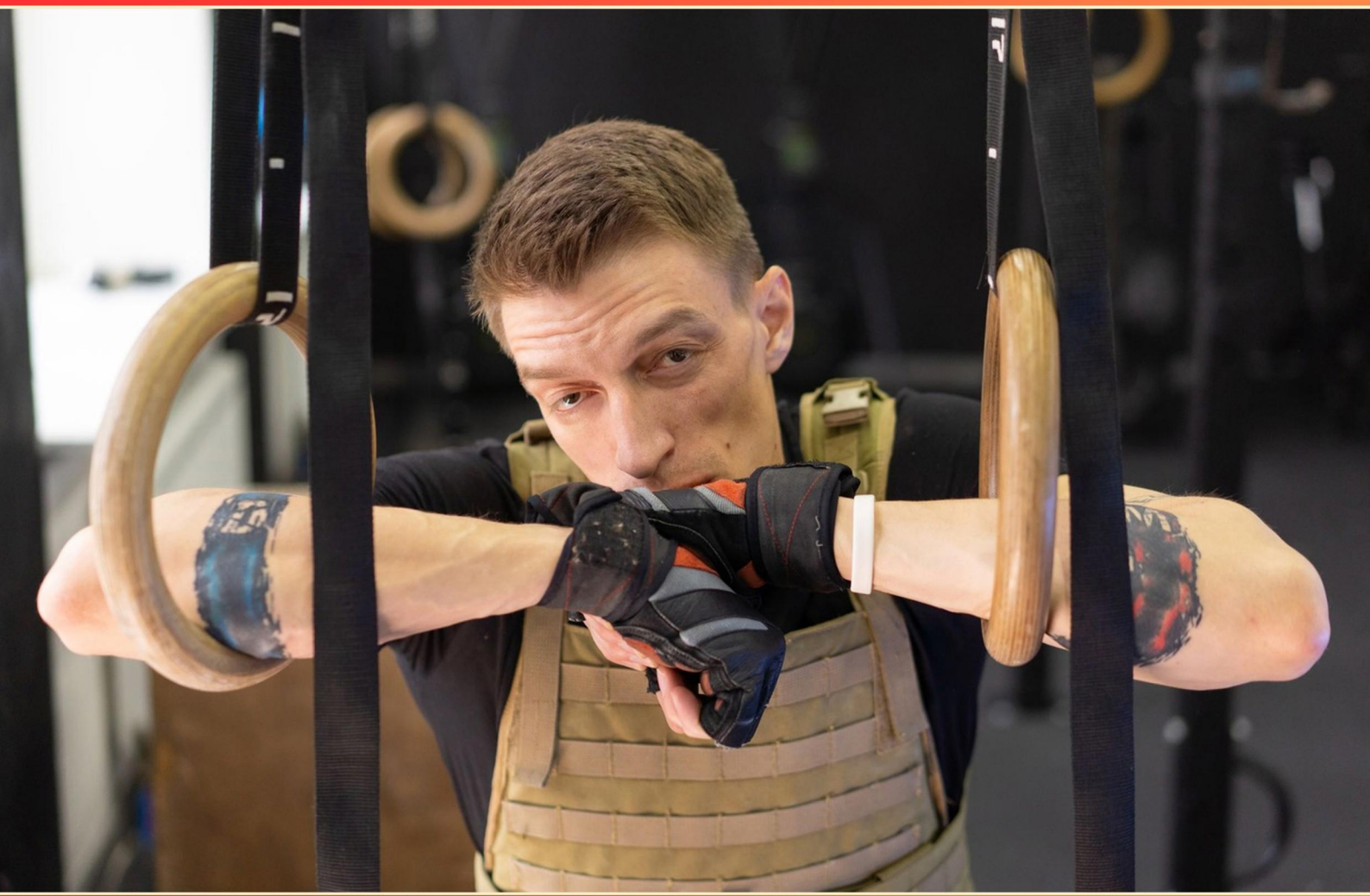
ARMY COMBAT FITNESS TEST (ACFT) PRACTICE TEST (SAMPLE)

STUDY GUIDE



SAMPLE STUDY GUIDE WITH LIMITED QUESTIONS

VISIT US ONLINE FOR 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.

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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!

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Questions

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1. What is an essential safety consideration during ACFT training?

A. Training in groups
B. Maintaining proper form and technique
C. Using heavier weights than usual
D. Training without a coach

2. Which of the following events assesses both strength and speed?

A. Sprint-Drag-Carry
B. Hand Release Push-Up
C. 2-Mile Run
D. Standing Power Throw

3. Why is hydration important during ACFT training?

A. It helps with digestion
B. It aids in energy management
C. It enhances muscle soreness
D. It is required to pass the ACFT

4. How is the ACFT different from previous Army fitness tests?

A. It does not require a run
B. It includes movements that simulate combat tasks
C. It is shorter in duration
D. It focuses on weightlifting only

5. What type of training can help soldiers gain proficiency in unarmed combat?

A. On ground training
B. Off ground training
C. Combatives training
D. Endurance training

6. What is the minimum time allowed to complete the sprint drag carry event?

A. 1:30
B. 2:00
C. 2:30
D. 3:00

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7. What distinguishes the ACFT from previous Army fitness tests?

A. It focuses only on running

B. It emphasizes functional fitness related to combat tasks

C. It measures only strength

D. It includes no physical evaluations

8. What is an important aspect of the sprint drag carry?

A. Building speed and agility

B. Enhancing upper body strength

C. Transferring supplies quickly

D. Carrying ammunition to a fighting position or vehicle

9. What are the physical benefits of the Leg Tuck?

A. Increases lower body strength.

B. Improves core strength and upper body stability.

C. Enhances cardiovascular endurance.

D. Boosts overall flexibility.

10. What health guideline should soldiers follow regarding hydration during ACFT preparation?

A. Drink only after workouts

B. Avoid hydration to reduce weight

C. Ensure proper hydration at all times

D. Only hydrate if feeling thirsty

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Answers

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

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Explanations

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1. What is an essential safety consideration during ACFT training?

A. Training in groups

B. Maintaining proper form and technique

C. Using heavier weights than usual

D. Training without a coach

Maintaining proper form and technique is crucial during ACFT training for several key reasons. Proper form helps prevent injuries by ensuring that movements are executed safely and effectively. When individuals use correct technique, they can minimize the stress placed on muscles, joints, and connective tissues, which is especially important during high-intensity exercises or when lifting weights. Additionally, executing exercises with proper form maximizes the effectiveness of the training, enabling participants to target the intended muscle groups more efficiently and achieve better overall results. While training in groups can foster motivation and support, the emphasis on safety primarily centers around individual technique. Using heavier weights than usual without proper form can lead to dangerous situations and increase the risk of injury. Training without a coach might limit the ability to receive immediate feedback on technique, further diminishing the focus on safely executing exercises. Therefore, proper form and technique should always be prioritized to ensure safety and effectiveness during ACFT training.

2. Which of the following events assesses both strength and speed?

A. Sprint-Drag-Carry

B. Hand Release Push-Up

C. 2-Mile Run

D. Standing Power Throw

The Sprint-Drag-Carry event is the correct choice as it effectively assesses both strength and speed simultaneously. In this event, participants sprint a certain distance, drag a sled, and carry a kettlebell, all in a continuous sequence. Each component requires different physical attributes: the sprint showcases speed, the drag tests strength as participants pull a weighted sled, and the carry requires both strength and endurance as they transport weight over a distance. This combination ensures a comprehensive evaluation of an individual's functional fitness, making it a crucial event in the Army Combat Fitness Test. In contrast, the Hand Release Push-Up primarily evaluates upper body strength and muscular endurance, while the 2-Mile Run focuses on cardiovascular endurance, without incorporating additional strength elements. The Standing Power Throw assesses explosive power but does not encompass speed in the context of continuous movement, as the primary focus is on the distance of the throw rather than timed speed over a course.

3. Why is hydration important during ACFT training?

A. It helps with digestion

B. It aids in energy management

C. It enhances muscle soreness

D. It is required to pass the ACFT

Hydration is crucial during ACFT training because it plays a significant role in energy management. During physical activities, especially intense and prolonged ones like the ACFT, the body loses fluids through sweat. This loss can lead to dehydration, which negatively impacts performance and energy levels. Adequate hydration helps maintain optimal blood volume, which is essential for transporting nutrients and oxygen to muscles during exercise. This support is vital for sustaining energy output and endurance throughout the various ACFT events. When adequately hydrated, an individual can better manage fatigue, maintain focus, and effectively perform each component of the test. This not only improves overall performance but also helps in quicker recovery post-exercise. Therefore, ensuring proper hydration is a key factor in achieving optimal results in ACFT training.

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4. How is the ACFT different from previous Army fitness tests?

A. It does not require a run

B. It includes movements that simulate combat tasks

C. It is shorter in duration

D. It focuses on weightlifting only

The Army Combat Fitness Test (ACFT) is specifically designed to assess a soldier's physical readiness for combat by incorporating movements that closely mimic the physical demands encountered in the battlefield. This focus on combat-related tasks is a key distinguishing feature of the ACFT, as it includes exercises like the deadlift, standing power throw, hand-release push-ups, sprint-drag-carry, and the leg tuck. Each of these movements is carefully selected to reflect the strength, endurance, and agility needed for real-world military scenarios, making the test more relevant and functional compared to previous fitness tests, which didn't emphasize direct combat simulations to the same extent. The other options highlight aspects that do not accurately represent the ACFT's design. For instance, the ACFT includes a timed run as one of its components, it is not shorter in duration compared to previous tests, and it encompasses a diverse range of movements rather than focusing solely on weightlifting. The integration of combat task simulations truly sets the ACFT apart, ensuring soldiers are not only fit but also battle-ready.

5. What type of training can help soldiers gain proficiency in unarmed combat?

A. On ground training

B. Off ground training

C. Combatives training

D. Endurance training

Combatives training is specifically designed to enhance proficiency in unarmed combat among soldiers. This type of training focuses on a wide range of hand-to-hand combat techniques, including strikes, grappling, and submissions, which equip soldiers with the necessary skills to defend themselves and neutralize threats in close quarters. It incorporates various martial arts elements and practical self-defense moves, fostering both tactical skill and confidence in real-life combat scenarios. Engaging in combatives training helps to develop not only the soldiers' physical strength and endurance but also improves their mental resilience and situational awareness. This preparation is crucial because it simulates the high-stress environment of combat situations, allowing soldiers to practice techniques in a controlled setting before applying them in real situations. Other types of training, such as ground training, off-ground training, and endurance training, do not specifically focus on hand-to-hand combat scenarios. While these can be beneficial for overall fitness and may complement certain skills, they do not provide the specialized techniques and mindset that combatives training offers for proficiency in unarmed combat.

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6. What is the minimum time allowed to complete the sprint drag carry event?

A. 1:30

B. 2:00

C. 2:30

D. 3:00

The minimum time allowed to complete the sprint drag carry event in the Army Combat Fitness Test is indeed 3:00. This event evaluates several aspects of physical fitness, including strength, endurance, and agility, as it requires soldiers to sprint, drag a sled, and carry kettlebells over a specified distance. Setting a minimum time of 3:00 underscores the test's focus on not just raw strength but also the ability to perform these tasks efficiently while maintaining a good pace. Achieving this time standard helps ensure that soldiers are prepared for the physical demands of combat situations, where speed and strength can be critical. In contrast, the other times listed are not set as minimums for this particular event. A shorter time may not adequately reflect the physical capabilities required for successful performance, while longer times would suggest a lack of urgency in a combat scenario. Therefore, the 3:00 benchmark serves as an important standard in evaluating a soldier's overall readiness.

7. What distinguishes the ACFT from previous Army fitness tests?

A. It focuses only on running

B. It emphasizes functional fitness related to combat tasks

C. It measures only strength

D. It includes no physical evaluations

The ACFT is distinguished from previous Army fitness tests primarily because it emphasizes functional fitness related to combat tasks. This focus reflects a shift in how the Army assesses Soldier readiness, aligning the physical demands of the test with the actual requirements Soldiers face in the field. Rather than merely evaluating general fitness attributes such as endurance or strength in isolation, the ACFT incorporates various events like the deadlift, standing power throw, hand-release push-ups, and a sprint-drag-carry, all designed to mirror real-world combat scenarios. The test's events assess a combination of strength, power, agility, and endurance, which are essential for operational effectiveness. This multifaceted approach ensures that Soldiers not only perform well in physical fitness tests but are also prepared to meet the physical demands of their duties. By integrating functional fitness elements that Soldiers encounter in combat situations, the ACFT aims to enhance overall battlefield performance and readiness.

8. What is an important aspect of the sprint drag carry?

A. Building speed and agility

B. Enhancing upper body strength

C. Transferring supplies quickly

D. Carrying ammunition to a fighting position or vehicle

The sprint drag carry's primary objective is to simulate the demands of a combat environment where soldiers might need to quickly transport essential equipment or supplies under physical stress. In this context, being able to efficiently carry ammunition, medical supplies, or other vital materials to a fighting position or vehicle is crucial for mission success and sustaining operations. This exercise requires the participant to engage in rapid movements that mimic real-life scenarios soldiers would face, emphasizing the importance of stamina, strength, and functional movement. While some other aspects like speed, agility, and upper body strength may play a role in performance, the essence of the sprint drag carry focuses on the practical application of transferring necessary combat items under duress, aligning directly with military operational tasks.

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9. What are the physical benefits of the Leg Tuck?

A. Increases lower body strength.

B. Improves core strength and upper body stability.

C. Enhances cardiovascular endurance.

D. Boosts overall flexibility.

The Leg Tuck is specifically designed to target and strengthen the core and improve upper body stability. During this exercise, an individual must engage their abdominal muscles to lift their legs towards the bar while maintaining their grip with their arms, which requires coordination and stability throughout the upper body. This combined effort makes the Leg Tuck an effective exercise for enhancing core strength, critical for various physical activities and overall body control. Although lower body strength and cardiovascular endurance are important aspects of overall fitness, they are not the primary focus of the Leg Tuck. While a degree of lower body engagement occurs, the emphasis on core and upper body stability is what distinguishes the Leg Tuck as a beneficial exercise for improving these specific physical attributes. Flexibility is not a significant component of the Leg Tuck, as it primarily addresses strength and stability rather than increasing the range of motion.

10. What health guideline should soldiers follow regarding hydration during ACFT preparation?

A. Drink only after workouts

B. Avoid hydration to reduce weight

C. Ensure proper hydration at all times

D. Only hydrate if feeling thirsty

Proper hydration is crucial for soldiers during ACFT preparation, as it directly impacts physical performance, recovery, and overall health. Ensuring adequate hydration at all times helps maintain optimal physiological functions, such as temperature regulation, joint lubrication, and transport of nutrients. It significantly reduces the risk of dehydration-related issues, such as fatigue, heat exhaustion, and decreased cognitive function, all of which can hinder training and test performance. Staying hydrated consistently allows soldiers to train effectively, push their limits, and be prepared for the demands of the ACFT. This guideline emphasizes the importance of proactive hydration rather than reactive measures, allowing soldiers to better manage their physical readiness and prevent injuries or performance declines during intense workouts and testing.

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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://armycombatfitness.examzify.com

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

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