THE FEDERAL REGULATIONS SBE 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

1. When a study involves collection of biological samples, what must be described to participants?

A. All planned future uses of the samples, identifiers, and data.

B. The cost of processing the samples.

C. The purpose of collection.

D. The possibility of data sharing with other institutions only after consent.

2. Which item is NOT typically a key element of an EIS under NEPA?

A. Purpose and need

B. Public comments

C. Alternatives

D. Environmental consequences

3. Which statement correctly describes the Belmont principle of beneficence?

A. Potential benefits justify the risks of harm

B. Risks must be minimized at all costs regardless of benefits

C. Consent is optional

D. Researchers have no obligation to minimize harm

4. What does the Government in the Sunshine Act require regarding advisory committees?

A. Requires annual voting on committee members.

B. Requires public access to meetings, advance notice, and availability of minutes and records.

C. Requires agencies to publish budgets for advisory committees.

D. Requires confidential data handling for advisory committees.

5. In assessing a proposal where mothers of young children in prison will receive a toy basket to use during the visit, the IRB should determine that the toys are

A. A guaranteed benefit

B. An excessive incentive

C. Unnecessary for the study

D. Not an excessive incentive

6. What type of information may schools disclose to a university researcher without parental consent?

A. Academic transcripts

B. Disciplinary records

C. Medical records

D. Directory information

7. Which statement about public notices in rulemaking is most accurate?

A. Notices are never published in official channels.

B. Regulations are only put into effect if the public requests them.

C. Final rules are published after considering comments and analyses, but not noted in notices.

D. The Federal Register publishes proposed rules, final rules, and notices to inform the public of regulatory actions.

8. In research with children, what is assent?

A. The parent's permission alone.

B. The child's assent is not relevant.

C. The child's affirmative agreement to participate.

D. The child's signed medical chart release.

9. What is the Single Audit Act's relevance to federal awards?

A. It requires annual audits of non-federal entities that do not spend federal funds.

B. It sets grant threshold limits for award size.

C. It standardizes internal control procedures for federal agencies.

D. It requires audits of non-federal entities that spend federal funds to ensure compliance and proper use of those funds.

10. What is sole-source procurement and when is it justified?

A. Procurement with competition; justified only when there is a valid basis such as unique capability.

B. Sole-source procurement is never justified.

C. Procurement without competition is permitted under all circumstances.

D. Procurement without competition; justified only when there is a valid basis such as unique capability, national security, or statutory exemptions.

Answers

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

Explanations

1. When a study involves collection of biological samples, what must be described to participants?

A. All planned future uses of the samples, identifiers, and data.

B. The cost of processing the samples.

C. The purpose of collection.

D. The possibility of data sharing with other institutions only after consent.

When researchers collect biological samples, they must describe all planned future uses of the samples, along with how any identifiers will be handled and what data will be linked or shared. This upfront disclosure lets participants understand not only why the sample is being collected now, but how it could be used in future research and who might access or receive data. Such breadth of information supports informed decision-making and protects privacy by outlining potential data sharing and re-identification risks. While the purpose of collection is described, it doesn't by itself address future research uses or data sharing, which is why detailing future uses, identifiers, and data is the essential requirement.

2. Which item is NOT typically a key element of an EIS under NEPA?

A. Purpose and need

B. Public comments

C. Alternatives

D. Environmental consequences

The main idea tested here is what NEPA's Environmental Impact Statement actually analyzes. An EIS focuses on three central parts: the purpose and need for the action, the range of reasonable alternatives (including the no-action alternative), and the environmental consequences of those alternatives. These sections contain the substantive analysis of impacts, trade-offs, and potential mitigation. Public comments, while important to the NEPA process, are a procedural element rather than a core analytical component of the EIS itself. They come in during scoping and while the draft EIS is circulated, and agencies must consider significant comments and respond to them in the final document. However, the comments are not the primary content that explains the project's purpose, the alternatives, or the environmental impacts. They influence how the analysis is presented or revised, but they do not constitute the key analytical elements of the EIS.

3. Which statement correctly describes the Belmont principle of beneficence?

A. Potential benefits justify the risks of harm

B. Risks must be minimized at all costs regardless of benefits

C. Consent is optional

D. Researchers have no obligation to minimize harm

Beneficence in research ethics means actively seeking to do good by maximizing potential benefits while minimizing possible harms, and keeping the risks reasonable in relation to the expected benefits. The statement that potential benefits justify the risks captures this risk-benefit balancing: if the anticipated benefits are substantial and the harms are minimized, the study can be ethically acceptable. Beneficence requires a favorable risk-benefit ratio and concrete steps to reduce risk, not harm without regard to benefits. Options claiming consent is optional or that there's no obligation to minimize harm contradict this principle and are not compatible with beneficence.

4. What does the Government in the Sunshine Act require regarding advisory committees?

A. Requires annual voting on committee members.

B. Requires public access to meetings, advance notice, and availability of minutes and records.

C. Requires agencies to publish budgets for advisory committees.

D. Requires confidential data handling for advisory committees.

The Government in the Sunshine Act is about transparency for federal advisory committees. It requires that their meetings be open to the public, with reasonable advance notice of when the meetings will occur, and that the minutes and records of those meetings be available to the public. This lets citizens observe deliberations and access official documents, though there are narrowly defined exceptions for certain sensitive topics. It does not require annual voting on committee members, publishing budgets for advisory committees, or handling of confidential data as a general rule.

5. In assessing a proposal where mothers of young children in prison will receive a toy basket to use during the visit, the IRB should determine that the toys are

A. A guaranteed benefit

B. An excessive incentive

C. Unnecessary for the study

D. Not an excessive incentive

The main idea is assessing incentives to avoid undue influence, especially with vulnerable participants. A toy basket given for use during the prison visit is a modest, non-monetary token that supports the visit experience without promising a direct benefit from participating in the research or pressuring someone to enroll or stay in a study. Because its value is small and it doesn't depend on procedures or outcomes, it is unlikely to coerce consent. In this light, it is appropriate to conclude that the toys are not an excessive incentive. The other options don't fit as well: a guaranteed benefit would imply a direct, assured improvement from participation; the toy basket isn't a guaranteed study-related benefit. An excessive incentive would be something much more valuable that could unduly sway decision-making, which this appears not to be. And labeling it unnecessary would ignore its role in making the visit child-friendly and feasible, though the key point remains that its value is modest and not coercive.

6. What type of information may schools disclose to a university researcher without parental consent?

A. Academic transcripts

B. Disciplinary records

C. Medical records

D. Directory information

FERPA lets schools share directory information without parental consent. This category covers data that isn't highly sensitive on its own, such as a student's name, address, phone number, email, date and place of birth, major, enrollment status, dates of attendance, class level, and honors. Because it's designated as directory information, a school can disclose it to outside parties, including a university researcher, as long as the student hasn't opted out of directory information sharing. If the student has opted out, the school must withhold even directory information. Other types of records—like academic transcripts, disciplinary records, or medical records—are more restricted and generally require the student's (or parent's, for a non-eligible student) consent before disclosure, unless a specific FERPA exception applies.

7. Which statement about public notices in rulemaking is most accurate?

A. Notices are never published in official channels.

B. Regulations are only put into effect if the public requests them.

C. Final rules are published after considering comments and analyses, but not noted in notices.

D. The Federal Register publishes proposed rules, final rules, and notices to inform the public of regulatory actions.

Rulemaking relies on official publication to inform the public and invite participation. The Federal Register is the official journal where regulatory actions are announced, including proposed rules, final rules, and notices. A proposed rule is published to invite public comment; after the agency reviews comments and conducts analyses, a final rule is issued and published in the Federal Register, often with a thorough response to major comments. This setup means that publishing proposed rules, final rules, and notices in the Federal Register to inform the public of regulatory actions is exactly how the process works, making that statement the most accurate. The other ideas don't fit because notices are indeed published through official channels, public input occurs through the notice-and-comment process rather than solely at public requests, and final rules are published through the same official channel and are reflected in the notices.

8. In research with children, what is assent?

A. The parent's permission alone.

B. The child's assent is not relevant.

C. The child's affirmative agreement to participate.

D. The child's signed medical chart release.

Assent is the child's affirmative agreement to participate in a research study, given in language the child can understand. It isn't just a lack of objection; it's an active, voluntary decision to take part. Researchers explain the study in an age-appropriate way, check that the child understands what participation involves, and make it clear that participation is voluntary and that the child can withdraw at any time without penalty. In pediatric research, assent is typically sought in addition to parental permission, though for children who cannot understand well enough to assent, an IRB may allow alternatives such as waivers or relying on parental consent alone.

9. What is the Single Audit Act's relevance to federal awards?

A. It requires annual audits of non-federal entities that do not spend federal funds.

B. It sets grant threshold limits for award size.

C. It standardizes internal control procedures for federal agencies.

D. It requires audits of non-federal entities that spend federal funds to ensure compliance and proper use of those funds.

Focus on accountability for federal awards through a single, consolidated audit. The Single Audit Act requires non-federal entities that spend federal funds to undergo an annual audit that covers both the entity's financial statements and its compliance with the requirements of the federal programs it administers. The goal is to verify that funds are used for authorized purposes, managed properly, and to reveal deficiencies in internal controls over compliance. The audit produces a single report package for federal agencies, which reduces the need for multiple audits. It doesn't itself set grant-size thresholds (though there is a threshold of annual federal expenditures that triggers the audit) and it doesn't impose internal-control standards on federal agencies or apply to entities that do not spend federal funds.

10. What is sole-source procurement and when is it justified?

A. Procurement with competition; justified only when there is a valid basis such as unique capability.

B. Sole-source procurement is never justified.

C. Procurement without competition is permitted under all circumstances.

D. Procurement without competition; justified only when there is a valid basis such as unique capability, national security, or statutory exemptions.

Sole-source procurement means buying without inviting competitive bids. In federal practice, competition is the norm because it tends to yield better value. Sole-source is justified only when there is a valid basis that makes competition inappropriate or unnecessary. The main grounds are a unique capability (only one supplier can meet the requirement), national security or urgent mission needs that require rapid action, or statutory exemptions that authorize noncompetitive awards. When these conditions are met, bypassing competition is reasonable and supported by policy. Outside those cases, a competitive process should be used.

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!