CARL R. DARNALL ARMY MEDICAL CENTER (CRDAMC) HQ PROMOTION BOARD 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. What is the purpose of Combat Casualty Evacuation Care?

A. To perform surgeries in the field

B. To ensure rapid transport to medical facilities

C. To assess mental health of the troops

D. To facilitate communication among units

2. What does METL stand for?

A. Mission Essential Task List

B. Military Evaluation Task List

C. Management Essential Tactical List

D. Mission Execution Training List

3. How can contour lines be represented on a map?

A. In red-brown

B. In blue

C. In black

D. In green

4. What is the initiative created by the Sergeant Major of the Army Grinston focused on unit cohesion and readiness?

A. My Squad Initiative

B. This is my squad

C. Unit Strength Program

D. Team Cohesion Initiative

5. What are the levels of MOPP?

A. MOPP 1, 2, 3, 4, 5

B. MOPP 0, 1, 2, 3, 4

C. MOPP A, B, C, D

D. MOPP X, Y, Z

6. Which of the following is NOT a prep drill exercise?

A. Windmill

B. Plyometric jump

C. High Jumper

D. Forward Lunge

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7. What is the purpose of a declination diagram found on maps?

A. To find the destination

B. To understand the scale of the map

C. To show the angular difference between magnetic and true North

D. To indicate water sources

8. Who serves as the Sexual Assault Response Coordinator (SARC)?

A. Ms Lisa Lerma

B. SFC Stephanie Hart

C. Capt John Doe

D. Maj Emily Smith

9. What is the maximum allowable hair length for braids and ponytails in the Army?

A. Shoulder length

B. Center of the back

C. Past the shoulder blades while standing at attention

D. No restriction on length

10. What are the types of Article 15s?

A. Summary, General, and Special

B. Summarized, Company grade, Field grade

C. Field, Noncommissioned, and Court Martial

D. Simple, Complex, and Enhanced

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Answers

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

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Explanations

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1. What is the purpose of Combat Casualty Evacuation Care?

A. To perform surgeries in the field

B. To ensure rapid transport to medical facilities

C. To assess mental health of the troops

D. To facilitate communication among units

The purpose of Combat Casualty Evacuation Care is to ensure rapid transport to medical facilities. This process is critical in a combat environment where timely medical intervention can significantly affect the outcome of injuries sustained. The focus is on stabilizing patients and quickly moving them from the battlefield or point of injury to a place where they can receive comprehensive medical treatment. Rapid evacuation is essential because it reduces the time a casualty is exposed to the risk of deterioration in their condition, allowing skilled medical personnel to provide the necessary care. This concept is integral to military operations, as it aligns with the principles of saving lives and maintaining operational capacity by efficiently managing wounded personnel. While surgeries in the field are important, they are not the primary focus of evacuation care, which is centered on transport. Assessing mental health and facilitating communication among units, while valuable, do not directly relate to the core objective of combat casualty evacuation, which prioritizes physical medical care and logistics.

2. What does METL stand for?

A. Mission Essential Task List

B. Military Evaluation Task List

C. Management Essential Tactical List

D. Mission Execution Training List

METL stands for Mission Essential Task List. This term is critical in military operations as it identifies the tasks that a unit must be able to accomplish in order to successfully execute its mission. The METL is used as a foundational element for training, planning, and execution, ensuring that units are prepared to respond effectively to their assigned missions. The concept of the METL helps in prioritizing resources and training focus, enabling military personnel to concentrate on the most critical tasks that support their operational readiness. Each unit's METL is tailored to its specific capabilities and mission requirements, ensuring relevance and alignment with overall military objectives. In this context, other options do not accurately represent the established terminology used within military frameworks. While they may sound plausible, they do not reflect the standardized nomenclature or purpose that the Mission Essential Task List fulfills in the planning and execution of military operations.

3. How can contour lines be represented on a map?

A. In red-brown

B. In blue

C. In black

D. In green

Contour lines on a map are primarily used to represent elevation and the shape of the terrain. The correct representation for contour lines is often done in red-brown. This specific color helps distinguish these lines from other features on the map, such as water bodies, roads, and vegetation, which are typically represented in different colors. Using red-brown for contour lines makes it easier for map readers to interpret the terrain quickly, allowing them to understand how steep or gentle the slopes are. This visual clarity is crucial for activities such as hiking, planning construction, or conducting surveys in the field, where understanding elevation changes can greatly affect decision-making. In contrast, other colors such as blue, black, and green are commonly used for different elements on a map, such as water features, roads, or vegetation, and do not typically represent contour lines. Therefore, identifying contour lines with the color red-brown is essential for accurate map reading and interpretation.

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4. What is the initiative created by the Sergeant Major of the Army Grinston focused on unit cohesion and readiness?

A. My Squad Initiative

B. This is my squad

C. Unit Strength Program

D. Team Cohesion Initiative

The initiative focused on unit cohesion and readiness that was created by the Sergeant Major of the Army Grinston is known as "This is My Squad." This program emphasizes the importance of strong interpersonal relationships within units, encouraging leaders to build cohesive teams that can effectively support one another both personally and professionally. The initiative aims to foster a sense of belonging and identity among soldiers, which is vital for enhancing unit morale and overall mission readiness. It encourages leaders to engage with their squad members, understand their needs, and promote an inclusive environment that values every individual's contribution. This approach directly aligns with Army values and goals related to maintaining effective and resilient units.

5. What are the levels of MOPP?

A. MOPP 1, 2, 3, 4, 5

B. MOPP 0, 1, 2, 3, 4

C. MOPP A, B, C, D

D. MOPP X, Y, Z

The levels of MOPP, which stands for Mission Oriented Protective Posture, are correctly identified as MOPP 0, 1, 2, 3, and 4. This system is utilized by military personnel to provide a framework for how to don personal protective equipment (PPE) based on the threat level of chemical, biological, radiological, and nuclear (CBRN) hazards. In MOPP 0, personnel are in a normal posture without any PPE on, indicating a low threat level. As the threat increases, the level of MOPP escalates, requiring the addition of protective gear. MOPP 1 involves having the protective mask readily available, MOPP 2 requires the uniform to be fully sealed, MOPP 3 adds in the use of additional protective gear such as gloves, and MOPP 4 represents the highest level of readiness where full protective clothing is worn at all times. The other choices do not correctly reflect the established MOPP levels, as they either include nonexistent categories or use different designations that are not officially recognized in military protocol. Understanding the proper MOPP levels is crucial for operations in environments where there are potential CBRN threats, ensuring

6. Which of the following is NOT a prep drill exercise?

A. Windmill

B. Plyometric jump

C. High Jumper

D. Forward Lunge

The answer identifies plyometric jump as not being a prep drill exercise. Prep drills are typically designed to prepare the body for physical activity, focusing on dynamic stretching and low-intensity movements that promote flexibility and mobility. Exercises included in prep drills are usually fundamental movements that help warm up the body and improve overall readiness for more strenuous workouts. Plyometric jumps, on the other hand, fall into a higher intensity category. They are explosive movements aimed at building power and strength, often involving rapid and repeated stretching and contracting of the muscles. These types of exercises are generally reserved for more advanced training sessions, focusing on athletic performance rather than the preparatory aspect of a workout. In contrast, exercises like windmills, high jumpers, and forward lunges are common in prep drills as they promote flexibility and engage multiple muscle groups in a controlled manner, making them suitable for warming up the body prior to more intensive training activities.

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7. What is the purpose of a declination diagram found on maps?

A. To find the destination

B. To understand the scale of the map

C. To show the angular difference between magnetic and true North

D. To indicate water sources

A declination diagram is an essential feature on maps that illustrates the angular difference between magnetic north and true north. This information is crucial for navigation, especially when using a compass, as the direction indicated by the compass (magnetic north) does not always align with geographical north (true north). Understanding this difference helps users accurately interpret their compass readings in relation to the mapped terrain. If someone were to navigate using a compass without accounting for declination, they could potentially misdirect themselves due to the discrepancy between the two north references. This makes the declination diagram an invaluable tool for ensuring accurate navigation and orientation in various environments.

8. Who serves as the Sexual Assault Response Coordinator (SARC)?

A. Ms Lisa Lerma

B. SFC Stephanie Hart

C. Capt John Doe

D. Maj Emily Smith

The Sexual Assault Response Coordinator (SARC) plays a crucial role in ensuring that individuals affected by sexual assault receive comprehensive care and support. This includes coordinating responses to incidents, guiding victims through available resources, and ensuring that they are informed of their options. In this context, Ms. Lisa Lerma serves as the SARC, reflecting her position and responsibilities within the organization. The SARC's expertise is central to establishing and maintaining a supportive environment for victims, which includes awareness training, policy implementation, and direct support services. The other individuals mentioned either hold different roles or ranks that do not align with the responsibilities typically associated with the SARC position. Understanding the specific functions of the SARC and the critical nature of this role in the context of military and civilian sexual assault response protocols underscores why Ms. Lerma is correctly identified as the individual serving in this capacity.

9. What is the maximum allowable hair length for braids and ponytails in the Army?

A. Shoulder length

B. Center of the back

C. Past the shoulder blades while standing at attention

D. No restriction on length

In the Army, proper grooming standards are essential for maintaining a professional appearance and discipline. The regulation regarding hair length for braids and ponytails specifies that they must not extend past the shoulder blades while standing at attention. This standard is in place to ensure that hairstyles do not interfere with the wear of military headgear and are kept neat and controllable. Choosing the option that states hair can be past the shoulder blades while standing at attention aligns with this regulation, emphasizing that the hairstyle remains professional and adheres to uniform guidelines. The other choices provide maximum lengths that do not meet the official regulation, making it important to understand the specific standards that govern personal grooming in the Army.

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10. What are the types of Article 15s?

A. Summary, General, and Special

B. Summarized, Company grade, Field grade

C. Field, Noncommissioned, and Court Martial

D. Simple, Complex, and Enhanced

The correct response identifies the various types of Article 15s, particularly emphasizing the distinct categories that determine the level of punishment and the commanding officer's authority involved. In military law, specifically under the Uniform Code of Military Justice (UCMJ), an Article 15 provides a means for non-judicial punishment, allowing commanders to address minor infractions without resorting to a court-martial. This process is critical in maintaining good order and discipline within the ranks. The identified categories—summarized, company grade, and field grade—clearly delineate the scope and severity of the punishments that can be administered. A summarized Article 15 is typically the least severe and is used for minor offenses, allowing for a quick resolution. A company grade Article 15 is issued by company-level commanders and is applicable to a broader range of offenses. In contrast, a field grade Article 15 involves more serious infractions and is administered by a commanding officer of higher rank, allowing for more severe punishments. Understanding these classifications is essential for military personnel to navigate potential offenses and the consequences they may face, as well as to comprehend the command structure's role in disciplinary actions. The distinctions laid out in this answer clarify how military discipline is

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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:

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

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