

PMK-EE E6 RANK PETTY OFFICER 1ST CLASS PRACTICE EXAM (SAMPLE)

STUDY GUIDE



SAMPLE STUDY GUIDE WITH LIMITED QUESTIONS

VISIT US ONLINE FOR
THE FULL VERSION STUDY GUIDE

<https://pmkeee6rankpettyofficer1stclass.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. What is the maximum weight loss level for females recommended per week?**
 - A. 2 pounds
 - B. 1 pound
 - C. 4 pounds
 - D. 3 pounds
- 2. How often should you balance your checkbook at a minimum?**
 - A. Weekly
 - B. Once a month
 - C. Quarterly
 - D. Yearly
- 3. How is the effectiveness of a career development board generally evaluated?**
 - A. Performance reviews
 - B. Member feedback
 - C. Promotion rates
 - D. Retention statistics
- 4. What term is used to refer to Page 1 of the enlisted service record?**
 - A. Enlisted service contract
 - B. Service record summary
 - C. Enlisted record overview
 - D. Personnel data sheet
- 5. Which of the following is a type of preparatory command?**
 - A. Left
 - B. Right
 - C. Forward
 - D. Back

- 6. What is the significance of the NAVPERS 1070/880 form?**
- A. Outlines training requirements
 - B. Lists authorized ribbons for wear
 - C. Documents financial allowances
 - D. Tracks deployment history
- 7. Who is responsible for ensuring necessary preparations during inclement weather?**
- A. Officer of the Deck
 - B. Chief of Naval Operations
 - C. Maintenance Officer
 - D. Operations Officer
- 8. What two strengths should Navy Sailors primarily possess to fight and win America's wars?**
- A. Physical and technical
 - B. Moral and ethical
 - C. Psychological and tactical
 - D. Spiritual and emotional
- 9. After what event can an accused not demand trial by court-martial?**
- A. When charges are preferred
 - B. When non-judicial punishment has been awarded
 - C. When the investigation is complete
 - D. When the accused requests a lawyer
- 10. How many months prior to the high-year tenure (HYT) date should a career development board be held for a sailor?**
- A. 12 months
 - B. 24 months
 - C. 36 months
 - D. 6 months

Answers

SAMPLE

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

SAMPLE

Explanations

SAMPLE

1. What is the maximum weight loss level for females recommended per week?

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

The recommended maximum weight loss level for females is set at 1 pound per week. This recommendation is based on guidelines established by health and nutrition experts, recognizing that a sustainable and healthy rate of weight loss tends to enhance long-term success and promote better overall health outcomes. Losing weight too quickly may lead to loss of lean muscle mass, nutrient deficiencies, and potential negative impacts on metabolic rate. Additionally, a gradual approach to weight loss encourages the adoption of healthy lifestyle changes, such as improved dietary habits and increased physical activity, rather than extreme dieting that may be difficult to maintain. This careful pacing also helps mitigate the risk of regaining lost weight after reaching the desired goal. Therefore, adhering to this guideline of 1 pound per week emphasizes the importance of a balanced and healthy approach to weight management.

2. How often should you balance your checkbook at a minimum?

- A. Weekly
- B. Once a month**
- C. Quarterly
- D. Yearly

Balancing your checkbook at least once a month helps ensure you maintain an accurate record of your bank account activity. This practice allows you to track deposits, withdrawals, and any fees that may have been charged, helping to prevent overdraft situations and catching unauthorized transactions early. Monthly balancing aligns with the frequency of bank statements in many cases, making it easier to reconcile your records with the bank's information and identify discrepancies promptly. By regularly reviewing your account, you can also manage your finances more effectively, budget appropriately, and avoid falling into financial pitfalls. Balancing less frequently, such as quarterly or yearly, significantly increases the risk of errors or missed transactions, which could lead to more serious financial issues.

3. How is the effectiveness of a career development board generally evaluated?

- A. Performance reviews
- B. Member feedback
- C. Promotion rates
- D. Retention statistics**

The effectiveness of a career development board is generally evaluated through retention statistics. This approach focuses on how well the board is able to maintain personnel within the organization or service. Retention statistics provide insights into whether service members feel supported in their career progression and professional development. A high retention rate can suggest that the board is effectively addressing the needs and concerns of members, helping to guide them in their careers and ensuring they feel motivated to continue their service. Career development boards aim to identify potential leaders, ensure that members are on track for promotions, and provide necessary guidance for skill development. When service members feel they are receiving the mentorship and support they need, they are more likely to stay in the organization, thus improving retention rates. This metric ultimately reflects the board's success in fostering an environment conducive to career growth and satisfaction within the ranks.

4. What term is used to refer to Page 1 of the enlisted service record?

- A. Enlisted service contract**
- B. Service record summary
- C. Enlisted record overview
- D. Personnel data sheet

The term that refers to Page 1 of the enlisted service record is indeed the enlisted service contract. This page serves as a summary of the enlisted member's service details and includes essential information such as personal data, service dates, and the terms of enlistment. The term highlights the binding nature of the enlistment agreement between the service member and the military, outlining the obligations and commitments of both parties. While other terms on the list may relate to various documents within the military personnel files, they do not specifically capture the essence of Page 1 of the enlisted service record as accurately as "enlisted service contract." This clarity is essential for understanding where to locate vital information regarding a service member's initial commitment to their military career.

5. Which of the following is a type of preparatory command?

- A. Left
- B. Right**
- C. Forward
- D. Back

A preparatory command serves to alert individuals that a command is about to follow, allowing them to get ready for the upcoming action. In military drills and formations, these commands prepare the personnel for execution. In this context, "Right" is a type of preparatory command as it indicates the direction in which individuals need to orient themselves or prepare to move. While the other choices point to specific movements or actions, they do not serve the same preparatory function as 'Right' does, as they lack the context of indicating an action that is about to be executed. Thus, identifying "Right" as a preparatory command hinges on its role in giving a signal for readiness before an actual command is issued to perform a specific movement.

6. What is the significance of the NAVPERS 1070/880 form?

- A. Outlines training requirements
- B. Lists authorized ribbons for wear**
- C. Documents financial allowances
- D. Tracks deployment history

The NAVPERS 1070/880 form, also known as the "Administrative Remarks" form, serves a crucial purpose in documenting various personal and administrative details for sailors in the Navy. One of its significant uses is to list authorized ribbons for wear, which is vital for recognizing a service member's achievements, qualifications, and service history. Having this information detailed on the NAVPERS 1070/880 ensures clarity and compliance with Navy regulations regarding the wearing of awards and decorations. It provides a standardized way of tracking and validating a sailor's commendations and honors, which is essential for maintaining an accurate military record and is a key part of professional identity within the Navy. This documentation reinforces the importance of acknowledging service and accomplishments while also serving as a reference for promotion boards and other personnel evaluations. Properly documenting authorized ribbons helps maintain the integrity and accountability of service members as they present themselves in both current duties and future opportunities. The other options, while related to essential aspects of a sailor's career and responsibilities, do not reflect the primary purpose of this specific form. The NAVPERS 1070/880 is focused on administrative remarks and recognitions, particularly regarding awards.

7. Who is responsible for ensuring necessary preparations during inclement weather?

- A. Officer of the Deck**
- B. Chief of Naval Operations
- C. Maintenance Officer
- D. Operations Officer

The Officer of the Deck (OOD) holds the primary responsibility for ensuring that necessary preparations are made during inclement weather when a ship is underway or in port. This role includes monitoring weather conditions, implementing safety measures, and ensuring the crew is prepared to respond to any challenges that severe weather might present. The OOD is in charge of the ship's operations and must demonstrate situational awareness to manage potential risks effectively. In this capacity, the OOD communicates with other personnel and departments to coordinate actions such as securing loose items on deck, adjusting navigation plans, and preparing for possible emergencies. This responsibility is crucial for maintaining safety, security, and operational readiness. The other roles, while important, do not have the direct authority or responsibility to oversee weather-related preparations to the same extent as the OOD. The Chief of Naval Operations focuses on broader strategic and operational directives, the Maintenance Officer is concerned with the upkeep of equipment and systems, and the Operations Officer primarily deals with planning missions and operations but not with the direct management of day-to-day shipboard activities. Thus, the OOD's comprehensive role in these specific circumstances is what makes them the correct choice.

8. What two strengths should Navy Sailors primarily possess to fight and win America's wars?

- A. Physical and technical
- B. Moral and ethical**
- C. Psychological and tactical
- D. Spiritual and emotional

The focus on moral and ethical strengths is crucial for Navy Sailors because these qualities underpin the values and conduct expected in military service. The Navy's core values of Honor, Courage, and Commitment are fundamentally rooted in moral and ethical principles. Honor involves being truthful and trustworthy, while courage means doing what is right, even in the face of personal consequences. Commitment refers to devoting oneself to the mission and to the higher ideals of service, which are informed by moral and ethical considerations. Sailors are often placed in situations that challenge their integrity, and the ability to navigate those challenges with a strong moral compass is essential for maintaining trust within the ranks and with the public. Additionally, ethical decision-making becomes critical in combat situations, where the stakes are incredibly high, and actions taken can have profound consequences. Therefore, a foundation of moral and ethical strength is vital for effective leadership, teamwork, and the overall success of military operations.

9. After what event can an accused not demand trial by court-martial?

- A. When charges are preferred
- B. When non-judicial punishment has been awarded**
- C. When the investigation is complete
- D. When the accused requests a lawyer

An individual cannot demand a trial by court-martial after non-judicial punishment has been awarded because this process is meant to provide a means of addressing minor offenses and correcting behavior without resorting to more serious legal proceedings. Non-judicial punishment, often referred to as Captain's Mast or Article 15, allows commanding officers to impose disciplinary measures based on their authority. Once this punishment is imposed and accepted, the opportunity for a court-martial ceases because the non-judicial punishment serves as a resolution to the offense in question. In contrast, preferring charges, completing an investigation, or requesting a lawyer are all procedural steps that allow for the continuation of due process and do not preclude a demand for trial by court-martial. Each of those actions can still lead to further legal proceedings, unlike the acceptance of non-judicial punishment, which finalizes the matter within the disciplinary framework.

10. How many months prior to the high-year tenure (HYT) date should a career development board be held for a sailor?

- A. 12 months
- B. 24 months**
- C. 36 months
- D. 6 months

The correct timeframe for conducting a career development board is 24 months prior to the high-year tenure (HYT) date for a sailor. This timing allows for a proactive approach to career planning and development, ensuring that sailors have ample opportunity to assess their career trajectory, address any potential issues, and take advantage of available opportunities before approaching their HYT limit. Holding the career development board 24 months in advance provides sufficient time to gather pertinent information, set goals, and implement any necessary changes in a sailor's career path. It also aligns with the Navy's emphasis on professional growth and retention, allowing leadership to engage with sailors well ahead of time to discuss their performance and future opportunities within the Navy. This approach demonstrates a commitment to supporting sailors' careers and improving retention rates by providing coaching, mentorship, and guidance during critical points in their service. The 24-month mark ensures that sailors are not rushed into decisions that could impact their career progression significantly.

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://pmkeee6rankpettyofficer1stclass.examzify.com>

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

SAMPLE