

USMC Combat Fitness Practice Test (Sample)

Study Guide



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SAMPLE

Questions

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- 1. What does a proper uniform ensure for participants in the CFT?**
 - A. It makes participants look professional**
 - B. It provides safety and compliance**
 - C. It boosts physical strength**
 - D. It adds pressure to perform**
- 2. What aspect is solely considered in evaluating performance based on time during the CFT?**
 - A. The accuracy of the lifts**
 - B. The total number of lifts completed**
 - C. The time taken to complete the lifts**
 - D. The weight lifted**
- 3. What is the minimum location requirement for conducting a movement to contact event?**
 - A. Outdoor space with natural barriers**
 - B. Flat terrain with no elevation changes**
 - C. Indoor space with controlled temperature**
 - D. All of the above**
- 4. What is the appropriate response of a CFT monitor to an injury during the event?**
 - A. Ignore the incident to maintain schedule**
 - B. Report the injury after the event concludes**
 - C. Ensure the participant receives first aid immediately**
 - D. Continue the event as if nothing happened**
- 5. What is the weight of the ammunition can used in the CFT?**
 - A. 20 pounds**
 - B. 25 pounds**
 - C. 30 pounds**
 - D. 35 pounds**

- 6. How can Marines effectively manage fatigue during CFT training?**
- A. By increasing the intensity of workouts**
 - B. By ensuring adequate rest and recovery periods**
 - C. By minimizing fluid intake during training**
 - D. By disregarding warning signs of exhaustion**
- 7. Which of the following is a key performance metric in the Combat Fitness Test?**
- A. Distance run**
 - B. Time taken for dragging**
 - C. Movement to contact**
 - D. Ammunition type**
- 8. What purpose do cones and markers serve during an event?**
- A. To increase participant motivation**
 - B. To define the course layout and guide participants**
 - C. To test participants' agility skills**
 - D. To create obstacles for training**
- 9. What is the primary purpose of applying grip tape on the can sides?**
- A. To ensure a secure hold during lifting**
 - B. To enhance the appearance of the cans**
 - C. To promote team branding**
 - D. To identify specific training goals**
- 10. In the context of the CFT, what does "endurance" refer to?**
- A. The ability to perform multiple tasks simultaneously**
 - B. The ability to sustain physical activity over an extended period**
 - C. The capability to recover quickly**
 - D. The ability to work as a team**

Answers

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

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Explanations

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1. What does a proper uniform ensure for participants in the CFT?

- A. It makes participants look professional**
- B. It provides safety and compliance**
- C. It boosts physical strength**
- D. It adds pressure to perform**

A proper uniform in the Combat Fitness Test (CFT) plays a critical role in ensuring both safety and compliance with established standards. Wearing the correct uniform is vital because it is specifically designed to meet the requirements of the event, allowing for a range of motion while also protecting the individual during physical exertion. Additionally, compliance with uniform regulations helps maintain uniformity among participants, which is important in a military context, reinforcing discipline and cohesion within the unit. Safety is paramount; uniforms often incorporate features that help prevent injuries, such as appropriate footwear to support the feet and ankle during dynamic movements. While looking professional can indeed have its own value, primarily in regards to morale and camaraderie, it does not directly impact the performance or safety aspects as fundamentally as the proper uniform does. The other options, such as boosting physical strength or adding pressure to perform, do not address the essential function of uniformity and protection that is inherently connected to a proper uniform.

2. What aspect is solely considered in evaluating performance based on time during the CFT?

- A. The accuracy of the lifts**
- B. The total number of lifts completed**
- C. The time taken to complete the lifts**
- D. The weight lifted**

When evaluating performance during the Combat Fitness Test (CFT), the aspect that is solely considered in terms of time is the time taken to complete the lifts. This focus on time is crucial as the CFT is designed to assess a Marine's physical fitness in various components, primarily emphasizing speed and efficiency. The CFT includes events like the deadlift and the standing power throw, where while the number of lifts and the weight lifted are important for overall fitness assessment, the core component measured by time remains the speed at which the task is completed. For instance, in an event where Marines perform a certain type of lift, the speed at which they can complete that lifting task reflects their endurance, strength, and overall combat readiness. Evaluating based on time alone is essential as it allows for a consistent measurement of performance that prioritizes the ability to perform under time constraints, which is often critical in combat situations. Other factors such as the accuracy of the lifts, total number of lifts, and weight lifted contribute to the overall assessment but do not encapsulate the singular focus of time as a performance metric in the CFT.

3. What is the minimum location requirement for conducting a movement to contact event?

- A. Outdoor space with natural barriers**
- B. Flat terrain with no elevation changes**
- C. Indoor space with controlled temperature**
- D. All of the above**

The minimum location requirement for conducting a movement to contact event primarily focuses on the need for a conducive training environment that can realistically simulate battlefield conditions. While an outdoor space with natural barriers is typically preferred as it provides opportunities for cover and concealment, it is critical to note that the event does not strictly require such features. Flat terrain with no elevation changes is not necessary for conducting the movement to contact event. Although varied terrain can indeed add complexity and realism to the exercise, it is not a minimum requirement. The event can take place in diverse environments, including irregular terrain. Similarly, conducting the event indoors with controlled temperature could also be beneficial for specific training scenarios, particularly if outdoor conditions are unsafe or if specific training objectives require a controlled environment. The correct answer emphasizes that a variety of settings can be suitable, meaning that the event can be adapted to different environments as long as they meet the essential safety and training effectiveness criteria, hence encompassing all of the above options. This flexibility is important for military readiness, ensuring that service members can train in circumstances that closely resemble what they may encounter in real operations.

4. What is the appropriate response of a CFT monitor to an injury during the event?

- A. Ignore the incident to maintain schedule**
- B. Report the injury after the event concludes**
- C. Ensure the participant receives first aid immediately**
- D. Continue the event as if nothing happened**

The appropriate response of a CFT monitor to an injury during the event is to ensure the participant receives first aid immediately. This response is crucial because the health and safety of the participants take precedence over the event schedule. Promptly attending to injuries can prevent further harm and ensure that the affected individual receives the necessary care quickly. First aid can stabilize the condition of the injured participant and potentially mitigate any long-term consequences. It reflects a commitment to the well-being of all participants, ensuring that they feel valued and cared for during physically demanding activities like the Combat Fitness Test. This action aligns with the responsibility of monitors to prioritize safety and health above all else. The other options involve neglecting immediate care or delaying the response, which could exacerbate the injury and compromise the overall integrity of the event environment. Prioritizing immediate medical attention is essential in any training or combat scenario.

5. What is the weight of the ammunition can used in the CFT?

- A. 20 pounds
- B. 25 pounds
- C. 30 pounds**
- D. 35 pounds

The weight of the ammunition can used in the Combat Fitness Test (CFT) is set at 30 pounds. This weight is standardized to ensure consistency in training and assessment across all participants. The choice of 30 pounds strikes a balance, providing a challenging weight that reflects the physical demands faced during combat scenarios while still being manageable for Marines in training. The use of a specific weight also facilitates uniformity in scoring and evaluating physical performance, enabling a clear benchmark for physical readiness. This standard is part of the USMC's commitment to ensuring all personnel meet the rigorous demands of their roles.

6. How can Marines effectively manage fatigue during CFT training?

- A. By increasing the intensity of workouts
- B. By ensuring adequate rest and recovery periods**
- C. By minimizing fluid intake during training
- D. By disregarding warning signs of exhaustion

The choice that highlights the importance of ensuring adequate rest and recovery periods during CFT training is the most effective way for Marines to manage fatigue. Adequate rest is crucial because it allows the body to repair and strengthen itself after periods of intense physical exertion. This recovery time helps to replenish energy stores, reduce muscle soreness, and prevent overtraining, which can lead to decreased performance and increased risk of injury. Incorporating recovery periods into training schedules helps Marines maintain optimal physical condition and improve overall training outcomes. Rest days and periods of reduced intensity allow the body to adapt to the stresses of training, enhancing endurance and resilience over time. Other options may seem beneficial but are counterproductive. Increasing workout intensity without adequate rest can lead to burnout and heightened fatigue. Minimizing fluid intake compromises hydration, which is essential for performance and recovery. Disregarding signs of exhaustion can result in serious health risks, including heat-related illnesses or injuries from decreased physical capability. Therefore, prioritizing rest and recovery is key to effective fatigue management during Combat Fitness Training.

7. Which of the following is a key performance metric in the Combat Fitness Test?

- A. Distance run**
- B. Time taken for dragging**
- C. Movement to contact**
- D. Ammunition type**

In the context of the Combat Fitness Test, the movement to contact is considered a key performance metric because it assesses a Marine's ability to quickly and effectively close the distance to engage an enemy. This element is crucial for operational readiness, as it simulates real combat scenarios where rapid movement and decision-making can significantly impact mission success. The test evaluates physical fitness, agility, and the capacity to perform under stressful conditions—qualities that are vital for any Marine during combat. While distance run and time taken for dragging contribute to overall fitness and highlight different physical capabilities, they do not specifically measure the tactical application of movement in a combat context. On the other hand, ammunition type is not a performance metric but rather pertains to equipment choices that do not directly relate to individual physical performance in the test. Therefore, movement to contact stands out as the primary metric reflecting essential combat readiness.

8. What purpose do cones and markers serve during an event?

- A. To increase participant motivation**
- B. To define the course layout and guide participants**
- C. To test participants' agility skills**
- D. To create obstacles for training**

Cones and markers play a crucial role in defining the course layout and guiding participants during events. They provide clear visual cues that help athletes understand the path they need to take, the boundaries of the course, and the areas designated for specific activities. This organization is essential for ensuring that all participants are following the same route, which not only maintains the integrity of the event but also helps prevent confusion and possible injuries. By clearly marking out specific areas and directions, cones and markers make it easier for participants to navigate the course efficiently. The other choices, while they may have relevant aspects, do not capture the primary function of cones and markers as effectively as defining the layout and guiding participants does. For instance, while they might contribute to motivation or serve as obstacles in some training scenarios, their main utility lies in providing direction and structure for the event.

9. What is the primary purpose of applying grip tape on the can sides?

- A. To ensure a secure hold during lifting**
- B. To enhance the appearance of the cans**
- C. To promote team branding**
- D. To identify specific training goals**

The primary purpose of applying grip tape on the can sides is to ensure a secure hold during lifting. Grip tape enhances friction, allowing for a more stable and controlled grasp on the cans, which is crucial during strenuous physical activities, such as weightlifting or during combat fitness training. A secure grip reduces the risk of slippage, thereby improving safety and performance. When dealing with equipment that might be subjected to sweat or external elements, grip tape helps maintain a solid connection between the hands and the object being lifted, making it easier for individuals to perform their exercises effectively and with confidence. Other options refer to aesthetics, branding, or goals, which do not directly influence the functional benefits provided by grip tape. The focus on safety and performance makes the correct option the most relevant in a combat fitness context.

10. In the context of the CFT, what does "endurance" refer to?

- A. The ability to perform multiple tasks simultaneously**
- B. The ability to sustain physical activity over an extended period**
- C. The capability to recover quickly**
- D. The ability to work as a team**

Endurance, particularly in the context of the Combat Fitness Test (CFT), specifically refers to the ability to sustain physical activity over an extended period. This concept is crucial for Marines, as their roles often require prolonged exertion in various environments and situations. Endurance is not merely about short bursts of strength or speed; it is about maintaining a level of effort over time to complete tasks that may last longer than a few minutes. While aspects like teamwork, task management, and recovery are important qualities in a military context, endurance directly addresses physical stamina. For example, during the CFT, the physical demands can be spread across various activities that can test a Marine's capacity to continue performing effectively without succumbing to fatigue. This is essential for operational readiness, as Marines may find themselves in situations where they must maintain physical activity under stressful and exhausting conditions. Emphasizing endurance highlights the need for endurance training and conditioning within the Marine Corps.