BASIC MILITARY TRAINING STUDY GUIDE (BMTSG) PRACTICE TEST (SAMPLE)

STUDY GUIDE



SAMPLE STUDY GUIDE WITH LIMITED QUESTIONS

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Table of Contents

Copyright 1

Table of Contents 2

Introduction 3

How to Use This Guide 4

Questions 5

Answers 8

Explanations 10

Next Steps 15

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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 are the two types of genital herpes simplex virus (HSV)?

A. HSV-2 and HSV-3

B. HSV-1 and HSV-3

C. HSV-1 and HSV-2

D. HSV-2 and HSV-4

2. Center the name tag on the right side of the women's long- and short-sleeved blouse, at what distance relative to the first exposed button?

A. 1 1/2 inches higher or lower

B. 2 inches higher

C. 1 inch higher

D. 3/4 inch higher

3. Which STD is the most commonly reported infectious disease in the United States and is particularly dangerous for females?

A. Chlamydia

B. Gonorrhea

C. HIV

D. Syphilis

4. _____ is an essential nutrient and helps transport other nutrients to cells, carries wastes, and aids digestion.

A. Carbohydrate

B. Fat

C. Protein

D. Water

5. _____, trap doors, or viruses are programs or files introduced to a system with the malicious intent of destroying and manipulating data files.

A. Malware

B. Spyware

C. Malicious code

D. Ransomware

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6. POW camps are not ____ targets.

A. Public

B. Legal

C. Illegal

D. Strategic

7. Which item is listed as an example of unscrupulous businesses (alongside rent-to-own, payday, and title loan stores and pawnshops)?

A. Honest financial advisers

B. Abusive insurance and investment companies

C. Mortgage brokers

D. Real estate developers

8. Which freedom explicitly enables publication of personal views in print?

A. Freedom of Speech

B. Freedom of Religion

C. Freedom of the Press

D. Freedom of Assembly

9. Which pair completes the sentence: The ending of World War II involved the use of _____. Two were used, one was dropped on Hiroshima and the other on _____?

A. Atomic bombs; Nagasaki

B. Nuclear missiles; Tokyo

C. Conventional bombs; Osaka

D. Hydrogen bombs; Hiroshima

10. What two criteria determine who may access classified information?

A. Proper security clearance and need to know

B. Need to know only

C. Proper clearance only

D. Access based on supervisor approval

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Answers

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

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Explanations

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1. What are the two types of genital herpes simplex virus (HSV)?

A. HSV-2 and HSV-3

B. HSV-1 and HSV-3

C. HSV-1 and HSV-2

D. HSV-2 and HSV-4

The question tests knowledge of which types of herpes simple virus can cause genital herpes. The two types involved are HSV-1 and HSV-2. HSV-1 is typically linked to oral herpes, but it can also infect the genital area, especially through oral-genital contact. HSV-2 is more commonly associated with genital herpes, but either type can appear there. The other options mix in viruses that aren't HSV types—HSV-3 is varicella-zoster virus (chickenpox/shingles) and HSV-4 is Epstein-Barr virus—so they don't represent the true types of HSV that can cause genital herpes.

2. Center the name tag on the right side of the women's long- and short-sleeved blouse, at what distance relative to the first exposed button?

A. 1 1/2 inches higher or lower

B. 2 inches higher

C. 1 inch higher

D. 3/4 inch higher

Placement of the name tag is about keeping it visually balanced and easy to read. On a women's blouse, the tag should sit on the right side at a fixed vertical distance from the first exposed button. That distance is 1.5 inches, and you place the tag either 1.5 inches above or 1.5 inches below that button to fit the blouse and body shape while maintaining a consistent line across wearers. This keeps the tag in a predictable, professional zone—not too close to the collar and not too far down toward the bust—so it's always clearly visible and neatly aligned with the uniform. Distances other than 1.5 inches would shift the tag out of that standard visual line, making the appearance less uniform.

3. Which STD is the most commonly reported infectious disease in the United States and is particularly dangerous for females?

A. Chlamydia

B. Gonorrhea

C. HIV

D. Syphilis

Chlamydia is the most commonly reported sexually transmitted infection in the United States, and its impact on females is driven by how often it has no symptoms while still causing real harm. Many people, especially young women, don't notice they're infected, which lets the bacteria spread and reach the reproductive tract. If untreated, chlamydia can cause pelvic inflammatory disease, which can scar the fallopian tubes and lead to infertility, increase the risk of ectopic pregnancy, and cause chronic pelvic pain. It can also be passed to a newborn during delivery, leading to eye infections or pneumonia. That combination of being the most frequently reported infection and its tendency to be asymptomatic in women, with potential serious reproductive health consequences, makes it the best answer. The other infections listed are indeed important health concerns, but they do not have the same pattern of being the most reported in the U.S. The distinction here hinges on how commonly it's diagnosed and reported, along with the specific risk profile for females.

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4. ____ is an essential nutrient and helps transport other nutrients to cells, carries wastes, and aids digestion.

A. Carbohydrate

B. Fat

C. Protein

D. Water

Water is an essential nutrient because it serves as the medium in which most bodily processes occur. Its ability to dissolve and transport substances lets nutrients move to cells via the bloodstream and lymph. It also carries wastes to the kidneys for elimination and participates in digestion by forming and diluting digestive fluids, aiding digestion and absorption. While carbohydrates, fats, and proteins provide energy and building blocks, they don't perform these transport and waste-removal roles as water does. This makes water the best fit for the described functions.

5. _____, trap doors, or viruses are programs or files introduced to a system with the malicious intent of destroying and manipulating data files.

A. Malware

B. Spyware

C. Malicious code

D. Ransomware

Malicious code is the term for software written with harmful intent to damage or manipulate data. In this description, trap doors (backdoors) and viruses are kinds of malicious code that attackers introduce into a system. While malware is the umbrella category that includes many forms of harmful software, the phrasing here emphasizes code-based threats and the act of injecting programs or files, making malicious code the most precise fit. Ransomware and spyware are specific types of malicious code, but they don't capture the broad idea as well as the general label malicious code.

6. POW camps are not ____ targets.

A. Public

B. Legal

C. Illegal

D. Strategic

POW camps are protected places under the laws of armed conflict. Prisoners of war must be treated humanely and their facilities are shielded from attack. Because of this protection, a POW camp cannot be targeted legally in war; attacking it would violate the Geneva Conventions and customary international law. In other words, POW camps are not legal targets. Only in a rare situation, where the camp is directly used to enable ongoing hostilities and loses its protected status, might it become a legitimate objective.

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7. Which item is listed as an example of unscrupulous businesses (alongside rent-to-own, payday, and title loan stores and pawnshops)?

A. Honest financial advisers

B. Abusive insurance and investment companies

C. Mortgage brokers

D. Real estate developers

Predatory or unscrupulous financial practices target consumers with costly, deceptive, or unsuitable products, especially when people are in financially tight situations. Abusive insurance and investment companies fit this pattern because they push high-cost policies or risky investments, use misleading sales tactics, and saddle customers with fees and commissions that erode value. That alignment with exploitative, high-pressure financial dealings is why this option is the best match for the set that includes rent-to-own, payday, title loan stores, and pawnshops. Honest financial advisers operate in good faith with fiduciary duties, aiming to recommend suitable options, so they don't fit the unscrupulous label. Mortgage brokers can vary, but they aren't automatically characterized by the same predatory framing. Real estate developers aren't commonly grouped with predatory short-term lenders in this context.

8. Which freedom explicitly enables publication of personal views in print?

A. Freedom of Speech

B. Freedom of Religion

C. Freedom of the Press

D. Freedom of Assembly

The key idea is that the right to publish personal views in print is protected by freedom of the press. This protection ensures that newspapers, magazines, and other print outlets can disseminate opinions and information without government censorship or prior restraint, within the bounds of the law. Freedom of the press is the explicit shield for print media, whereas freedom of speech covers expression in many forms, including writing, but the special emphasis here is on the press's ability to publish in print. The other freedoms focus on belief or gathering, not on publishing written material.

9. Which pair completes the sentence: The ending of World War II involved the use of _____. Two were used, one was dropped on Hiroshima and the other on _____?

A. Atomic bombs; Nagasaki

B. Nuclear missiles; Tokyo

C. Conventional bombs; Osaka

D. Hydrogen bombs; Hiroshima

The key idea is that the end of World War II was influenced by the use of atomic bombs, which were deployed in two separate attacks. Two were used, one dropped on Hiroshima and the other on Nagasaki. These were fission-based atomic weapons, not hydrogen bombs, and they were not missiles or conventional bombs. Hydrogen bombs came later, and nuclear missiles were not part of WWII. Conventional bombing was used widely during the war, but the sentence is specifically describing the two atomic bombings that targeted Hiroshima and Nagasaki. Therefore, the pair that fits best is atomic bombs, with Nagasaki as the second target.

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10. What two criteria determine who may access classified information?

A. Proper security clearance and need to know

B. Need to know only

C. Proper clearance only

D. Access based on supervisor approval

Access to classified information is determined by two criteria: a proper security clearance and a need to know. The clearance shows you're vetted and permitted to access information at a given level, while the need to know limits access to only what your specific duties require. Together, they ensure you can see the information you need to do your job, and nothing more. Having just the clearance isn't enough if your duties don't require the information, and having just a need to know isn't enough if you haven't been vetted for access at that level. Supervisor approval alone doesn't authorize access without these two requirements. This dual check supports the principle of least privilege and protects sensitive information.

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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://bmtsg.examzify.com

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

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