

STANDARDIZED FIELD SOBRIETY TEST (SFST) PRACTICE TEST (SAMPLE)

STUDY GUIDE



**SAMPLE STUDY GUIDE
WITH LIMITED QUESTIONS**

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THE FULL VERSION STUDY GUIDE**

<https://standardizedfieldsobriety.examzify.com>



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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 should officers do immediately after performing an SFST?**
 - A. Leave the scene to ensure safety.
 - B. Document the observations and results clearly.
 - C. Contact a mediator for the dispute.
 - D. Perform another type of sobriety test.
- 2. What happens to the blood alcohol concentration (BAC) after achieving its peak?**
 - A. It remains constant
 - B. It increases gradually
 - C. It drops at a consistent rate
 - D. It fluctuates randomly
- 3. Can emotional state influence the results of the SFST?**
 - A. No, emotional state has no impact on coordination
 - B. Yes, anxiety or stress can impact coordination and performance
 - C. Only physical state affects the results
 - D. Emotional state only matters during the interview process
- 4. During which stage of the Walk-and-Turn must the suspect count out loud?**
 - A. wobbling
 - B. walking
 - C. balancing
 - D. turning
- 5. How many standard exercises are included in the Standardized Field Sobriety Test?**
 - A. Two
 - B. Three
 - C. Four
 - D. Five

- 6. Which of the following statements is true about water content in men and women?**
- A. Men typically have lower water content than women
 - B. Women typically have higher water content than men
 - C. Both men and women have equal water content
 - D. Men typically have higher water content than women
- 7. True or False: Alcohol absorption is faster when a person is well-hydrated.**
- A. True
 - B. False
 - C. Depends on the type of beverage
 - D. Only applies to spirits
- 8. Which behavior might reinforce suspicion of DWI when observing a motor vehicle?**
- A. Excessive acceleration
 - B. An attempt to flee
 - C. Constant lane changes
 - D. Driving with lights off
- 9. What does the task of standing on one leg assess in the context of the SFST?**
- A. Speed and agility of the subject
 - B. Stability and balance, which can indicate more significant impairment
 - C. Cognitive reasoning during physical activity
 - D. Strength and endurance levels
- 10. Which of the following is a component of the Walk-and-Turn?**
- A. standing on one leg
 - B. counting backwards
 - C. turning while walking
 - D. walking in a straight line

Answers

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

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Explanations

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1. What should officers do immediately after performing an SFST?

- A. Leave the scene to ensure safety.
- B. Document the observations and results clearly.**
- C. Contact a mediator for the dispute.
- D. Perform another type of sobriety test.

Following the performance of a Standardized Field Sobriety Test (SFST), it is critical for officers to document their observations and results clearly. Accurate and thorough documentation serves several important purposes:

1. ****Legal Record****: The documentation provides a legal record of the test conducted and the results observed. This can be essential in court to support charges related to impaired driving.
2. ****Consistency and Reliability****: Clear documentation allows for consistency in reports and aids in establishing the reliability of the test findings. When an officer writes down their specific observations (such as signs of impairment, performance on the tests, and the environment where the tests were conducted), it solidifies the evidence.
3. ****Reference for Future Actions****: In the event that subsequent actions are required, such as arrest or further testing, having well-documented results allows for informed decision-making based on the situation assessed during the SFST. The other options involve actions that do not align with the priorities following an SFST. Leaving the scene may compromise the investigation, contacting a mediator is irrelevant in the context of impaired driving, and performing another type of sobriety test could lead to unnecessary complications if the SFST has already indicated impairment. Proper documentation ensures a solid foundation for any legal proceedings

2. What happens to the blood alcohol concentration (BAC) after achieving its peak?

- A. It remains constant
- B. It increases gradually
- C. It drops at a consistent rate**
- D. It fluctuates randomly

After the blood alcohol concentration (BAC) reaches its peak, it typically begins to drop at a consistent rate. This decline occurs because the body metabolizes alcohol over time. The liver processes alcohol, which reduces its concentration in the bloodstream. The body generally metabolizes alcohol at a relatively predictable rate, often estimated at about 0.015% per hour for most individuals. This means that once the peak is achieved, the BAC will decrease steadily until the alcohol is eliminated from the system. Understanding this process is critical for law enforcement and those conducting field sobriety tests, as they need to know how BAC changes over time to accurately assess a driver's level of impairment. In contrast, the other options do not accurately reflect the typical behavior of BAC after reaching its peak. For example, a constant BAC would imply that no metabolism is occurring, which is not the case. An increasing BAC would suggest that more alcohol is being consumed, and fluctuating levels would not provide a reliable pattern of how the body processes alcohol.

3. Can emotional state influence the results of the SFST?

- A. No, emotional state has no impact on coordination
- B. Yes, anxiety or stress can impact coordination and performance**
- C. Only physical state affects the results
- D. Emotional state only matters during the interview process

The emotional state of an individual can significantly influence their performance during the Standardized Field Sobriety Test (SFST). Factors such as anxiety, stress, or nervousness can affect a person's coordination, concentration, and overall ability to complete the tasks required in the test. When someone is feeling anxious or stressed, their fine and gross motor skills may be compromised, leading to poorer performance on tasks like the walk-and-turn or one-leg stand. Research indicates that an individual's mental state can impact their cognitive functions, such as judgment and decision-making, which are critical during the SFST. This means that officers administering the test must be aware that psychological factors may skew the results, making it challenging to determine if impairment is due to alcohol or drugs as opposed to a heightened emotional state. Understanding this can help ensure a more accurate assessment during the evaluation process.

4. During which stage of the Walk-and-Turn must the suspect count out loud?

- A. wobbling
- B. walking**
- C. balancing
- D. turning

The correct answer is during the walking stage of the Walk-and-Turn portion of the Standardized Field Sobriety Test. In this phase, the suspect is instructed to take a specific number of heel-to-toe steps in a straight line while counting each step out loud. This requirement serves multiple purposes: it helps to evaluate the suspect's attention and concentration level, which are often impaired by alcohol or other substances, and it also assesses their balance and coordination during the task. Counting out loud while walking provides a further indication of cognitive function, as the dual task of walking and counting requires mental processing that can highlight deficits caused by impairment. The other stages of the Walk-and-Turn are more focused on balance and physical control rather than cognitive engagement through counting.

5. How many standard exercises are included in the Standardized Field Sobriety Test?

- A. Two
- B. Three**
- C. Four
- D. Five

The Standardized Field Sobriety Test (SFST) consists of three standardized exercises: the Horizontal Gaze Nystagmus (HGN), the Walk-and-Turn, and the One-Leg Stand. Each of these exercises is designed to assess various aspects of a person's physical and cognitive abilities that may be impaired due to alcohol or drug use. The Horizontal Gaze Nystagmus evaluates the subject's ability to track a moving object with their eyes, where signs of nystagmus (involuntary eye movement) can indicate impairment. The Walk-and-Turn tests balance, coordination, and the ability to follow instructions, as the subject must walk heel-to-toe in a straight line and then turn to return. The One-Leg Stand assesses balance and motor skills, requiring the individual to stand on one leg while counting, which can be challenging under the influence of substances. Recognizing that the SFST is structured around these three exercises helps law enforcement officers effectively determine whether a driver may be impaired. This systematic approach is crucial in ensuring consistent and reliable assessments in various conditions.

6. Which of the following statements is true about water content in men and women?

- A. Men typically have lower water content than women
- B. Women typically have higher water content than men
- C. Both men and women have equal water content
- D. Men typically have higher water content than women**

The correct answer is that men typically have higher water content than women. This difference in body water composition between the sexes is primarily due to variations in body composition. Generally, men tend to have a higher percentage of muscle mass compared to women, and muscle tissue contains more water than fat tissue. As a result, men usually have a greater overall water volume in their bodies. In terms of percentages, men may have around 60-70% of their body weight as water, while women generally have around 50-60%. This physiological distinction is significant, especially in contexts related to hydration, physical health, and how the body processes substances, including alcohol. Understanding these differences is crucial, particularly in fields such as medicine and law enforcement, where body composition can affect sobriety testing results.

7. True or False: Alcohol absorption is faster when a person is well-hydrated.

- A. True
- B. False**
- C. Depends on the type of beverage
- D. Only applies to spirits

The correct assertion is that alcohol absorption is not faster when a person is well-hydrated; therefore, the statement is false. Alcohol absorption primarily occurs in the stomach and small intestine, where the presence or absence of food plays a more significant role in the rate at which alcohol enters the bloodstream. When a person is well-hydrated, it can actually slow down the absorption of alcohol. This is because hydration dilutes the concentration of alcohol in the stomach and may facilitate the digestive process, causing a more gradual absorption. Additionally, other factors, such as the presence of food in the stomach, can impact the overall absorption rate, illustrating that hydration alone does not determine how quickly alcohol enters circulation. The other choices suggest various conditions or scenarios where absorption might be impacted, but none of them accurately capture the relationship between hydration and alcohol absorption as the question presumes.

8. Which behavior might reinforce suspicion of DWI when observing a motor vehicle?

- A. Excessive acceleration
- B. An attempt to flee**
- C. Constant lane changes
- D. Driving with lights off

The behavior that reinforces suspicion of DWI when observing a motor vehicle is an attempt to flee. This action is indicative of potential criminal behavior and raises immediate red flags for law enforcement officers. When a driver attempts to evade authorities, it suggests they may be hiding something, such as impaired driving due to alcohol or drugs. This instinct to escape can signal to officers that the driver might not just be exhibiting poor driving behavior but may also be involved in other illegal activities. While excessive acceleration, constant lane changes, and driving with lights off can all be associated with impaired driving, an attempt to flee is a more direct indicator of a driver who is potentially impaired and aware of their risky situation, thus elevating the level of suspicion significantly.

9. What does the task of standing on one leg assess in the context of the SFST?

- A. Speed and agility of the subject
- B. Stability and balance, which can indicate more significant impairment**
- C. Cognitive reasoning during physical activity
- D. Strength and endurance levels

The task of standing on one leg is designed to assess stability and balance, which are critical indicators of a person's level of impairment. When an individual is under the influence of alcohol or drugs, their balance can be significantly affected. This test requires the subject to maintain their position while focusing on the task at hand, which reflects their motor skills and ability to coordinate movements. In the context of the SFST, successful performance on this task indicates that the individual maintains adequate control over their body despite potential impairing substances. Difficulty in balance or the inability to hold the position suggests a higher level of impairment, which is why this specific task is pivotal in evaluating a person's intoxication level. By focusing solely on balance and stability, the test effectively highlights the physiological effects of impairment, whereas other options focus on aspects unrelated to the primary purpose of the SFST. For instance, speed and agility, cognitive reasoning, and strength are not primary indicators of impairment in the same way that balance is.

10. Which of the following is a component of the Walk-and-Turn?

- A. standing on one leg
- B. counting backwards
- C. turning while walking
- D. walking in a straight line**

The correct component of the Walk-and-Turn is walking in a straight line. This test is designed to assess a person's balance, coordination, and ability to follow instructions. During the Walk-and-Turn exercise, the subject is instructed to take a series of heel-to-toe steps along a straight line. This aspect is crucial, as it simulates divided attention tasks that are commonly encountered during driving. The ability to walk in a straight line indicates that the participant can maintain control over their bodily movement, which is often impaired by alcohol or drugs. The effectiveness of this test lies in its simplicity and the clear physical indicators of impairment, making it a reliable indicator during a sobriety assessment.

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://standardizedfieldsobriety.examzify.com>

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

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