

93RD RECRUIT TRAINING TROOP (RTT) TRAINEE MANUAL 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

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- 1. Sick call is conducted daily by the Health and Fitness Unit at a time designated by which person?**
 - A. The Academy Staff
 - B. The HFU supervisor
 - C. The Troop Liaison Officer
 - D. A member of the Academy Staff

- 2. The trainee closet affixes their index card to which side of the door window?**
 - A. Left side
 - B. Top
 - C. Right side
 - D. Bottom

- 3. The training approach is described as which of the following?**
 - A. Intense physical-only training
 - B. Safe, evidence-based training
 - C. Theoretical lecture-only training
 - D. On-the-job training without foundation

- 4. Which phase is focused on achieving proficiency after the Transitional Phase?**
 - A. Transitional Phase
 - B. Proficiency Phase
 - C. Developmental Phase
 - D. Expectations and Instructional Phase

- 5. What is the numerical value for Quick Time's standard marching pace?**
 - A. 110
 - B. 120
 - C. 140
 - D. 130

- 6. Who has the authority to set policy for Academy training guidelines including curriculum weighting?**
- A. Trainee Council
 - B. Chief Instructor
 - C. Deputy Commandant
 - D. Commandant
- 7. Which action ensures uniforms and equipment are ready for duty?**
- A. Wear them without inspection
 - B. Perform a pre-shift uniform and equipment check
 - C. Leave items in storage
 - D. Use damaged gear to save money
- 8. How many items are listed in the EVOC Curriculum Average?**
- A. 5
 - B. 6
 - C. 7
 - D. 8
- 9. When traveling NORTH on RCS Trainees shall be ____ feet from the curb, maintaining a 6 foot interval with the Trainee in front of them.**
- A. 3
 - B. 2
 - C. 1
 - D. 4
- 10. Which trio best completes the blank in the Trooper transformation statement?**
- A. Professional, resilient, and service-driven
 - B. Skilled, proactive, and ethical
 - C. Courageous, tech-savvy, and accountable
 - D. Resourceful, visible, and patient

Answers

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

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Explanations

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1. Sick call is conducted daily by the Health and Fitness Unit at a time designated by which person?

- A. The Academy Staff
- B. The HFU supervisor
- C. The Troop Liaison Officer
- D. A member of the Academy Staff**

Sick call is scheduled to fit smoothly into the training day, so a single, designated person within the Academy Staff sets the exact time. This ensures there's clear accountability and coordination with the medical team and the day's activities, keeping medical access consistent without disrupting classes or drills. The Health and Fitness Unit runs the medical check, but the official time is determined by a member of the Academy Staff to maintain a standardized process and reliable scheduling. Roles like the Troop Liaison Officer aren't responsible for medical appointment times, and while a supervisor in the HFU oversees health services, the specific time is designated by an individual Academy Staff member for clarity and control.

2. The trainee closet affixes their index card to which side of the door window?

- A. Left side
- B. Top
- C. Right side**
- D. Bottom

Standardized labeling and visibility for trainee identification is what this item tests. In a training environment, placing the index card in the same location on the door window makes it quick for instructors to spot who belongs where, helps with accountability, and reduces confusion during checks. The right side is chosen because it aligns with common eye level sightlines when standing in front of the closet and stays clear of edges or mechanisms that could obscure the card as the door moves. This position keeps the card readable when the door is closed and the room is scanned quickly. The other sides are less practical: the left side can be out of the typical line of sight, the top can be harder to read from a standing position, and the bottom can be obscured by the floor or door frame when approaching.

3. The training approach is described as which of the following?

- A. Intense physical-only training
- B. Safe, evidence-based training**
- C. Theoretical lecture-only training
- D. On-the-job training without foundation

Training that is safe and evidence-based uses methods proven by research, includes safeguards, and adjusts to how you actually perform. It combines hands-on practice with structured feedback, valid assessments, and a thoughtful progression so you build skills efficiently while minimizing risk. This approach is preferred over patterns that push you hard without safety or data, rely solely on lectures without practice, or train on the job without a solid foundation, because it ensures you gain reliable, transferable abilities while staying protected. In this context, the approach described is the one that balances safety, proven methods, and measured progress to support effective learning.

4. Which phase is focused on achieving proficiency after the Transitional Phase?

- A. Transitional Phase
- B. Proficiency Phase**
- C. Developmental Phase
- D. Expectations and Instructional Phase

The main idea here is identifying the stage in trainee progression that centers on performing skills to a high, reliable standard after an initial transition period. After moving beyond the Transitional Phase, the focus shifts to achieving proficiency. This Proficiency Phase is about demonstrating consistent, accurate performance that meets established standards across tasks, with minimal guidance. It's where skills are applied with reliability and speed and where mastery is measured against criteria, not just practice or foundational learning. Developmental Phase, by contrast, typically emphasizes broadening and refining abilities beyond basic proficiency, preparing for more advanced tasks. Expectations and Instructional Phase deals with setting expectations and guiding instruction itself, rather than the hands-on attainment of skill mastery. The Transitional Phase is the period leading into this focus, not the stage where proficiency is the primary goal.

5. What is the numerical value for Quick Time's standard marching pace?

- A. 110
- B. 120**
- C. 140
- D. 130

Tempo in marching drills uses labeled speeds, and Quick Time is the standard marching pace. It is defined as 120 steps per minute, a cadence that keeps formations evenly spaced and allows commands to be executed with synchronized timing. The other numbers would mean moving slower or faster than the regular marching pace, which would disrupt alignment and drill flow, so 120 is the correct, consistent pace used for standard marching.

6. Who has the authority to set policy for Academy training guidelines including curriculum weighting?

- A. Trainee Council
- B. Chief Instructor
- C. Deputy Commandant
- D. Commandant**

Policy for Academy training guidelines, including how curriculum weighting is applied, is set by the Commandant. This role has the final responsibility for training policy, standards, and the overall direction of the academy, including decisions on how different parts of the curriculum are weighted in evaluation. The Deputy Commandant supports and oversees execution and policy refinement but does not hold the ultimate authority to set policy. The Chief Instructor handles day-to-day instruction within the established policy, translating it into actual training, while the Trainee Council can provide input and feedback from the trainee perspective but cannot establish official policies.

7. Which action ensures uniforms and equipment are ready for duty?

- A. Wear them without inspection
- B. Perform a pre-shift uniform and equipment check**
- C. Leave items in storage
- D. Use damaged gear to save money

Regular readiness comes from performing a pre-shift uniform and equipment check to ensure everything is ready for duty. Doing this check systematically verifies that each item is present, properly fitted, clean, and in good condition, and that nothing is missing or damaged. Catching issues like torn seams, broken fasteners, worn footwear, or misaligned insignia before you start work prevents safety hazards and last minute delays, and helps you stay accountable and prepared. Wearing uniforms and gear without checking can leave hidden problems undiscovered, leaving you unfit for duty. Leaving items in storage means they aren't ready when needed, which disrupts operations. Using damaged gear is unsafe and can lead to injuries or further damage, negating any perceived savings.

8. How many items are listed in the EVOC Curriculum Average?

- A. 5
- B. 6
- C. 7**
- D. 8

The number in question reflects how many items the EVOC Curriculum lists in its standard layout. In the referenced material, the curriculum is organized into seven distinct items or competencies that are taught and assessed. That fixed seven-item structure defines the Curriculum Average, so other totals would not align with the official listing. Therefore, seven is the correct choice.

9. When traveling NORTH on RCS Trainees shall be ____ feet from the curb, maintaining a 6 foot interval with the Trainee in front of them.

- A. 3
- B. 2
- C. 1**
- D. 4

The key idea is maintaining a precise edge distance and a fixed following gap while marching along a road. When moving north, trainees keep one foot from the curb so the line stays neatly aligned with the roadside edge. At the same time, they maintain a six-foot interval behind the person in front to ensure a safe, manageable gap that allows for reaction time and orderly movement. If you were closer than one foot, you risk brushing the curb or catching the edge of equipment. If you were farther than one foot, the line would drift away from the curb, breaking the established formation and alignment. The six-foot spacing is about the distance between bodies, not how far you are from the curb, and it ensures consistent safety spacing throughout the march.

10. Which trio best completes the blank in the Trooper transformation statement?

A. Professional, resilient, and service-driven

B. Skilled, proactive, and ethical

C. Courageous, tech-savvy, and accountable

D. Resourceful, visible, and patient

The statement is testing how a Trooper's identity is shaped by three guiding qualities: how they conduct themselves, how they handle pressure, and why they serve. Professional captures the standard of conduct, judgment, and consistency expected in all duties. Resilient describes the ability to push through demanding training and difficult situations while staying focused and effective. Service-driven emphasizes a mindset that puts the mission and the welfare of others first, which is the motivation behind every action. While the other sets include admirable traits, they don't align as strongly with this specific blend of conduct, endurance, and service. For example, emphasizing being skilled and proactive highlights capability and initiative but not the sustained service-focused mindset; ethical is important but doesn't inherently express a service orientation; courageous and accountable fit with bravery and responsibility, yet tech-savvy, or other softer traits like being visible or patient, don't reinforce the same three-part emphasis as clearly.

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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://93rdrtttraineemanual.examzify.com>

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

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