

# USMC Combat Fitness Practice Test (Sample)

## Study Guide



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

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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 could be a negative effect of tripping or falling during training on uneven terrain?**
  - A. Improved group cohesion**
  - B. Enhanced focus on training goals**
  - C. Increased injury risks affecting performance**
  - D. Immediate positive feedback from peers**
- 2. What is the required distance for dragging a simulated casualty during the Combat Fitness Test?**
  - A. Twenty yards**
  - B. Fifteen yards**
  - C. Ten yards**
  - D. Five yards**
- 3. How should Marines approach the maneuver under fire to ensure safety?**
  - A. By using a systematic lifting technique**
  - B. By participating individually**
  - C. By not practicing before the event**
  - D. By relying on verbal commands only**
- 4. Which strategy is least effective in preparation for the CFT?**
  - A. Regular mock assessments**
  - B. Focusing only on cardio without strength training**
  - C. Maintaining open communication with trainers**
  - D. Setting personal fitness goals**
- 5. What are the three main events included in the CFT?**
  - A. The 880-yard run, movement to contact, and ammo can lifts**
  - B. The 5-mile run, obstacle course, and ammo can lifts**
  - C. The 3-mile run, physical strength training, and marksmanship**
  - D. The 880-yard sprint, push-ups, and sit-ups**

**6. According to training principles, what impact does uneven terrain have on performance?**

- A. Significant negative impact**
- B. No impact since Marines are trained for all terrains**
- C. Only affects physical fitness**
- D. Improves strategic thinking**

**7. 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**

**8. What should the CFT monitor do if a Marine has a chipped tooth?**

- A. Ignore the injury and continue the event**
- B. Assess the injury, provide first aid, and ensure medical attention**
- C. Report the injury to the commanding officer immediately**
- D. Allow the Marine to continue in the event without action**

**9. What is a primary benefit of enhanced teamwork and communication among participants in a physical fitness test?**

- A. No impact on overall test results**
- B. Increased risk of injury**
- C. Improved overall physical performance**
- D. Inaccurate performance assessment**

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

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## **Explanations**

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**1. What could be a negative effect of tripping or falling during training on uneven terrain?**

- A. Improved group cohesion**
- B. Enhanced focus on training goals**
- C. Increased injury risks affecting performance**
- D. Immediate positive feedback from peers**

A negative effect of tripping or falling during training on uneven terrain primarily revolves around the increased risk of injuries, which can significantly impact a participant's performance. When a person trips or falls, there is a potential for sprains, fractures, or other injuries that can result in pain, reduced mobility, or the need for medical attention. Such injuries can lead to extended recovery times, impact the individual's ability to engage in further training sessions, and even affect overall fitness levels. Furthermore, the mental aspect comes into play, as fear of future falls can hinder confidence and performance in subsequent exercises. In contrast, the other choices focus on positive outcomes or aspects that do not directly correlate with the consequences of tripping or falling. Improved group cohesion and enhanced focus on training goals suggest beneficial effects that are unlikely to arise from experiencing accidents during training. Immediate positive feedback from peers does not typically occur in situations involving falls; instead, reactions may involve concern for safety rather than encouragement.

**2. What is the required distance for dragging a simulated casualty during the Combat Fitness Test?**

- A. Twenty yards**
- B. Fifteen yards**
- C. Ten yards**
- D. Five yards**

The required distance for dragging a simulated casualty during the Combat Fitness Test is ten yards. This distance is specifically designed to assess a Marine's ability to handle a crucial combat scenario where they may need to move an injured comrade to safety. The ten-yard distance tests not only the physical strength and endurance of the Marine but also emphasizes the importance of teamwork, as the ability to quickly and effectively evacuate a fellow Marine can be life-saving in a combat situation. This task simulates real-life conditions where swift action is required, reinforcing the training and readiness necessary for service members in the field.

**3. How should Marines approach the maneuver under fire to ensure safety?**

- A. By using a systematic lifting technique**
- B. By participating individually**
- C. By not practicing before the event**
- D. By relying on verbal commands only**

Using a systematic lifting technique is essential for Marines during a maneuver under fire to ensure safety because it prioritizes both effectiveness and the well-being of all participants involved. A systematic approach allows for coordinated and predictable actions among team members, reducing the risk of injury and enhancing the efficiency of the maneuver. This technique involves clear communication and designated roles, which create a safer environment during high-stress situations. In contrast, participating individually can lead to disorganization and increased vulnerability to enemy fire or accidents. Not practicing before the event can result in a lack of familiarity with the procedures and techniques necessary for safety, leaving Marines unprepared for real-life scenarios. Relying solely on verbal commands may not provide the non-verbal cues and physical coordination needed for a smooth maneuver, especially in chaotic environments where communication can be compromised. Overall, incorporating a systematic lifting technique fosters teamwork and enhances overall mission success while prioritizing safety.

**4. Which strategy is least effective in preparation for the CFT?**

- A. Regular mock assessments**
- B. Focusing only on cardio without strength training**
- C. Maintaining open communication with trainers**
- D. Setting personal fitness goals**

Focusing only on cardio without strength training is least effective for preparing for the Combat Fitness Test (CFT) because the CFT evaluates multiple physical fitness components, including strength, endurance, and agility. While cardiovascular endurance is essential, the test requires a balanced approach to fitness that includes strength training to improve overall performance. Relying solely on cardio can leave significant gaps in strength and functional fitness, making it difficult to excel in the various components of the CFT, such as the movement to contact and ammunition can lifts, which require a combination of strength and endurance. A comprehensive training regimen that includes both cardio and strength training is essential for optimal performance in the CFT.

## 5. What are the three main events included in the CFT?

- A. The 880-yard run, movement to contact, and ammo can lifts**
- B. The 5-mile run, obstacle course, and ammo can lifts**
- C. The 3-mile run, physical strength training, and marksmanship**
- D. The 880-yard sprint, push-ups, and sit-ups**

The three main events included in the Combat Fitness Test (CFT) are indeed the 880-yard run, movement to contact, and ammo can lifts. This test is designed to evaluate the physical fitness of Marines through a series of tasks that closely replicate the physical demands of combat situations. The 880-yard run measures sprinting ability and stamina, simulating the kind of dynamic movements a Marine might need in a combat environment. Movement to contact involves maneuvering tactics while ensuring readiness for potential combat, which assesses both mental and physical preparedness. Ammo can lifts evaluate muscular endurance, specifically in the upper body, which is crucial for tasks like carrying gear in the field. These events are structured to offer a multifaceted assessment of a Marine's fitness level, focusing on speed, endurance, and strength. In contrast, the other choices do not accurately reflect the components of the CFT, as they either include events that are not part of the test or suggest a different focus than that established for evaluating combat readiness.

## 6. According to training principles, what impact does uneven terrain have on performance?

- A. Significant negative impact**
- B. No impact since Marines are trained for all terrains**
- C. Only affects physical fitness**
- D. Improves strategic thinking**

The belief that there is no impact from uneven terrain on performance overlooks the complexities involved in physical activities under varying conditions. While Marines are indeed trained to adapt to diverse environments, uneven terrain can present significant challenges that affect performance in various ways. Uneven terrain can lead to physical instability, increasing the risk of injury and affecting a Marine's ability to maintain effective movement and coordination. This type of terrain requires greater balance, agility, and strength control, which can ultimately influence overall performance. Furthermore, factors like fatigue may be exacerbated in such environments, impacting not just physical abilities but also cognitive decision-making and team dynamics during operations. Therefore, acknowledging the impact of uneven terrain is essential for a comprehensive understanding of performance in military training and operations, as it prepares Marines to face real-world challenges effectively.

## 7. 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.

## 8. What should the CFT monitor do if a Marine has a chipped tooth?

- A. Ignore the injury and continue the event
- B. Assess the injury, provide first aid, and ensure medical attention**
- C. Report the injury to the commanding officer immediately
- D. Allow the Marine to continue in the event without action

The appropriate course of action for a CFT monitor when a Marine has a chipped tooth is to assess the injury, provide first aid, and ensure the Marine receives medical attention. This response prioritizes the health and safety of the Marine, as a chipped tooth can lead to further complications if not treated properly. Assessing the injury allows the monitor to understand the nature and severity of the dental issue. Providing first aid may involve instructions on how to care for the injury until professional medical help is available. Furthermore, ensuring that the Marine receives medical attention is crucial in preventing potential infections and ensuring proper dental care, which can affect not only the Marine's well-being but also their performance in future activities. In combat and training situations, the health of every Marine is critical, and early intervention can prevent more serious injuries from developing. This approach also reflects the core values of the Marine Corps, which emphasize care for fellow Marines and maintaining their operational readiness.

**9. What is a primary benefit of enhanced teamwork and communication among participants in a physical fitness test?**

- A. No impact on overall test results**
- B. Increased risk of injury**
- C. Improved overall physical performance**
- D. Inaccurate performance assessment**

The primary benefit of enhanced teamwork and communication among participants in a physical fitness test lies in the significant impact on improved overall physical performance. When individuals collaborate effectively, they can motivate each other, share techniques, and provide critical feedback during training sessions and testing. This collaborative environment fosters a sense of accountability, encouragement, and support, which can lead to enhanced effort and improved outcomes. In addition, effective communication helps in strategizing workouts, addressing any difficulties faced by participants, and learning from one another. This shared experience can lead to higher levels of morale and a collective push towards achieving better results than might be possible when training or testing alone. By improving individual and group dynamics, participants are often able to perform at higher levels, optimize their training routines, and ultimately achieve superior results on the fitness test.

**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.

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

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

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