

Professional Military Knowledge Eligibility Exam (PMK-EE) For E7 Practice Exam (Sample)

Study Guide



Everything you need from our exam experts!

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	16

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 type of leadership style is characterized by providing more negative than positive feedback?**
 - A. Coercer**
 - B. Coach**
 - C. Democratic**
 - D. Visionary**

- 2. A sexual assault victim's restricted/unrestricted report will be maintained for reference for what minimum number of years?**
 - A. 25**
 - B. 30**
 - C. 35**
 - D. 50**

- 3. What main principle underlies the offering of monthly enlistment extensions?**
 - A. Flexibility of service duration**
 - B. Operational requirements**
 - C. Career advancement**
 - D. Personal development**

- 4. What is a requirement for eligibility into the Limited Duty Officer program?**
 - A. Must have an Associate's Degree**
 - B. Must not have exceeded high year tenure**
 - C. Must have previous LDO experience**
 - D. Must hold a leadership position**

- 5. What is one key requirement to be eligible for the Limited Duty Officer program?**
 - A. Have completed 10 years of service**
 - B. Have not exceeded high year tenure**
 - C. Possess a bachelor's degree**
 - D. Be a current E-7 or above**

- 6. What function in the assignment control system indicates a clearance requirement for a suspected child abuser?**
- A. Warning**
 - B. Flag**
 - C. Alert**
 - D. Notification**
- 7. If a member wishes to submit a statement regarding an evaluation, what is the maximum time period allowed from the date of signing?**
- A. 1 year**
 - B. 6 months**
 - C. 2 years**
 - D. 5 years**
- 8. On the command COUNT OFF, personnel should take which of the following actions?**
- A. All personnel except the right flank member should turn their heads and look to the right**
 - B. All personnel should remain facing forward**
 - C. Right flank member should shout the count**
 - D. All personnel should turn to the left**
- 9. If you are wearing civilian clothes with a ball cap, what action should you take when colors begin?**
- A. Keep your ball cap on**
 - B. Remove ball cap and hold it with right hand over your heart**
 - C. Remove the ball cap and place it on the ground**
 - D. Stand at attention until colors finish**
- 10. What is the minimum number of years of service required to request transfer to the retired list?**
- A. 20 years**
 - B. 25 years**
 - C. 30 years**
 - D. 35 years**

Answers

SAMPLE

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

SAMPLE

Explanations

SAMPLE

1. What type of leadership style is characterized by providing more negative than positive feedback?

- A. Coercer**
- B. Coach**
- C. Democratic**
- D. Visionary**

The leadership style characterized by providing more negative than positive feedback is known as coercive leadership. This approach focuses on controlling team members through demands and the use of negative reinforcement. Leaders who adopt this style often expect compliance and obedience, and they may motivate their team through fear of repercussions for not meeting expectations. Coercive leaders tend to create a high-pressure environment where feedback is predominantly critical, which can lead to a lack of motivation among team members and a negative workplace atmosphere. This contrasts sharply with other leadership styles, such as coaching, which emphasizes guidance and constructive feedback, or democratic, which encourages collaboration and input from team members. The visionary style is focused on inspiring and creating a shared sense of purpose among followers, fostering a more optimistic environment. Thus, the coercive leadership style is distinctly marked by its negative feedback approach, which aims more at compliance than at building a positive and empowered team dynamic.

2. A sexual assault victim's restricted/unrestricted report will be maintained for reference for what minimum number of years?

- A. 25**
- B. 30**
- C. 35**
- D. 50**

The correct answer reflects the policy governing the retention of sexual assault victims' reports within the military framework. Reports classified under restricted or unrestricted status are maintained for a significant duration to ensure that the necessary support and resources can continue to be offered to the victim. This extensive retention period, spanning 50 years, serves crucial purposes: it allows for long-term access to records in order to provide ongoing support to victims, facilitates accountability and oversight in case of future incidents, and ensures compliance with applicable legal and policy requirements. This long retention period underscores the military's commitment to addressing sexual assault, supporting victims, and upholding justice over time. It also ensures that any necessary reviews can be conducted whenever needed, reflecting a commitment to both the well-being of the victims and the integrity of the reporting and response processes.

3. What main principle underlies the offering of monthly enlistment extensions?

- A. Flexibility of service duration**
- B. Operational requirements**
- C. Career advancement**
- D. Personal development**

The correct answer highlights the importance of operational requirements in the context of monthly enlistment extensions. These extensions are primarily a response to the needs of the military in terms of maintaining personnel levels and ensuring that units can effectively carry out their missions. When the military identifies a need for increased manpower due to operations, deployments, or specific tasks that require experienced personnel, it can offer enlistment extensions to ensure that qualified individuals remain available. This approach allows the military to adapt to changing circumstances, ensuring that they have sufficient personnel who possess the necessary skills and training. While flexibility of service duration, career advancement, and personal development are significant considerations in a service member's career, they are secondary to the immediate operational needs that dictate the necessity for such extensions. Thus, the primary principle driving the offering of monthly enlistment extensions is the overarching operational requirements of the military.

4. What is a requirement for eligibility into the Limited Duty Officer program?

- A. Must have an Associate's Degree**
- B. Must not have exceeded high year tenure**
- C. Must have previous LDO experience**
- D. Must hold a leadership position**

For eligibility into the Limited Duty Officer (LDO) program, it is essential that a candidate must not have exceeded high year tenure. High year tenure refers to the maximum time a member can serve in their current pay grade before they must advance or retire. This requirement ensures that candidates for the LDO program are currently active and within the designated time frame to transition into a leadership role effectively. The focus on this criterion is to maintain a rank structure where individuals still serving at their current levels have demonstrated their capability and commitment, thus making them eligible for advancement in a specialized capacity like the LDO program. Keeping within high year tenure also ensures that the Navy can promote individuals who still have substantial service time ahead, benefitting both the individual and the organization.

5. What is one key requirement to be eligible for the Limited Duty Officer program?

- A. Have completed 10 years of service**
- B. Have not exceeded high year tenure**
- C. Possess a bachelor's degree**
- D. Be a current E-7 or above**

To be eligible for the Limited Duty Officer (LDO) program, a key requirement is that an individual must have not exceeded high year tenure. This requirement ensures that candidates are still within the service time limits established for their ranks and maintains a level of competitiveness among potential applicants. High year tenure sets a maximum number of years that personnel can serve in their current rank, which allows the navy to manage career progression effectively and ensure that opportunities are available for newer personnel to advance. While it is true that having a bachelor's degree or being a current E-7 or above may be beneficial, they are not strict eligibility requirements for the LDO program. Additionally, the minimum service time is defined, but it is not restricted to a specific duration like the 10 years mentioned, hence it's critical to focus on the high year tenure aspect for this particular eligibility criterion.

6. What function in the assignment control system indicates a clearance requirement for a suspected child abuser?

- A. Warning**
- B. Flag**
- C. Alert**
- D. Notification**

The function in the assignment control system that indicates a clearance requirement for a suspected child abuser is referred to as a "Flag." In this context, a flag serves as a critical marker within the system to highlight individuals who may pose a risk, especially in cases involving sensitive issues like suspected child abuse. By flagging these cases, personnel can ensure that additional scrutiny and specific clearance requirements are applied before proceeding with any assignments that may involve the individual in question. This mechanism is vital for maintaining safety and compliance with policies designed to protect vulnerable populations, such as children. Other types of indicators, such as alerts or notifications, may serve different purposes in communication or tracking but do not specifically denote a clearance requirement in the same way that a flag does.

7. If a member wishes to submit a statement regarding an evaluation, what is the maximum time period allowed from the date of signing?

- A. 1 year**
- B. 6 months**
- C. 2 years**
- D. 5 years**

The maximum time period allowed for a member to submit a statement regarding an evaluation is two years from the date of signing. This policy is in place to provide service members with a reasonable timeframe to address any concerns or provide additional information related to their evaluations. Allowing two years ensures that members have ample opportunity to reflect on their evaluations and articulate their perspectives, promoting transparency and fairness in the evaluation process. This timeframe also aligns with the importance of maintaining accurate and comprehensive personnel records that can impact a service member's career progression and opportunities within the military.

8. On the command COUNT OFF, personnel should take which of the following actions?

- A. All personnel except the right flank member should turn their heads and look to the right**
- B. All personnel should remain facing forward**
- C. Right flank member should shout the count**
- D. All personnel should turn to the left**

When the command "COUNT OFF" is given, personnel are required to execute a specific action to establish accountability and readiness within the unit. The correct response involves all personnel, except the member on the right flank, turning their heads to the right. This is done to ensure that the count can be audibly communicated from the right flank across the formation. The right flank member is responsible for initiating the count, and by turning their head to the right, the rest of the personnel are also able to see each other and ensure they are aligned in the counting process. This action facilitates clear communication and accountability as each member of the unit responds with their number in succession. Remaining facing forward would prevent the personnel from engaging with the counting process effectively and could lead to confusion. If the right flank member does not shout the count, that part of the process would be compromised. Turning to the left would also be incorrect, as the established protocol is to turn to the right for this command. Overall, this action supports the fundamental aspect of discipline and organization in military formations.

9. If you are wearing civilian clothes with a ball cap, what action should you take when colors begin?

A. Keep your ball cap on

B. Remove ball cap and hold it with right hand over your heart

C. Remove the ball cap and place it on the ground

D. Stand at attention until colors finish

When you are wearing civilian clothes with a ball cap during the playing of colors, the appropriate action is to remove the ball cap and hold it with your right hand over your heart. This action demonstrates respect for the national colors and is in alignment with military customs and courtesies. Holding the ball cap over your heart signifies acknowledgment of the significance of the colors and the respect due to the flag. This behavior reflects a standard practice in both civilian and military settings, emphasizing the importance of honoring the national flag during ceremonies, including the playing of anthems or colors. Maintaining such courtesies is critical because it upholds the traditions of military service and reflects one's commitment to respecting the symbols of the nation.

10. What is the minimum number of years of service required to request transfer to the retired list?

A. 20 years

B. 25 years

C. 30 years

D. 35 years

The minimum number of years of service required to request transfer to the retired list is 20 years. This aligns with the established guidelines within military regulations that indicate service members are eligible to retire after completing 20 years of active service. This provision allows personnel to transition to retirement status, enabling them to receive retirement pay and benefits based on their length of service. The concept of retirement after 20 years is rooted in the recognition of a long-term commitment to military service, allowing members to transition to civilian life while acknowledging their dedication and contributions to the armed forces.

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://pmkeee7.examzify.com>

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

SAMPLE