

# **Sabalauski Air Assault School Phase 1 Practice Test (Sample)**

## **Study Guide**



**Everything you need from our exam experts!**

**This is a sample study guide. To access the full version with hundreds of questions,**

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# Table of Contents

<b>Copyright</b> .....	<b>1</b>
<b>Table of Contents</b> .....	<b>2</b>
<b>Introduction</b> .....	<b>3</b>
<b>How to Use This Guide</b> .....	<b>4</b>
<b>Questions</b> .....	<b>6</b>
<b>Answers</b> .....	<b>9</b>
<b>Explanations</b> .....	<b>11</b>
<b>Next Steps</b> .....	<b>17</b>

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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. Don't worry about getting everything right, 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, and take breaks to retain information better.**

## 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.**

## 7. Use Other Tools

**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!**

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## **Questions**

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- 1. What type of injuries are most common during rappelling?**
  - A. Rope burns, falls, and improper landings**
  - B. Muscle strains and sprains**
  - C. Head injuries from falls**
  - D. Exposure injuries such as frostbite**
  
- 2. What role does communication equipment play in air assault operations?**
  - A. It allows for coordination and real-time updates during missions**
  - B. It serves to encrypt sensitive information**
  - C. It acts as a marker for target locations**
  - D. It notifies teams of equipment status**
  
- 3. What is an evacuation performed by dedicated, standardized medical evacuation platforms, with medical professionals who provide the timely movement and care of the wounded?**
  - A. CASEVAC**
  - B. MEDEVAC**
  - C. Air Evacuation**
  - D. Medical Transport**
  
- 4. What essential skill is taught during the land navigation portion of Phase 1?**
  - A. Use of GPS technology**
  - B. Use of a map and compass**
  - C. Use of digital navigation tools**
  - D. Use of terrain models**
  
- 5. What are the five stages of the reverse planning sequence?**
  - A. Staging, loading, air movement, landing, and ground tactical plan**
  - B. Planning, execution, support, feedback, and debriefing**
  - C. Preparation, execution, recovery, assessment, and reporting**
  - D. Loading, transport, delivery, support, and conclusion**

**6. What essential feature does a good landing zone have?**

- A. Sufficient space for safe landing and takeoff**
- B. Close proximity to enemy lines**
- C. Visibility from the air**
- D. Availability of emergency services**

**7. What is one critical procedure for safety in helicopter operations?**

- A. Conducting a thorough pre-flight inspection**
- B. Using advanced flight simulation techniques**
- C. Randomly checking equipment**
- D. Skipping routine maintenance**

**8. True or False: The AH-64E Apache's primary mission is casualty evacuation.**

- A. True**
- B. False**
- C. Depends on the situation**
- D. Only during training**

**9. In the context of air assault operations, what does the "M" in the acronym JUMP stand for?**

- A. Mission**
- B. Movement**
- C. Maintenance**
- D. Manoeuvre**

**10. What are "pre-mission checks" and why are they crucial?**

- A. They are checks performed on personnel for morale**
- B. They are checks performed on equipment and personnel to ensure readiness and safety**
- C. They are routine drills conducted for training purposes**
- D. They are checks for financial resources**

## **Answers**

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

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## **Explanations**

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## 1. What type of injuries are most common during rappelling?

- A. Rope burns, falls, and improper landings**
- B. Muscle strains and sprains**
- C. Head injuries from falls**
- D. Exposure injuries such as frostbite**

Rope burns, falls, and improper landings are indeed the most common types of injuries that can occur during rappelling. Rope burns can happen due to the friction created when the rope slides against the skin, which is particularly common if a climber or rigger does not have a proper grip or is inexperienced. Additionally, falls can occur if the rappelling technique is not executed correctly or if there is a failure in communication or equipment, leading to serious injuries. Improper landings, on the other hand, can result from not properly assessing the landing zone or poor technique, potentially leading to ankle or knee injuries upon contact with the ground. The other options focus on injuries that are less directly associated with the act of rappelling itself. For instance, while muscle strains and sprains can occur in various physical activities, they are not as inherent to the rappelling process. Head injuries from falls, though a concern in high-risk activities, are less common compared to the specific risks involved in rappelling. Finally, exposure injuries such as frostbite are largely related to environmental conditions rather than the method of descent itself. Thus, understanding the specific risks linked to rappelling is crucial for safety and injury prevention.

## 2. What role does communication equipment play in air assault operations?

- A. It allows for coordination and real-time updates during missions**
- B. It serves to encrypt sensitive information**
- C. It acts as a marker for target locations**
- D. It notifies teams of equipment status**

In air assault operations, communication equipment is crucial for ensuring effective coordination among the various units involved in the mission. This real-time communication enables leaders and soldiers to share information seamlessly, allowing for quick decision-making and tactical adjustments based on the dynamic nature of the battlefield. The ability to provide updates during missions is essential for maintaining situational awareness and ensuring that all team members are informed of changes, threats, or successes as they occur. This connectivity helps synchronize actions between ground troops and support elements, facilitating the execution of complex maneuvers that are typical in air assault scenarios. Strong communication links can mean the difference between mission success and failure, highlighting the importance of this equipment in military operations.

**3. What is an evacuation performed by dedicated, standardized medical evacuation platforms, with medical professionals who provide the timely movement and care of the wounded?**

- A. CASEVAC**
- B. MEDEVAC**
- C. Air Evacuation**
- D. Medical Transport**

The correct answer highlights the specific procedure known as MEDEVAC, which stands for Medical Evacuation. This term refers to a systematic process that utilizes dedicated, standardized medical evacuation platforms, such as helicopters specifically equipped for medical transport, that include trained medical professionals onboard. These professionals provide both timely movement and continued medical care for the injured or wounded during transport. The process of MEDEVAC is distinct because it emphasizes not just the transport of patients but the critical aspect of care that is provided while en route to a medical facility. This differentiates MEDEVAC from other terms that may simply refer to transportation without the necessary medical support. In a situation where medical urgency is paramount, MEDEVAC ensures that each patient receives immediate care, which can be vital for survival and recovery. While CASEVAC involves the transport of casualties, it may not necessarily include the same medical support standards or dedicated medical platforms, often relying on general transport vehicles. Terms like Air Evacuation and Medical Transport may reference the act of moving patients, but they do not convey the specialized services and care provided under the MEDEVAC protocol. Thus, MEDEVAC is the correct term that encapsulates the systematic approach to handling medical emergencies with professionalism and care.

**4. What essential skill is taught during the land navigation portion of Phase 1?**

- A. Use of GPS technology**
- B. Use of a map and compass**
- C. Use of digital navigation tools**
- D. Use of terrain models**

The essential skill taught during the land navigation portion of Phase 1 is the use of a map and compass. This foundational skill is critical for navigating and understanding the terrain during military operations. Understanding how to read and interpret a map provides essential information regarding terrain features, elevation changes, and points of interest necessary for effective movement and planning in the field. Furthermore, the compass is a vital tool that allows soldiers to orient themselves and determine directions based on the map. Mastery of these skills ensures that individuals can navigate successfully without reliance on technology, which may not always be available in various operational environments. This capability is particularly important in scenarios where GPS might be unreliable or non-functional, ensuring that soldiers maintain the ability to find their way using traditional navigation methods. While other options may include useful tools or resources for navigation, the fundamental skill emphasized in Phase 1 centers around the ability to effectively use a map and compass, underscoring their importance in comprehensive land navigation training.

## 5. What are the five stages of the reverse planning sequence?

- A. Staging, loading, air movement, landing, and ground tactical plan**
- B. Planning, execution, support, feedback, and debriefing**
- C. Preparation, execution, recovery, assessment, and reporting**
- D. Loading, transport, delivery, support, and conclusion**

The correct answer outlines the five stages of the reverse planning sequence, which are critical for effective mission planning and execution in an air assault operation. Starting from the final objective and working backwards, this method ensures that all logistical and operational details are accounted for in a systematic manner. The first stage, staging, involves preparing all assets before they are needed, ensuring everything is in the right place at the right time. The second stage, loading, is about the actual act of boarding personnel and equipment onto aircraft, which must be done efficiently to minimize delays. Air movement encompasses the transportation of troops and equipment to the operation site, making certain that the flight paths and timings are properly coordinated and executed. Landing involves the precise arrival at the designated drop zone or landing zone, which is essential for maintaining operational integrity and effectiveness. Lastly, the ground tactical plan refers to the immediate actions taken upon landing to secure and accomplish the mission objectives. This methodology emphasizes a structured approach that considers all aspects of the operation, ensuring a comprehensive plan is in place before it is carried out. Understanding these stages is crucial for anyone involved in air assault operations, as it directly impacts mission success and troop safety.

## 6. What essential feature does a good landing zone have?

- A. Sufficient space for safe landing and takeoff**
- B. Close proximity to enemy lines**
- C. Visibility from the air**
- D. Availability of emergency services**

A good landing zone is primarily characterized by having sufficient space for safe landing and takeoff. This is crucial because a landing zone needs to accommodate the dimensions and operational requirements of the aircraft being used, ensuring that there is enough room to maneuver safely during the landing and takeoff phases. Designing a landing zone with adequate space minimizes the risk of accidents and enhances the safety of personnel involved in air operations. Considerations such as ground obstacles, slope, and surface condition are also vital, as they all contribute to ensuring that aircraft can land and take off smoothly. While other factors like visibility from the air, proximity to enemy lines, and availability of emergency services can play significant roles in landing zone selection, the foremost priority is ensuring that the aircraft has enough space to operate without danger.

**7. What is one critical procedure for safety in helicopter operations?**

- A. Conducting a thorough pre-flight inspection**
- B. Using advanced flight simulation techniques**
- C. Randomly checking equipment**
- D. Skipping routine maintenance**

Conducting a thorough pre-flight inspection is a critical procedure for safety in helicopter operations because it ensures that all systems and components of the helicopter are in proper working order before takeoff. This inspection typically includes checking the fuel levels, controls, and safety equipment, among other vital elements. By identifying any potential issues or malfunctions prior to flight, pilots can mitigate risks and enhance the safety of the operation. Maintaining high safety standards through pre-flight inspections is essential in aviation, as it helps prevent accidents and ensures both the crew and passengers are in a secure environment. Emphasizing this procedure reflects the importance of comprehensive checks in maintaining operational readiness and safety in helicopter operations.

**8. True or False: The AH-64E Apache's primary mission is casualty evacuation.**

- A. True**
- B. False**
- C. Depends on the situation**
- D. Only during training**

The primary mission of the AH-64E Apache is not casualty evacuation; rather, it is designed for a wide range of combat operations, including anti-armor and close air support missions. The Apache's advanced capabilities, such as its targeting systems, weaponry, and high maneuverability, make it an effective platform for engaging enemy ground forces and providing support to ground troops. While the Apache can play a role in aiding in casualty evacuation scenarios, it is not its primary function. The helicopter's design and mission profile are focused on offensive operations and battlefield dominance. Thus, identifying the statement as false aligns with the defined role and operational focus of the AH-64E Apache.

**9. In the context of air assault operations, what does the "M" in the acronym JUMP stand for?**

- A. Mission**
- B. Movement**
- C. Maintenance**
- D. Manoeuvre**

In the context of air assault operations, the "M" in the acronym JUMP stands for "Mission." This term emphasizes the primary objective or purpose of the air assault operation. Understanding the mission is crucial for all personnel involved, as it guides planning, execution, and assessment of the operation. The clear definition of the mission helps coordinate efforts and ensures that all parts of the team are aligned in their goals. Identifying the mission prevents confusion and allows for focused execution of tactics and strategies specific to the objectives at hand. It establishes the framework for all subsequent actions and considerations in the operation, from planning logistics to assessing risk and designing the overall approach to the task being undertaken. In contrast, while "Movement," "Maintenance," and "Maneuver" are important aspects of military operations, they do not specifically denote the overarching intent behind the air assault operation, which is captured by the term "Mission."

**10. What are "pre-mission checks" and why are they crucial?**

- A. They are checks performed on personnel for morale**
- B. They are checks performed on equipment and personnel to ensure readiness and safety**
- C. They are routine drills conducted for training purposes**
- D. They are checks for financial resources**

"Pre-mission checks" refer to the systematic evaluations conducted on both equipment and personnel prior to an operation to confirm that they are fully prepared, functioning, and safe to execute the mission. The primary focus of these checks is to identify any issues that could hinder the success of the operation or compromise safety. This process involves inspecting equipment to ensure it is in optimal working condition, including checks on ammunition, communications gear, vehicles, and other essential tools. Simultaneously, personnel checks may involve assessing readiness in terms of training, physical fitness, and mental preparedness, ensuring that all individuals involved are capable of performing their designated roles. The significance of pre-mission checks cannot be overstated—they are vital for mission success and safety. By identifying and mitigating any potential problems beforehand, these checks help to prevent accidents, enhance operational effectiveness, and enable the team to respond effectively to any challenges that arise during the mission.

# 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://sabalauskiairassaultschphase1.examzify.com>**

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

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