

USMC COMBAT FITNESS PRACTICE TEST (SAMPLE)

STUDY GUIDE



SAMPLE STUDY GUIDE WITH LIMITED QUESTIONS

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THE FULL VERSION STUDY GUIDE

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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 is a key aspect of a CFT monitor's interaction with participants?**
 - A. Provide motivational speeches
 - B. Only record scores without interaction
 - C. Offer personal training advice throughout the event
 - D. Administer first aid when necessary
- 2. What should be regularly assessed alongside CFT performance?**
 - A. Diet and nutrition plans
 - B. Psychological resilience and adaptability
 - C. Injury history and previous medical conditions
 - D. All of the above
- 3. Which component of physical fitness is NOT evaluated in the CFT?**
 - A. Endurance
 - B. Speed
 - C. Flexibility
 - D. Strength
- 4. What score corresponds to completing the movement to contact event in a time of 3:18?**
 - A. 100
 - B. 95
 - C. 90
 - D. 85
- 5. Why is it important for Marines to train in conditions similar to the CFT?**
 - A. To create a sense of familiarity with stressors
 - B. To prepare for competitive events
 - C. To avoid unnecessary training hours
 - D. To differentiate individual performances
- 6. Which muscles are primarily engaged during the ammunition can lift?**
 - A. The back and legs
 - B. The core, shoulders, and arms
 - C. The chest and arms
 - D. The legs and calves

7. What is the time limit for the 880-yard run in the CFT for male Marines?

- A. 3 minutes and 15 seconds
- B. 3 minutes and 45 seconds
- C. 4 minutes and 15 seconds
- D. 4 minutes and 45 seconds

8. What is the recommended action for a Marine displaying slow performance?

- A. Increase rest and recovery time
- B. Increase training intensity and focus on speed drills
- C. Focus on strength training alone
- D. Reduce the number of repetitions in practice

9. What is the first step in the risk management process?

- A. Implementing safety measures
- B. Assessing risks
- C. Conducting a review meeting
- D. Training participants

10. What psychological impacts can the CFT training have on Marines?

- A. Decreased motivation
- B. Increased confidence and resilience under stress
- C. Enhanced fear of failure
- D. Detrimental mental health effects

Answers

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

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Explanations

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1. What is a key aspect of a CFT monitor's interaction with participants?

- A. Provide motivational speeches
- B. Only record scores without interaction**
- C. Offer personal training advice throughout the event
- D. Administer first aid when necessary

The role of a CFT monitor is crucial in maintaining the integrity and flow of the Combat Fitness Test, and one of the primary responsibilities is to accurately record scores. Although monitors must ensure that participants are performing according to the standards, their focus should be on observation and data collection during the event rather than engaging in extensive interaction or personal coaching. This means that a monitor's interaction with participants is primarily centered on ensuring proper execution of tasks and documenting the results. They need to be attentive and impartial, concentrating on the assessment rather than personal engagement or motivational speaking. Each of the roles outlined in the other choices suggests a level of engagement that could lead to distractions or biases during the testing process. By maintaining a strictly observational role, monitors help to ensure that the test remains standardized and objective.

2. What should be regularly assessed alongside CFT performance?

- A. Diet and nutrition plans
- B. Psychological resilience and adaptability
- C. Injury history and previous medical conditions
- D. All of the above**

Regularly assessing diet and nutrition plans, psychological resilience and adaptability, and injury history and previous medical conditions complements CFT performance, as each factor influences overall physical readiness and effectiveness in combat scenarios. Understanding the dietary and nutritional habits of service members is crucial, as nutrition directly impacts energy levels, recovery, and overall fitness. Proper nutrition can enhance performance during the Combat Fitness Test and reduce the risk of injury. Psychological resilience and adaptability are critical for maintaining performance under stress, which is a component of combat readiness. Regular assessments of these attributes help ensure that Marines can cope with the psychological demands of their roles and can adjust effectively to challenging situations. Injury history and previous medical conditions play a vital role in tailoring training regimens and ensuring that Marines are physically capable of performing their duties. Regular checks of these factors can prevent exacerbation of existing issues and optimize training effectiveness. By evaluating all these aspects together, the Marine Corps can better support the holistic development and readiness of its personnel, ensuring that each component of fitness—physical, mental, and nutritional—is addressed concurrently for optimal performance.

3. Which component of physical fitness is NOT evaluated in the CFT?

- A. Endurance
- B. Speed
- C. Flexibility**
- D. Strength

The correct answer is flexibility, as it is not a component evaluated in the Combat Fitness Test (CFT). The CFT primarily focuses on endurance, speed, and strength to assess a Marine's overall combat readiness and physical capabilities required for various tasks in the field. Endurance is tested through the timed 3-mile run, which evaluates cardiovascular fitness and the ability to sustain physical activity over a prolonged period. Speed is measured during the sprint-drag-carry event, which assesses quick changes in pace and agility. Strength is evaluated through the ammo can lift, which examines the physical capability to perform tasks that require lifting and carrying equipment. While flexibility is an important aspect of overall fitness and can aid in injury prevention and performance in various activities, it is not specifically assessed in the CFT. This choice highlights the test's focus on more applicable components of physical fitness that directly relate to combat scenarios.

4. What score corresponds to completing the movement to contact event in a time of 3:18?

- A. 100
- B. 95**
- C. 90
- D. 85

The score of 95 corresponds to completing the movement to contact event in a time of 3:18 because each event in the USMC Combat Fitness Test has a scoring scale that reflects performance standards based on time. The movement to contact event is designed to evaluate an individual's speed and agility in a combat-like scenario. In this case, the scoring criteria indicate that the benchmark for achieving a high score is directly tied to completing the event within a specific time frame. A time of 3:18 falls within a range that is classified as above average but not the fastest, aligning perfectly with a score of 95. This reflects the expectation for Marines to exhibit a balance of speed and endurance under stress, which is paramount in combat situations. Scores above or below this time would significantly impact the results, with faster times earning higher scores, while slower times would lead to lower scores. Thus, a time of 3:18 accurately matches the performance metrics reflecting a score of 95 in this event.

5. Why is it important for Marines to train in conditions similar to the CFT?

- A. To create a sense of familiarity with stressors**
- B. To prepare for competitive events
- C. To avoid unnecessary training hours
- D. To differentiate individual performances

Training in conditions similar to those encountered in the Combat Fitness Test (CFT) is crucial because it helps Marines develop a sense of familiarity with the various stressors they will face during the actual test and in combat scenarios. By simulating the physical and mental challenges of the CFT, Marines can better prepare themselves to handle the rigors of real-life situations. This preparation fosters adaptability and resilience, which are essential traits for success in combat. Understanding how to manage exhaustion, time constraints, and physical demands in practice helps reinforce effective performance during the actual events. This familiarity ultimately contributes to increased confidence and a higher level of readiness for the demands of military operations.

6. Which muscles are primarily engaged during the ammunition can lift?

- A. The back and legs
- B. The core, shoulders, and arms**
- C. The chest and arms
- D. The legs and calves

The correct answer identifies that the core, shoulders, and arms are primarily engaged during the ammunition can lift, a dynamic exercise that mimics movements often performed in combat scenarios. This activity is designed to enhance functional strength and endurance. During the lift, the core muscles stabilize the body, ensuring proper posture and support, which is crucial for maintaining balance while handling the weight. The shoulders and arms are heavily involved in lifting and controlling the ammunition can, as these muscles are responsible for generating the necessary force to lift and maneuver the weight overhead or to a desired position. This exercise is particularly effective in developing the upper body strength essential for various tasks a Marine might encounter in the field, such as lifting equipment or performing tactical movements. The coordinated engagement of these muscle groups also emphasizes the importance of functional fitness in combat training, ensuring that Marines are prepared for the physical demands of their roles.

7. What is the time limit for the 880-yard run in the CFT for male Marines?

- A. 3 minutes and 15 seconds
- B. 3 minutes and 45 seconds**
- C. 4 minutes and 15 seconds
- D. 4 minutes and 45 seconds

The correct time limit for the 880-yard run in the Combat Fitness Test (CFT) for male Marines is indeed 3 minutes and 45 seconds. This limit is established to ensure that Marines demonstrate a level of aerobic fitness that is essential for combat readiness. The 880-yard run assesses a Marine's cardiovascular endurance, which is crucial for performing in high-stress environments where stamina can be a determining factor for mission success. Maintaining this time limit is important, as it promotes competitiveness and encourages Marines to train effectively for optimal performance. It reflects the physical demands of the position and helps to ensure that all Marines maintain the fitness standards necessary for their operational roles.

8. What is the recommended action for a Marine displaying slow performance?

- A. Increase rest and recovery time
- B. Increase training intensity and focus on speed drills**
- C. Focus on strength training alone
- D. Reduce the number of repetitions in practice

Increasing training intensity and focusing on speed drills is the recommended action for a Marine displaying slow performance. This approach is effective because it directly targets the areas where improvement is needed. By emphasizing speed drills, the Marine can enhance their muscle responsiveness, improve cardiovascular capacity, and develop better overall athletic performance. This method also encourages adaptation to the demands of physical activity, which can lead to improved speed and efficiency in various combat scenarios. In contrast, the other options do not address the issue of slow performance in a functional manner. For instance, increasing rest and recovery time could lead to a decrease in overall physical readiness and may not challenge the Marine to improve their speed. Focusing solely on strength training may neglect the necessary speed components and doesn't directly improve performance in activities requiring quick movements. Reducing the number of repetitions could also diminish the practice needed to enhance speed and proficiency, ultimately hindering the Marine's ability to improve their performance.

9. What is the first step in the risk management process?

- A. Implementing safety measures
- B. Assessing risks**
- C. Conducting a review meeting
- D. Training participants

The first step in the risk management process is assessing risks. This initial phase involves identifying potential hazards and evaluating the likelihood and impact of these risks on operations or activities. During this step, you gather relevant information and analyze the environment to understand the various factors that could pose threats to safety or mission success. By thoroughly assessing risks, you lay the groundwork for developing effective strategies and safety measures that can be implemented in subsequent steps. Recognizing and analyzing risks upfront is crucial for making informed decisions and prioritizing actions to mitigate or eliminate those risks, which ultimately contributes to a safer and more effective operational environment. The focus during this stage is on understanding the context and nature of risks, enabling the team to effectively address them in later phases of the risk management process.

10. What psychological impacts can the CFT training have on Marines?

- A. Decreased motivation
- B. Increased confidence and resilience under stress**
- C. Enhanced fear of failure
- D. Detrimental mental health effects

The psychological impact of Combat Fitness Test (CFT) training on Marines is primarily characterized by increased confidence and resilience under stress. This aspect is crucial as the CFT is designed to push Marines to their physical limits, simulating the stress and demands of combat situations. Through rigorous physical training and performance assessments, Marines develop a stronger belief in their abilities to overcome challenges. As they improve their fitness levels and successfully complete the CFT, they build not only physical endurance but also mental fortitude. This process fosters a sense of accomplishment and boosts self-esteem, which is particularly important in high-stakes environments where mental toughness is essential for operational effectiveness. The training also helps Marines learn to cope with stress and adversity, equipping them with skills to handle the pressures they might face in combat or high-tension situations. Building resilience is a key component of military training, as it prepares personnel to deal with the unpredictability and intensity of their roles, ultimately contributing to mission success and personal well-being.

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://usmccombatfitness.examzify.com>

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

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