

# Standardized Field Sobriety Test (SFST) Practice Test (Sample)

## Study Guide



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

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**SAMPLE**

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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

- 1. Which of the following is NOT a clue during the Walk-and-Turn test?**
  - A. Maintaining balance**
  - B. Counting steps accurately**
  - C. Turning properly**
  - D. Clenching fists**
- 2. What does PAN 2 refer to in the context of vestibular disturbances?**
  - A. Severe dizziness**
  - B. Sense of spinning**
  - C. Bed spins**
  - D. Memory loss**
- 3. What technique is used to calculate the angle of the eyes in the HGN test?**
  - A. 30-degree angle method**
  - B. 45-degree angle method**
  - C. 60-degree angle method**
  - D. 90-degree angle method**
- 4. Optokinetic Nystagmus occurs under which condition?**
  - A. Eyes fixate on a moving object**
  - B. Sudden change in orientation**
  - C. While stationary in dark areas**
  - D. Blinked frequently during movement**
- 5. Blood alcohol concentration measures what?**
  - A. The number of drinks consumed**
  - B. Grams of alcohol in every 100 milliliters of blood**
  - C. The volume of alcohol in the bloodstream**
  - D. The time since last drink**

- 6. What impaired ability may be observed at a BAC level of 0.10?**
- A. Slowed Reactions**
  - B. Increased Risk Taking**
  - C. Poor Coordination**
  - D. Impaired Memory**
- 7. What is the main purpose of the Implied Consent Law?**
- A. To prevent reckless driving**
  - B. To encourage submission to a chemical test**
  - C. To enforce sobriety checkpoints**
  - D. To ensure vehicle registration compliance**
- 8. What is a key characteristic of the horizontal gaze nystagmus test?**
- A. It assesses the subject's ability to follow a moving object.**
  - B. It requires the subject to walk in a straight line.**
  - C. It measures coordination through standing on one leg.**
  - D. It indicates involuntary eye movement.**
- 9. What is a common use for isopropyl alcohol?**
- A. Medicinal purposes**
  - B. Beverages**
  - C. Fuel**
  - D. Antiseptic agents**
- 10. What does a raised arm indicate during the Walk-and-Turn test?**
- A. confidence**
  - B. balance issues**
  - C. complete focus**
  - D. success in the test**

## **Answers**

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

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## **Explanations**

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**1. Which of the following is NOT a clue during the Walk-and-Turn test?**

- A. Maintaining balance**
- B. Counting steps accurately**
- C. Turning properly**
- D. Clenching fists**

During the Walk-and-Turn test, the primary objective is to assess an individual's ability to follow instructions and maintain balance while performing a series of physical tasks. The clues observed during this test are critical indicators of potential impairment due to alcohol or drugs. Maintaining balance is a significant factor because individuals should be able to stand steadily while taking steps. If they struggle with balance, it may indicate impairment. Counting steps accurately is another essential clue; the ability to correctly count each step shows that the participant can follow instructions and process information as expected. Turning properly is also a vital component of the test, as it requires coordination and the ability to perform the task as instructed without additional cues or assistance. Clenching fists, however, is not considered a clue in the context of the Walk-and-Turn test. This action does not directly correlate with the candidate's ability to perform the test or indicate any level of impairment. Instead, it might be an involuntary response that is not related to the key performance indicators observed during this sobriety test. Thus, identifying clenching fists as a non-clue helps focus on the actual behaviors assessed during the Walk-and-Turn.

**2. What does PAN 2 refer to in the context of vestibular disturbances?**

- A. Severe dizziness**
- B. Sense of spinning**
- C. Bed spins**
- D. Memory loss**

In the context of vestibular disturbances, PAN 2 refers to the sensation commonly known as "bed spins." This term describes a specific type of vertigo where the individual feels as if the surrounding environment is spinning, which can significantly impair balance and spatial orientation. Bed spins are typically associated with issues related to the vestibular system, which is responsible for maintaining balance and spatial awareness. Furthermore, the awareness of bed spins highlights the impact of sensory input on our perception of motion and stability. Understanding this phenomenon is crucial in the evaluation of vestibular disturbances, particularly in a setting such as field sobriety tests when assessing an individual's balance and coordination. Identifying symptoms like bed spins can aid in recognizing the effects of substances on cognitive and motor functions.

**3. What technique is used to calculate the angle of the eyes in the HGN test?**

- A. 30-degree angle method**
- B. 45-degree angle method**
- C. 60-degree angle method**
- D. 90-degree angle method**

In the Horizontal Gaze Nystagmus (HGN) test, the 45-degree angle method is utilized to assess the presence of nystagmus, which may indicate impairment due to alcohol or other substances. During this part of the Standardized Field Sobriety Test, an officer observes the subject's eyes while moving a stimulus, typically a pen or finger, horizontally. The rationale behind the 45-degree angle is that it is the point where the eyes are expected to show a clear reaction to nystagmus. Officers look for two specific signs at this angle: the onset of nystagmus before reaching 45 degrees and distinct nystagmus within that range. This angle allows officers to accurately gauge eye movement and determine any impairment effectively. The 45-degree threshold is specifically chosen based on research that shows noticeable signs of nystagmus at this position, making it crucial for reliable results in field sobriety testing.

**4. Optokinetic Nystagmus occurs under which condition?**

- A. Eyes fixate on a moving object**
- B. Sudden change in orientation**
- C. While stationary in dark areas**
- D. Blinked frequently during movement**

Optokinetic Nystagmus occurs when the eyes track a moving object. This reflexive eye movement helps in stabilizing images on the retina during movement, allowing for a clearer vision of the moving stimuli. When an individual watches something moving across their field of view, such as a car passing by or stripes on a rotating drum, their eyes will automatically follow the object. If the object moves too quickly or out of the visual field, the eyes will exhibit a quick movement back to the original position to reacquire the target, creating a pattern of rhythmic eye movements characteristic of nystagmus. Hence, the condition described in the correct answer is one where the eyes focus on a moving object, showcasing how the visual system responds to motion.

**5. Blood alcohol concentration measures what?**

- A. The number of drinks consumed
- B. Grams of alcohol in every 100 milliliters of blood**
- C. The volume of alcohol in the bloodstream
- D. The time since last drink

Blood alcohol concentration (BAC) is defined as the amount of alcohol present in a person's bloodstream and is specifically measured as grams of alcohol per 100 milliliters of blood. This numerical value provides an objective metric that law enforcement and medical professionals use to assess an individual's level of intoxication. The BAC level can indicate impairment and is critical in both legal situations and public safety considerations. Understanding BAC is important because it directly correlates with physical and cognitive impairment levels. For example, a BAC of 0.08% is often the legal limit for driving in many jurisdictions, signifying that any level above this is associated with increased risk of accidents and impaired functioning. This measurement does not just reflect the number of drinks consumed but rather the precise concentration of alcohol in the bloodstream, taking into account individual factors such as body weight, gender, metabolism, and time since drinking.

**6. What impaired ability may be observed at a BAC level of 0.10?**

- A. Slowed Reactions
- B. Increased Risk Taking
- C. Poor Coordination**
- D. Impaired Memory

At a blood alcohol concentration (BAC) level of 0.10, individuals typically exhibit a noticeable decline in their motor skills and dexterity, which is often referred to as poor coordination. This level of intoxication affects the central nervous system, leading to difficulty in executing physical tasks that require hand-eye coordination and balance. Individuals may struggle with tasks such as walking straight, standing still, or accurately completing fine motor functions. While slowed reactions, increased risk-taking, and impaired memory are also potential effects of alcohol, poor coordination is a direct and observable impairment closely associated with the numerical BAC level of 0.10. This makes it particularly relevant when considering the implications for tasks such as driving, where coordination is essential for safe operation of the vehicle.

## 7. What is the main purpose of the Implied Consent Law?

- A. To prevent reckless driving
- B. To encourage submission to a chemical test**
- C. To enforce sobriety checkpoints
- D. To ensure vehicle registration compliance

The main purpose of the Implied Consent Law is to encourage submission to a chemical test. Under this law, individuals operating a vehicle are considered to have implicitly consented to submit to chemical testing (such as breath, blood, or urine tests) to determine their blood alcohol concentration (BAC) or the presence of drugs. This legal framework aims to facilitate the enforcement of DUI laws by ensuring that drivers cannot refuse these tests without facing certain penalties, such as license suspension or other repercussions. This law plays a crucial role in the overall strategy to deter impaired driving and promote public safety, as it aids law enforcement in collecting necessary evidence against individuals suspected of driving under the influence. By requiring drivers to comply with testing, the law enhances the ability to hold impaired drivers accountable and can thereby reduce the incidence of alcohol-related accidents.

## 8. What is a key characteristic of the horizontal gaze nystagmus test?

- A. It assesses the subject's ability to follow a moving object.
- B. It requires the subject to walk in a straight line.
- C. It measures coordination through standing on one leg.
- D. It indicates involuntary eye movement.**

The horizontal gaze nystagmus test is specifically designed to identify involuntary eye movement, which is a critical indicator of potential impairment due to alcohol or certain drugs. When a trained officer observes a person's eyes following a moving object, they look for nystagmus, a condition characterized by jerking eye movements that can occur when the vestibular system is affected, often due to intoxication. The presence of these involuntary movements provides evidence that the individual may be under the influence, as impaired motor control often manifests in the eye's ability to smoothly track an object. The other choices relate to different aspects of sobriety testing. Following a moving object is indeed part of the test but does not highlight the key characteristic itself, which is the involuntary nature of the eye movement. Walking in a straight line and standing on one leg are components of other sobriety tests that measure coordination and balance, but they do not pertain to the specific characteristics of the horizontal gaze nystagmus test.

**9. What is a common use for isopropyl alcohol?**

- A. Medicinal purposes**
- B. Beverages**
- C. Fuel**
- D. Antiseptic agents**

Isopropyl alcohol, also known as isopropanol, is widely recognized for its use as an antiseptic agent. Its effectiveness in killing bacteria and viruses makes it a popular choice for disinfecting skin before injections, cleaning surfaces, and sanitizing equipment in healthcare settings. The alcohol works by denaturing the proteins of microorganisms, thereby effectively disrupting their cellular processes. While isopropyl alcohol has other applications, such as being used as a solvent in various industrial processes, its predominant role in antisepsis highlights its importance in infection control and hygiene practices, particularly during situations that demand high levels of sanitation. This usage is fundamental in both clinical environments and household cleaning routines, illustrating its integral role in promoting public health.

**10. What does a raised arm indicate during the Walk-and-Turn test?**

- A. confidence**
- B. balance issues**
- C. complete focus**
- D. success in the test**

During the Walk-and-Turn test, a raised arm typically indicates balance issues. This test is designed to evaluate a person's ability to maintain balance while walking in a straight line and then returning. The test requires the individual to perform a series of tasks, including walking heel-to-toe and then turning around. If a subject raises their arm during this process, it is generally a sign that they are struggling to maintain their balance, which can be an indicator of impairment. Maintaining proper balance is crucial for successfully completing the test, and raising an arm is a compensatory action that reflects difficulty. The expectation is that a sober individual should be able to complete the test without needing to use their arms for balance. Thus, a raised arm is a significant observation during the test that suggests potential impairment.

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

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