, Operation DESERT STORM began in January 1991, marking the offensive phase aimed at liberating Kuwait. SEALs engaged in various missions that included reconnaissance, sabotage of enemy forces, and aiding in the liberation efforts. Their training in unconventional warfare and maritime operations enabled them to execute high-stakes missions behind enemy lines. The other options reference operations that either occurred at different times or do not align with the historical involvement of SEALs during that specific time frame. Therefore, B accurately reflects the operations in which SEALs participated during the Gulf War period of 1990-1991.

6. What is the primary function of Navy Combat Demolitions Units (NCDUs)?

- A. Provide logistics support for naval deployments
- B. Conduct underwater reconnaissance and demolition**
- C. Assist in air support operations
- D. Serve as medical support teams

The primary function of Navy Combat Demolitions Units (NCDUs) is to conduct underwater reconnaissance and demolition. NCDUs were specifically established to conduct demolition operations to clear obstacles and conduct reconnaissance for amphibious operations. This includes destroying enemy installations and clearing pathways for the safe passage of naval forces. Their specialized training in underwater demolition techniques enables them to carry out these tasks effectively, often in challenging environments. The emphasis on underwater capabilities distinguishes NCDUs from other units within the military, which may focus on logistics, medical support, or air operations. This unique skill set is vital for ensuring the success of maritime operations, especially in scenarios where surprise and stealth are critical.

7. What type of operations is NSWG 4 organized for?

- A. Covert operations
- B. Maritime mobility**
- C. Cyber warfare
- D. Aerial surveillance

NSWG 4, or Naval Special Warfare Group 4, is primarily organized for maritime mobility operations. This unit focuses on conducting complex operations that enhance maritime lift and logistics — essential capabilities for enabling forces to operate effectively in aquatic environments. Their operations often involve the integration of specialty teams and high-speed vessels that facilitate movements in and around waterways, critical for both strategic deployment and operational success. The emphasis on maritime mobility highlights the group's significant role in ensuring that Navy SEALs and other units can access various theaters of operation, regardless of location, showcasing the importance of naval capabilities in joint and combined operations. Their training and resources are specifically tailored to support these maritime initiatives, ensuring a swift and agile response in various operational contexts.

8. What is a "sandbag carry," and why is it practiced by SEALs?

- A. It's a leisure exercise for relaxation
- B. It's primarily for building navigation skills
- C. It builds strength and simulates carrying equipment in combat**
- D. It is for improving swimming techniques

A "sandbag carry" is an exercise that involves lifting and transporting a sandbag over a distance, which directly simulates the physical demands that Navy SEALs might face during missions. This practice is crucial for building strength, especially in the core and upper body, while also improving endurance. The weight and instability of the sandbag mimic the challenges of carrying various types of equipment in combat situations, such as weapons, ammunition, and supplies. Training with sandbags helps SEALs enhance their ability to maintain operational effectiveness while fatigued, as they would need to do in real-world scenarios. The movement involved in handling sandbags also improves grip strength, stability, and overall physical conditioning, which are essential for the diverse and strenuous activities SEALs encounter in the field. In contrast, options that suggest leisure, navigation skills, or swimming techniques do not accurately reflect the primary purpose of the sandbag carry, which is mainly focused on strength building and simulating combat conditions.

9. Which term refers to the practices aimed at improving national security within a foreign nation?

- A. Foreign Internal Defense**
- B. Counterinsurgency
- C. Conventional war tactics
- D. Peacekeeping missions

Foreign Internal Defense refers to the strategies and practices aimed at enhancing a foreign nation's stability and security. This approach typically involves supporting a country's government in combating internal threats such as insurgencies, terrorism, and civil unrest. The ultimate goal is to strengthen the capacity of the local forces and institutions to restore and maintain order, thereby contributing to the overall national security of that nation. This term encompasses various activities, including training and equipping local military and law enforcement, providing intelligence support, and engaging in community development programs to build trust and collaboration with the local populace. The alignment of these efforts with U.S. national interests often aims to prevent the emergence of conditions that could lead to broader regional instability or conflict. In contrast, counterinsurgency focuses specifically on combating insurgents and restoring government authority, while conventional war tactics involve traditional military engagements against opposing armed forces. Peacekeeping missions typically involve the deployment of international forces to maintain or restore peace in a conflict region, rather than focusing specifically on improving a host nation's internal security.

10. Why are teamwork drills important in SEAL training?

- A. To create friendly competition among team members
- B. To develop communication and collaboration skills**
- C. To emphasize individual performance
- D. To minimize team engagement

Teamwork drills are crucial in SEAL training primarily because they focus on developing communication and collaboration skills among team members. In high-stakes environments, such as those encountered by Navy SEALs, the ability to effectively communicate and work together under pressure is essential. Teamwork drills simulate real-life scenarios where clear communication, trust, and cooperation can significantly impact mission success and the safety of all team members. During these drills, SEAL trainees learn to understand each other's strengths and weaknesses, ensuring that they can depend on one another in critical situations. The drills foster an environment where team members must practice active listening, respond quickly to commands, and adapt to dynamic conditions—all of which are vital for achieving their objectives in the field. This continuous practice builds a strong team dynamic that is necessary for effective mission execution.

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://navyspecialwarfare.examzify.com>

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

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