ARMY REGULATION (AR) 600-9 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.

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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. If a soldier has a temporary injury, who assesses whether adjustments are warranted?

A. The platoon sergeant.

B. The family.

C. Medical personnel.

D. The first sergeant.

2. What are the three outcome categories used to classify soldiers after assessment under AR 600-9?

A. Pass, Fail, In Review

B. Excellent, Satisfactory, Poor

C. Proceed, Hold, Withdraw

D. Meets Standard, Developing, Not Within Standard

3. How many NCOs are required to take measurements?

A. One

B. Two

C. Three

D. Four

4. What constitutes a failure of the ABCP?

A. Less than satisfactory progress for two consecutive monthly assessments

B. One month of no progress

C. Failing a dietitian evaluation

D. No change in weight for one month

5. What is the role of progress reviews in ABCP?

A. Progress reviews are optional and rarely used.

B. Progress reviews are conducted exclusively by medical staff.

C. Progress reviews establish timelines and assess progress toward standards.

D. Progress reviews determine promotion eligibility.

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6. Which statement best describes body fat mass?

A. Body fat mass is the amount of fat tissue.

B. Body fat mass includes muscle.

C. Body fat mass equals lean mass.

D. Body fat mass is non-fat tissue.

7. Which combination correctly represents male measurement sites?

A. Neck, Waist

B. Neck, Hip

C. Neck, Chest

D. Neck, Abdomen

8. How can soldiers check their own progress under AR 600-9?

A. Through periodic measurements, counseling notes, and progress update records.

B. By guessing progress based on appearance.

C. Only during the annual medical exam.

D. Through informal conversations with peers.

9. Are there age-based differences in body fat maximums?

A. Yes; AR 600-9 sets different maximum body fat standards based on age and sex.

B. No; all ages have the same standard.

C. Only age > 50 has different standards.

D. Age differences exist only for combat troops.

10. How does the Army ensure privacy during measurement?

A. Measurements are conducted in open areas for accountability.

B. Measurements are conducted by trained personnel in a private setting, with consent and sensitive handling of data.

C. Soldiers measure themselves without supervision.

D. Privacy is not considered important for these measurements.

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Answers

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

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Explanations

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1. If a soldier has a temporary injury, who assesses whether adjustments are warranted?

A. The platoon sergeant.

B. The family.

C. Medical personnel.

D. The first sergeant.

When a soldier has a temporary injury, medical personnel are the ones who determine if adjustments are needed. They assess the injury, project recovery, and specify any activity limitations in a temporary medical profile. That profile guides what the soldier can or cannot do and for how long, allowing the unit to adjust duties, workouts, or responsibilities safely. Leaders like the platoon sergeant or first sergeant coordinate with medical staff to implement these recommendations, but the authority to authorize medical adjustments rests with the medical professionals. The family does not set or approve readiness restrictions.

2. What are the three outcome categories used to classify soldiers after assessment under AR 600-9?

A. Pass, Fail, In Review

B. Excellent, Satisfactory, Poor

C. Proceed, Hold, Withdraw

D. Meets Standard, Developing, Not Within Standard

The three outcome categories describe how a soldier's body composition assessment is interpreted and managed under AR 600-9: Meets Standard, Developing, Not Within Standard. Meets Standard means the soldier's body fat and overall composition meet Army limits and are in compliance. Developing indicates the soldier is outside the standard but is on a formal plan with a timeframe to come into compliance, signaling active steps and monitoring. Not Within Standard means the soldier does not meet the standard and is not on a plan to achieve it within the allowed period. This framework helps the Army track progress, assign appropriate actions, and support soldiers in reaching the required standards, which is why those three categories are used.

3. How many NCOs are required to take measurements?

A. One

B. Two

C. Three

D. Four

Measurements for body composition are performed by a two-person team to ensure accuracy and integrity. Having two noncommissioned officers present allows one to carry out the measurement with proper technique (correct tape placement, level readings, and consistent tension) while the other verifies the result and records it. This double-check reduces errors, prevents bias, and provides accountability for the data used in the Army Body Composition Program. That's why two NCOs are required.

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4. What constitutes a failure of the ABCP?

A. Less than satisfactory progress for two consecutive monthly assessments

B. One month of no progress

C. Failing a dietitian evaluation

D. No change in weight for one month

In the Army Body Composition Program, progress is measured monthly against the body fat standard. A soldier is considered to have failed the ABCP when there is less than satisfactory progress for two consecutive monthly assessments. This means the expected rate of improvement toward the standard isn't being met across two straight months, signaling the need for renewed actions or adjustments per AR 600-9. A single month with no progress or no change in weight does not meet the failure threshold, and a dietitian evaluation is a separate part of the process rather than the defining failure of the program.

5. What is the role of progress reviews in ABCP?

A. Progress reviews are optional and rarely used.

B. Progress reviews are conducted exclusively by medical staff.

C. Progress reviews establish timelines and assess progress toward standards.

D. Progress reviews determine promotion eligibility.

Progress reviews in ABCP are formal checkpoints that establish timelines for reaching body fat standards and measure progress toward those targets. They involve reviewing the soldier's current body composition data, comparing it to the required standards, and deciding what actions are needed to stay on track—such as adjusting training, nutrition, or accountability measures. These reviews are a standard part of the program and involve the unit and medical staff working together, but they do not determine promotion eligibility. The main purpose is to keep the soldier progressing toward compliance with the body fat standards and to set clear deadlines and steps to achieve them.

6. Which statement best describes body fat mass?

A. Body fat mass is the amount of fat tissue.

B. Body fat mass includes muscle.

C. Body fat mass equals lean mass.

D. Body fat mass is non-fat tissue.

Body fat mass is the amount of fat tissue in the body. It represents adipose tissue only and does not include muscle or other lean tissues. Lean body mass (fat-free mass) includes muscle, bones, organs, and body fluids. Saying fat mass is non-fat tissue would be incorrect because fat mass specifically refers to fat tissue, not the rest of the body's tissues. Understanding this distinction helps when assessing body composition and readiness, since fat mass and lean mass contribute differently to overall weight and health.

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7. Which combination correctly represents male measurement sites?

A. Neck, Waist

B. Neck, Hip

C. Neck, Chest

D. Neck, Abdomen

This item tests which measurement sites are used for male body fat estimation under Army regulation. For men, the standard two-site method uses the neck and the abdomen. The neck measurement helps account for overall upper-body size, while the abdomen measurement captures central fat around the midsection. The abdomen is measured at the level of the navel, with the tape horizontal and snug but not compressing the skin. The other site pairings don't fit the Army's male protocol. Hip is used in the female three-site method (neck, waist, hip) to reflect fat distribution in women, while chest isn't part of the standard male two-site calculation, and waist isn't the designated site in this context.

8. How can soldiers check their own progress under AR 600-9?

A. Through periodic measurements, counseling notes, and progress update records.

B. By guessing progress based on appearance.

C. Only during the annual medical exam.

D. Through informal conversations with peers.

Progress in AR 600-9 is checked through official, documented data rather than impressions or informal talk. Soldiers review objective records that show how they're doing over time: periodic measurements (such as the body fat or weight checks conducted at prescribed intervals), counseling notes where a supervisor discusses progress and any required actions, and progress update records that compile these data into a trackable record. This combination provides a clear, official view of whether the soldier is meeting standards and what steps—like adjustments in nutrition or training—might be needed. Relying on appearance isn't reliable because body composition can vary for many reasons and isn't a formal measure. The annual medical exam isn't the mechanism for monitoring body composition or weight management under AR 600-9, and informal conversations with peers don't create official records or ensure consistent accountability.

9. Are there age-based differences in body fat maximums?

A. Yes; AR 600-9 sets different maximum body fat standards based on age and sex.

B. No; all ages have the same standard.

C. Only age > 50 has different standards.

D. Age differences exist only for combat troops.

Body fat maximums in AR 600-9 are set with age and sex in mind, recognizing that body composition tends to change as people age. The standard isn't the same for everyone; as soldiers move into older age brackets, the allowable body fat percentage typically increases to reflect these age-related changes. In practice, soldiers are evaluated against the tables that match their age group and gender, so the older than 50 group has its own distinct limit compared with younger soldiers. This helps keep assessments fair across a wide age range and aligns with how fat and lean mass shift with aging. The idea that there's no difference by age or that differences only apply to other categories isn't accurate, since AR 600-9 uses multiple age bands and sets higher allowances for older soldiers.

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10. How does the Army ensure privacy during measurement?

A. Measurements are conducted in open areas for accountability.

B. Measurements are conducted by trained personnel in a private setting, with consent and sensitive handling of data.

C. Soldiers measure themselves without supervision.

D. Privacy is not considered important for these measurements.

Privacy in measurement is ensured by having trained personnel conduct the process in a private setting, with the soldier's consent and careful, confidential handling of the data. This approach protects dignity and reduces embarrassment, which helps soldiers participate honestly and consistently. Trained staff follow standardized procedures to obtain accurate measurements, while consent clarifies what data will be collected and how it will be used. Sensitive handling means records are kept confidential and access is limited to authorized personnel, with safeguards in place to protect the information. Conducting measurements in open areas, letting soldiers measure themselves, or treating privacy as unimportant would compromise dignity, introduce inaccuracies, and violate privacy policies.

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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://ar6009.examzify.com

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

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