

SAILOR OF THE QUARTER (SOQ) BOARD 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. What is the layout of the stars on the United States Nation Ensign?**
 - A. 5 rows of 5 each
 - B. 5 rows of 6 each and 4 rows of 5 stars each
 - C. 10 rows of 5 each
 - D. 6 rows of 7 each
- 2. Which ship is recognized as the oldest commissioned ship in the Navy?**
 - A. USS Constitution
 - B. USS Virginia
 - C. USS Independence
 - D. USS Maine
- 3. What is the Navy Birthday?**
 - A. 1 January 1775
 - B. 13 October 1775
 - C. 4 July 1776
 - D. 14 February 1775
- 4. What is a key focus of the sponsorship process as defined in the "SAILOR" program?**
 - A. Social integration
 - B. Command sponsorship program
 - C. Physical training enhancement
 - D. Career evaluation
- 5. Who is recognized as the Surgeon General?**
 - A. Vice Admiral Forrest Faison III
 - B. Rear Admiral Terry Moulton
 - C. Force Master Chief Hosea Smith
 - D. MCPON Russel Smith

- 6. Which page in the Electronic Service Record includes the Enlisted Classification?**
- A. Page 1
 - B. Page 3
 - C. Page 5
 - D. Page 6
- 7. Which of the following are the Navy Corps Values?**
- A. Honor, Integrity and Perseverance
 - B. Honor, Courage and Commitment
 - C. Courage, Respect and Duty
 - D. Honor, Service and Loyalty
- 8. Which value is NOT one of the Navy Corps Values?**
- A. Honor
 - B. Courage
 - C. Loyalty
 - D. Commitment
- 9. What is recognized as the first warfare submarine in the Navy?**
- A. Defender
 - B. Turtle
 - C. Nautilus
 - D. Virginia
- 10. What is the BCA Abdominal Circumference limit for females under 39 years old?**
- A. 32.5 inches
 - B. 34 inches
 - C. 35.5 inches
 - D. 36 inches

Answers

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

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Explanations

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1. What is the layout of the stars on the United States Nation Ensign?

- A. 5 rows of 5 each
- B. 5 rows of 6 each and 4 rows of 5 stars each**
- C. 10 rows of 5 each
- D. 6 rows of 7 each

The correct choice accurately describes the arrangement of the stars on the United States National Ensign, which is the flag of the nation. The layout consists of alternating rows of six and five stars; there are five rows of six stars and four rows of five stars. This results in a total of 50 stars, representing the 50 states of the union. This design was adopted in 1960 when Hawaii became the 50th state, and it is significant because the arrangement reflects unity and equality among all states. The rows alternate to create a symmetrical pattern that allows for efficient display on the flag while honoring the states it represents. Understanding this layout is essential for recognizing the symbolism and structure of the flag, which conveys a sense of national identity and pride.

2. Which ship is recognized as the oldest commissioned ship in the Navy?

- A. USS Constitution**
- B. USS Virginia
- C. USS Independence
- D. USS Maine

The USS Constitution is recognized as the oldest commissioned ship in the United States Navy, having been launched in 1797. This historic vessel, often referred to as "Old Ironsides," boasts a rich legacy and serves as a symbol of naval history and tradition. Its role in various conflicts, particularly during the War of 1812, has solidified its importance in American naval heritage. The USS Constitution is not only notable for its age but also for its continuous active status in the Navy. It is permanently docked in Boston, Massachusetts, and serves as a museum ship, attracting visitors and offering educational opportunities about naval history. Other vessels mentioned, such as the USS Virginia, USS Independence, and USS Maine, hold significance but do not have the same historical recognition as the USS Constitution. The USS Virginia, for example, was notable in a different era, particularly during the Civil War, while the USS Maine is remembered for its role in the events leading up to the Spanish-American War. However, neither matches the USS Constitution in terms of longevity and historical impact as a commissioned ship in the Navy.

3. What is the Navy Birthday?

- A. 1 January 1775
- B. 13 October 1775**
- C. 4 July 1776
- D. 14 February 1775

The Navy Birthday is celebrated on 13 October 1775, which marks the establishment of the Continental Navy. This date is significant because it represents the beginning of naval operations in the United States, with the creation of the first naval fleet to fight against British forces. Over the years, this date has been officially recognized as the day the United States Navy was born and is celebrated annually, highlighting the achievements and sacrifices of Navy personnel throughout history. The other dates listed do not correspond to the establishment of the Navy. For example, 1 January 1775 refers more broadly to early military initiatives, while 4 July 1776 marks the Declaration of Independence, which is unrelated to the Navy specifically. 14 February 1775 does not have relevance to any naval milestone recognized by the U.S. Navy. The choice of 13 October 1775 as the Navy Birthday serves to commemorate the dedicated service and history of the Navy since its inception.

4. What is a key focus of the sponsorship process as defined in the "SAILOR" program?

- A. Social integration
- B. Command sponsorship program**
- C. Physical training enhancement
- D. Career evaluation

The sponsorship process as defined in the "SAILOR" program emphasizes the command sponsorship program because it is designed to provide newly reporting personnel with the support and guidance they need to successfully acclimate to their new environment. This program ensures that service members are welcomed, informed about local resources, and integrated into their unit effectively. Through the command sponsorship program, sponsors are assigned to help newcomers navigate their new setting, fostering a sense of belonging and community. This structured support is vital for morale, retention, and smooth transitions, making the program a key focus of the SAILOR framework. While social integration, physical training enhancement, and career evaluation are important aspects of a service member's overall development and experience, they are not the primary focus of the sponsorship process within the SAILOR program. The command sponsorship program specifically addresses the immediate needs of new personnel, ensuring they have the essential support to begin their new assignment successfully.

5. Who is recognized as the Surgeon General?

- A. Vice Admiral Forrest Faison III**
- B. Rear Admiral Terry Moulton
- C. Force Master Chief Hosea Smith
- D. MCPON Russel Smith

The Surgeon General is recognized as the chief medical officer of the U.S. Navy and plays a vital role in advising on public health matters, medical policies, and medical preparedness within the navy and the broader military context. Vice Admiral Forrest Faison III served in this capacity, bringing extensive experience in naval medicine and leadership to the role. His qualifications and contributions to enhancing healthcare delivery and promoting health initiatives among service members solidify his standing as the appointed figure for this high-ranking position. The other individuals mentioned hold significant positions, but they do not serve as the Surgeon General. Their roles may encompass other areas of military leadership and expertise, but the Surgeon General specifically pertains to public health and preventative medicine, which points directly to Vice Admiral Faison's recognized leadership in this domain.

6. Which page in the Electronic Service Record includes the Enlisted Classification?

- A. Page 1
- B. Page 3**
- C. Page 5
- D. Page 6

The inclusion of the Enlisted Classification on Page 3 of the Electronic Service Record is significant because this page typically contains the detailed professional qualifications and service data relevant to an enlisted member. Page 3 includes important information related to military occupational specialties (MOS) and ratings, which are essential for understanding a sailor's qualifications and career trajectory. By organizing this information on Page 3, the Electronic Service Record ensures that key data about an individual's enlisted classification is easily accessible for review and for decision-making processes concerning assignments, promotions, and other career development opportunities. The other pages in the Electronic Service Record focus on different aspects of service, such as personal information, duty history, and performance evaluations, rather than the specific classification details found on Page 3.

7. Which of the following are the Navy Corps Values?

- A. Honor, Integrity and Perseverance
- B. Honor, Courage and Commitment**
- C. Courage, Respect and Duty
- D. Honor, Service and Loyalty

The Navy Corps Values are fundamentally centered around the principles that guide sailors in their duties and conduct. Honor, Courage, and Commitment form the foundation of these values. Honor denotes an unwavering commitment to ethical behavior and accountability, urging sailors to be trustworthy and maintain integrity in all actions. Courage involves the moral and physical bravery to confront challenges, uphold one's duty, and do what is right, even in the face of fear or adversity. Commitment reflects a dedication not just to the Navy and its missions but also to fellow sailors, ensuring that all work towards the common goal of serving the nation effectively. Each of the other choices contains values that may reflect qualities desirable in a service member or leader, but they do not align with the officially recognized Corps Values of the Navy. Therefore, the correct answer is framed within the established framework that drives the Navy's ethics and mission, emphasizing the importance of the correct values in fostering a culture of excellence and accountability.

8. Which value is NOT one of the Navy Corps Values?

- A. Honor
- B. Courage
- C. Loyalty**
- D. Commitment

The Navy's core values are defined as Honor, Courage, and Commitment. These values play a crucial role in guiding sailors in their duties, responsibilities, and interactions both within the Navy and with the public. Honor involves maintaining integrity and accountability, Courage embodies the mental and moral strength to do what is right even in the face of personal challenges or fear, and Commitment reflects a dedication to the Navy and its mission, including the welfare of the sailors and the nation. While loyalty is an important trait and often valued in military service, it is not formally listed as one of the core values of the Navy. This makes it the correct response to the question, as it does not align with the established framework of the Navy Corps Values.

9. What is recognized as the first warfare submarine in the Navy?

- A. Defender
- B. Turtle**
- C. Nautilus
- D. Virginia

The Turtle is recognized as the first warfare submarine in the Navy. Developed during the American Revolutionary War, it was designed by David Bushnell with the purpose of breaking the British naval blockade of New York Harbor. The Turtle was a one-man submersible vessel that operated under the water to attach explosive charges to enemy ships. This innovative approach to warfare marked a significant development in naval technology and strategy. In history, the Turtle is significant not just for being the first submersible but also for pioneering the concept of underwater combat. Its design and intended use paved the way for future advancements in submarine technology and tactics. The Turtle's operational attempts, although not successful in destroying an enemy ship, showcased the potential of underwater vehicles in military operations.

10. What is the BCA Abdominal Circumference limit for females under 39 years old?

- A. 32.5 inches
- B. 34 inches
- C. 35.5 inches**
- D. 36 inches

The correct answer is 35.5 inches because this measurement aligns with the Body Composition Assessment (BCA) standards established for females under 39 years old. These standards are based on health guidelines which take into account the risks associated with abdominal obesity, and they help assess whether an individual maintains a healthy body composition. The limit of 35.5 inches reflects a threshold significant for maintaining optimal health and reducing the risk of conditions such as heart disease and diabetes. The choices that provide other measurements do not meet the established guidelines and may not accurately represent the recommended limits that are critical for health assessment in this demographic.

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://soqboard.examzify.com>

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

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