

SABALAUSKI AIR ASSAULT SCHOOL PHASE 1 PRACTICE TEST (SAMPLE)

STUDY GUIDE



**SAMPLE STUDY GUIDE
WITH LIMITED QUESTIONS**

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THE FULL VERSION STUDY GUIDE**

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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 reference material covers aircraft safety?**
 - A. FM 3-04
 - B. FM 3-99
 - C. FM 3-12
 - D. FM 3-10
- 2. What is a key component of troop movement in air assault operations?**
 - A. Ground transportation coordination
 - B. Combat medical evacuation protocols
 - C. Airborne infiltration and extraction
 - D. Static line parachuting
- 3. What is a major challenge encountered during land navigation exercises?**
 - A. Managing team dynamics
 - B. Identifying and interpreting terrain features effectively
 - C. Understanding command structures
 - D. Using technological navigation tools
- 4. If the obstacle on the approach route is eight meters tall and the obstacle on the departure route is ten meters tall, what is the unusable space for the departure route?**
 - A. 50m
 - B. 70m
 - C. 100m
 - D. 120m
- 5. What is the minimum number of soldiers required for a squad in an air assault operation?**
 - A. Five soldiers
 - B. Seven soldiers
 - C. Nine soldiers
 - D. Eleven soldiers

- 6. Which of the following is NOT a component of the air assault brief?**
- A. Mission objectives
 - B. Safety procedures
 - C. Personal grooming standards
 - D. Coordination of ground transport
- 7. What type of first aid knowledge is included in Sabalauski Air Assault School training?**
- A. Advanced surgical techniques
 - B. Basic first aid for trauma and evacuation procedures
 - C. Emergency room protocols
 - D. Psychological first aid strategies
- 8. How long does the Phase 1 training at Sabalauski Air Assault School typically last?**
- A. 5 days
 - B. 10 days
 - C. 15 days
 - D. 20 days
- 9. What is the primary method of assessing the effectiveness of air assault training?**
- A. Written tests only
 - B. Physical performance evaluations
 - C. Classroom discussions
 - D. Peer reviews
- 10. In Phase 1 of Air Assault School, what is the requirement for the APFT?**
- A. Achieving a perfect score across all components
 - B. Passing only the endurance test
 - C. Achieving a minimum passing score across all components
 - D. Completing the test within a certain time frame

Answers

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

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Explanations

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1. Which reference material covers aircraft safety?

- A. FM 3-04
- B. FM 3-99**
- C. FM 3-12
- D. FM 3-10

The reference material that specifically covers aircraft safety is FM 3-04, which is the Army's Field Manual on aviation operations. This manual provides comprehensive guidance on various aspects of aviation, including operational procedures, crew resource management, and safety protocols needed to ensure safe and effective air operations. Understanding aircraft safety is critical for mitigating risks associated with aviation activities, especially during training and operational missions. The principles laid out in FM 3-04 ensure that personnel are equipped with the knowledge and resources to maintain a high level of safety when operating in an aviation environment. While FM 3-99, FM 3-12, and FM 3-10 cover other important areas such as logistics, air mobility, and overall military operations, they do not provide the focused guidance on aviation safety that FM 3-04 delivers. Thus, for studying or applying knowledge related to aircraft safety, FM 3-04 is the appropriate reference.

2. What is a key component of troop movement in air assault operations?

- A. Ground transportation coordination
- B. Combat medical evacuation protocols
- C. Airborne infiltration and extraction**
- D. Static line parachuting

In air assault operations, a key component is airborne infiltration and extraction. This method employs helicopters and other aircraft to insert and extract troops swiftly to and from the battlefield, making it an essential part of the overall strategy in these operations. Airborne infiltration enables units to bypass enemy defenses and engage in rapid, decisive actions, effectively maintaining the element of surprise. Extraction, on the other hand, ensures that friendly forces can disengage from combat or extract critical personnel quickly and safely when needed. Other methods such as ground transportation coordination or static line parachuting, while relevant to broader military operations, do not encapsulate the dynamic, rapid nature of air assault troop movements as effectively as airborne infiltration and extraction do. Combat medical evacuation protocols are crucial but focus specifically on the medical aspect rather than the movement of troops themselves. Thus, airborne infiltration and extraction are fundamentally integral to the success of air assault operations, emphasizing the speed and flexibility required in modern warfare.

3. What is a major challenge encountered during land navigation exercises?

- A. Managing team dynamics
- B. Identifying and interpreting terrain features effectively**
- C. Understanding command structures
- D. Using technological navigation tools

Identifying and interpreting terrain features effectively is crucial during land navigation exercises because the success of navigation depends heavily on one's ability to recognize natural and man-made landmarks. Terrain features such as rivers, hills, roads, and buildings can serve as guides or indicators of a location. Understanding these features allows individuals to orient themselves within the landscape and make informed decisions regarding their route. Misinterpreting these features can lead to disorientation and incorrect navigation, significantly affecting the safety and efficiency of a mission. In contrast, while managing team dynamics, understanding command structures, and using technological navigation tools are all important aspects of navigation, they do not directly address the crucial skill of interpreting the physical environment, which is often the more immediate challenge faced by individuals during these exercises. The ability to effectively read a map and ground features is fundamental, and without this skill, other knowledge may not be as beneficial in the context of successful land navigation.

4. If the obstacle on the approach route is eight meters tall and the obstacle on the departure route is ten meters tall, what is the unusable space for the departure route?

- A. 50m
- B. 70m
- C. 100m**
- D. 120m

The calculation of unusable space for the departure route is fundamentally based on the height of the obstacles encountered. In this case, the departure route has an obstacle that is ten meters tall. According to air assault operations, when calculating the unusable space, you typically apply a multiplication factor to the height of the obstacle to determine how much vertical clearance is needed for safe passage. For obstacles, it's common practice in aviation to use a multiplier of 10 times the obstacle height to estimate the necessary buffer zone. Thus, for a ten-meter obstacle, the unusable space calculation would be: 10 meters (obstacle height) x 10 = 100 meters. Therefore, the unusable space for the departure route is accurately calculated as 100 meters, which corresponds with the correct answer. This calculation ensures that the helicopter or aircraft has the adequate clearance needed to operate safely in relation to the height of obstacles.

5. What is the minimum number of soldiers required for a squad in an air assault operation?

- A. Five soldiers
- B. Seven soldiers
- C. Nine soldiers**
- D. Eleven soldiers

In an air assault operation, the minimum number of soldiers required for a squad is nine. This number is critical for ensuring that the squad can effectively meet mission demands, maintain combat effectiveness, and provide requisite support for its operations. A squad of this size typically includes a squad leader and several soldiers with designated roles, such as riflemen and support personnel, ensuring comprehensive coverage of the squad's capabilities. In air assault contexts, having nine soldiers allows for sufficient manpower to conduct specific tasks, such as securing landing zones, providing suppressive fire, and establishing a perimeter defense upon landing. A squad that is too small may struggle with mission execution and achieving tactical objectives, while having a larger squad can lead to issues with coordination and command during the complex activities characteristic of air assaults. Thus, a configuration of nine soldiers strikes an effective balance for operational requirements.

6. Which of the following is NOT a component of the air assault brief?

- A. Mission objectives
- B. Safety procedures
- C. Personal grooming standards**
- D. Coordination of ground transport

The air assault brief is a critical element of mission planning and execution, focusing on ensuring that all participants understand their roles and the overall objectives of the operation. The components typically covered in an air assault brief include mission objectives, safety procedures, and coordination of ground transport, as these are essential for mission success and ensuring safety for all personnel involved. Personal grooming standards, while important in the context of military readiness and discipline, are not a component of the air assault brief. This aspect is typically addressed separately, as it pertains to individual soldier standards and military appearance regulations rather than the specifics of mission planning or execution. Therefore, it does not fit within the primary goals of the air assault brief, which is to prepare the team for the upcoming operation.

7. What type of first aid knowledge is included in Sabalauski Air Assault School training?

- A. Advanced surgical techniques
- B. Basic first aid for trauma and evacuation procedures**
- C. Emergency room protocols
- D. Psychological first aid strategies

The training at Sabalauski Air Assault School emphasizes essential first aid knowledge that is practical and directly applicable in field environments. Basic first aid for trauma and evacuation procedures is vital for soldiers who may find themselves in situations where they need to provide immediate assistance to injured personnel in the absence of advanced medical support. This training typically includes understanding how to assess injuries, perform basic life-saving techniques, manage bleeding, and stabilize patients for evacuation. It is essential for soldiers to be equipped with these foundational skills so that they can respond quickly and effectively to trauma cases, which is often critical in combat or emergency situations. The focus on these skills prepares students to handle medical emergencies until more comprehensive care can be provided. The other options, while important in their own contexts, do not align with the primary focus of the training provided at the Sabalauski Air Assault School.

8. How long does the Phase 1 training at Sabalauski Air Assault School typically last?

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

Phase 1 training at Sabalauski Air Assault School typically lasts 10 days. This duration is designed to cover a comprehensive curriculum that includes the fundamentals of air assault operations, which ensures that trainees are adequately prepared for both the practical and theoretical components of the course. During these 10 days, participants engage in intensive training focused on skills such as helicopter operations, sling load procedures, and the tactical implications of air assault missions. This time frame allows instructors to effectively impart the necessary knowledge and skills while also providing adequate time for assessments and evaluations of the trainees' understanding and abilities.

9. What is the primary method of assessing the effectiveness of air assault training?

- A. Written tests only
- B. Physical performance evaluations**
- C. Classroom discussions
- D. Peer reviews

The primary method of assessing the effectiveness of air assault training is physical performance evaluations. This approach focuses on the physical capabilities and practical skills necessary for successful completion of airborne operations and tasks associated with air assault missions. Physical performance evaluations provide measurable indicators of a trainee's agility, strength, endurance, and ability to execute specific tasks under realistic conditions. These evaluations often simulate scenarios that soldiers will encounter in the field, allowing instructors to gauge not only the trainees' competency in performing maneuvers and tasks but also their overall readiness for air assault operations. While written tests, classroom discussions, and peer reviews can offer insights into theoretical knowledge and team dynamics, the hands-on, performance-based nature of physical evaluations is crucial in a training program like air assault, which emphasizes practical application and execution of physical skills in high-pressure environments.

10. In Phase 1 of Air Assault School, what is the requirement for the APFT?

- A. Achieving a perfect score across all components
- B. Passing only the endurance test
- C. Achieving a minimum passing score across all components**
- D. Completing the test within a certain time frame

The requirement for the Army Physical Fitness Test (APFT) in Phase 1 of Air Assault School involves achieving a minimum passing score across all components. This means that candidates must meet the baseline physical fitness standards as set forth by the school, which includes the performance on tasks such as push-ups, sit-ups, and a timed 2-mile run. Achieving a minimum passing score ensures that candidates possess the necessary physical capabilities to endure the challenges of the Air Assault training. It emphasizes overall fitness and readiness, rather than a pursuit of perfection across every component. This approach focuses on preparing individuals to function effectively in a high-stress environment while ensuring they have met the closure of basic physical standards. In contrast, options regarding a perfect score or focusing only on endurance do not align with the actual requirements, as those expectations could eliminate many capable candidates. Additionally, while completing the test within a specific timeframe is important, it is not the primary measurement of whether a candidate meets the APFT requirement for the course. Overall, the emphasis is placed on achieving that minimum proficiency across all areas of the test to ensure a balanced and competent level of fitness.

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:

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

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