CDC 7□LEVEL SERVICES BLOCK 1 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. How is the installation category determined for the General Curtis E. Lemay award?

A. Determination is based on the number of full-time equivalent personnel assigned to an installation's FSS

B. Determination is based off mission of the installation

C. Determination is based off region of country

D. Determination is based on number of rooms

2. What is the function of the CDC's health education initiative?

A. To conduct research on new health technologies

B. To increase knowledge and awareness about health issues

C. To regulate healthcare practices

D. To limit public access to health information

3. What outcome is expected from improved cultural competence in healthcare?

A. Decreased diversity in healthcare settings

B. Increased patient satisfaction and health outcomes

C. Lower costs in insurance premiums

D. Faster healthcare service delivery

4. Which part of the Manpower Change Request process briefly describes the requested action?

A. Change rationale

B. Change action

C. Program element code

D. Coordination requirements

5. What program provides a mechanism for awarding civilian-recognized credentials related to an Airman's AFSC?

A. Service Center

B. Community College of the Air Force (CCAF)

C. Air Force Credentialing Program

D. Air Force Course Development Agency (AFCDA)

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6. How does the CDC define chronic disease management?

A. A proactive approach to managing long-term health conditions

B. A reactive approach to treating immediate health issues

C. A focus on preventive measures only

D. A method of prescribing medications

7. What is a significant challenge in achieving health equity?

A. Lack of healthcare facilities

B. Socioeconomic disparities and systemic barriers

C. Limited knowledge of health issues

D. Overpopulation

8. Who can serve as a COR?

A. Military only

B. Civilian only

C. A mixture of both

D. Only contractors

9. What does the CDC identify as a barrier to accessing healthcare?

A. Availability of healthcare professionals

B. Socioeconomic factors that limit access to services

C. High-quality health education

D. Trust in healthcare providers

10. The purpose of an NAF fund instrumentality memorandum of agreement is to use APFs to purchase goods and services from the NAFI. Is this statement true or false?

A. True

B. False

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Answers

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

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Explanations

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1. How is the installation category determined for the General Curtis E. Lemay award?

A. Determination is based on the number of full-time equivalent personnel assigned to an installation's FSS

B. Determination is based off mission of the installation

C. Determination is based off region of country

D. Determination is based on number of rooms

The installation category for the General Curtis E. LeMay award is determined based on the number of full-time equivalent personnel assigned to an installation's Force Support Squadron (FSS). This criterion is significant because it reflects the scale and scope of support services that an installation provides. The size of the FSS, as indicated by the number of personnel, plays a critical role in assessing its operational capabilities and the complexity of its mission. This method of determination allows for a fair comparison between installations of differing sizes and resources. By focusing on personnel, the evaluation can effectively consider the challenges and accomplishments related to the specific context of service delivery at each installation. Variables like mission, region, and number of rooms, while relevant in other contexts, do not provide a standardized framework for assessing installations for this particular award.

2. What is the function of the CDC's health education initiative?

A. To conduct research on new health technologies

B. To increase knowledge and awareness about health issues

C. To regulate healthcare practices

D. To limit public access to health information

The function of the CDC's health education initiative is to increase knowledge and awareness about health issues. This initiative plays a crucial role in public health by providing information and resources that help individuals understand various health risks and best practices for maintaining their health. By educating the community, the CDC aims to empower people to make informed decisions about their health and the health of their families. This awareness is essential for the prevention of diseases and promotion of healthy behaviors across populations. The emphasis on education also aligns with the CDC's broader mission to protect public health through prevention and awareness. Access to clear, accurate health information supports community engagement and fosters a culture of health literacy, ultimately leading to healthier outcomes.

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3. What outcome is expected from improved cultural competence in healthcare?

A. Decreased diversity in healthcare settings

B. Increased patient satisfaction and health outcomes

C. Lower costs in insurance premiums

D. Faster healthcare service delivery

Improved cultural competence in healthcare is expected to lead to increased patient satisfaction and better health outcomes. This is because cultural competence involves understanding and respecting the diverse backgrounds, beliefs, and needs of patients. When healthcare providers actively engage with patients' cultural contexts, they can tailor their communication, care plans, and support in ways that resonate more deeply with patients. Patients who feel understood and respected are more likely to engage in their care processes, follow medical advice, and utilize healthcare services effectively. This also fosters a strong trusting relationship between the patient and provider, which is essential for effective healthcare delivery. Enhanced relationships often lead to improved adherence to treatment, better management of chronic illnesses, and ultimately, improved overall health outcomes. Moreover, patient satisfaction is closely linked to the quality of care received. When patients perceive that their cultural values and needs are acknowledged, they tend to report higher satisfaction levels. Thus, the direct correlation between cultural competence and positive patient experiences and outcomes underscores why this outcome is seen as the most significant expectation from enhancing cultural competence within the healthcare system.

4. Which part of the Manpower Change Request process briefly describes the requested action?

A. Change rationale

B. Change action

C. Program element code

D. Coordination requirements

The part of the Manpower Change Request process that briefly describes the requested action is referred to as "Change action." This section specifically outlines the nature of the request, detailing what kind of manpower change is being sought. It provides clarity on the intended adjustments, whether that involves increasing, decreasing, or reassigning manpower resources. Understanding the significance of this part of the process is crucial because it serves as the foundation for stakeholders to evaluate and consider the request. When reviewing a manpower change, decision-makers rely heavily on the clarity and precision of the change action to assess its implications, feasibility, and alignment with organizational goals or needs. In contrast, other components such as the change rationale provide the reasoning behind the request, the program element code relates to the specific accounting or budgetary aspect, and coordination requirements address the necessary approvals or consultations that need to occur prior to implementing the change. While all these elements are essential for a comprehensive understanding of the request, it is the change action that succinctly encapsulates what is being requested.

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5. What program provides a mechanism for awarding civilian-recognized credentials related to an Airman's AFSC?

A. Service Center

B. Community College of the Air Force (CCAF)

C. Air Force Credentialing Program

D. Air Force Course Development Agency (AFCDA)

The Air Force Credentialing Program is specifically designed to help Airmen obtain civilian-recognized credentials that align with their Air Force Specialty Code (AFSC). This program facilitates the transition of military skills into the civilian workforce by recognizing the training and experience that Airmen have gained during their service. Through this initiative, Airmen can pursue certifications and licenses that validate their expertise in various fields, enhancing their career opportunities after leaving active duty or augmenting their civilian career paths while serving. The program emphasizes the importance of bridging military experience with civilian employment opportunities, creating a direct benefit for both Airmen and potential employers in the civilian sector. It is a robust system that not only acknowledges the skills acquired in the military but also provides tangible qualifications that are recognized and valued in the civilian job market. Other programs, such as the Community College of the Air Force (CCAF), focus primarily on educational credentialing rather than direct civilian certification, making the Air Force Credentialing Program the most relevant option for obtaining civilian-recognized credentials tied directly to an Airman's AFSC.

6. How does the CDC define chronic disease management?

A. A proactive approach to managing long-term health conditions

B. A reactive approach to treating immediate health issues

C. A focus on preventive measures only

D. A method of prescribing medications

The definition of chronic disease management by the CDC emphasizes a proactive approach to managing long-term health conditions. This involves ongoing care and support designed to help individuals maintain control over their health issues, prevent complications, and improve their quality of life. Chronic disease management incorporates various strategies, including education, self-management, lifestyle adjustments, and ongoing monitoring, which enable patients to actively participate in their health care. In contrast, a reactive approach to treating immediate health issues does not fit the concept of chronic disease management, which seeks to address long-term conditions rather than just acute reactions. A focus on preventive measures only is also too narrow, as chronic disease management extends beyond prevention to include active management of existing conditions. Lastly, while prescribing medications is a component of chronic disease management, the broader approach encompasses more than just medication, integrating a comprehensive strategy that addresses all aspects of a person's health.

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7. What is a significant challenge in achieving health equity?

A. Lack of healthcare facilities

B. Socioeconomic disparities and systemic barriers

C. Limited knowledge of health issues

D. Overpopulation

Achieving health equity involves ensuring that everyone has the opportunity to achieve their highest level of health, which is significantly influenced by various social and structural determinants. Socioeconomic disparities and systemic barriers are primary challenges in this context because they create environments where certain groups struggle to access necessary resources, including healthcare services, nutritious food, and safe living conditions. This challenge is compounded by the existence of societal structures that perpetuate inequality, such as discrimination, poverty, lack of educational opportunities, and inadequate housing. These systemic issues often lead to poorer health outcomes for marginalized populations, making it difficult for them to achieve the same health status as more privileged groups. Recognizing and addressing these socioeconomic disparities is essential for creating equitable health systems that can serve all individuals effectively. In contrast, while lack of healthcare facilities and limited knowledge of health issues can contribute to health inequities, they are often symptoms of more extensive systemic problems rather than primary challenges in achieving health equity. Overpopulation, while a global concern, does not directly target the systemic inequalities that lead to disparities in health outcomes. Thus, focusing on socioeconomic disparities and systemic barriers is crucial for meaningful progress towards health equity.

8. Who can serve as a COR?

A. Military only

B. Civilian only

C. A mixture of both

D. Only contractors

The correct response is that a mixture of both military and civilian personnel can serve as a Contracting Officer Representative (COR). This is important as the role of a COR requires an understanding of both the operational and bureaucratic aspects of a project. Military personnel bring specific operational knowledge and an understanding of the requirements relevant to their duties, while civilian personnel often have expertise in contractual processes and regulations. The involvement of both groups enhances the effectiveness and oversight of contract execution, ensuring compliance with contractual obligations while also meeting the operational needs of the organization. It exemplifies a collaborative approach to managing contracts and achieving mission objectives, drawing on the strengths of different backgrounds and experiences. This versatility and blend of skills are essential in addressing the complex demands of procurement and contract management.

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9. What does the CDC identify as a barrier to accessing healthcare?

A. Availability of healthcare professionals

B. Socioeconomic factors that limit access to services

C. High-quality health education

D. Trust in healthcare providers

The Centers for Disease Control and Prevention (CDC) identifies socioeconomic factors as significant barriers to accessing healthcare because these factors encompass a range of elements that can prevent individuals from obtaining the services they need. These may include income levels, employment status, educational attainment, and living conditions, all of which can influence a person's ability to seek and receive healthcare. For example, individuals with lower incomes may struggle to afford health insurance, transportation to medical facilities, or may live in areas where healthcare facilities are scarce. Additionally, those with limited education might not have the necessary knowledge to navigate the healthcare system effectively, impacting their ability to seek timely treatment. By acknowledging socioeconomic factors, the CDC highlights the importance of addressing these hurdles to improve access to health services for all populations.

10. The purpose of an NAF fund instrumentality memorandum of agreement is to use APFs to purchase goods and services from the NAFI. Is this statement true or false?

A. True

B. False

The statement is accurate because the purpose of a Non-Appropriated Fund (NAF) instrumentality memorandum of agreement (MOA) is indeed to facilitate the use of Appropriated Funds (APFs) to acquire goods and services from a Non-Appropriated Fund Instrumentality (NAFI). This agreement allows military entities to utilize appropriated funds in a manner that supports both operational needs and the unique services provided by NAFIs, which typically operate on funds generated from sales and services rather than taxpayer dollars. This relationship is crucial because it enhances operational effectiveness by allowing military organizations to access specialized products or services that are not readily available through standard appropriated funding channels. Thus, it is essential to establish clear guidelines and agreements, like the NAF MOA, to ensure compliance and proper utilization of funds in line with federal regulations.

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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://cdc7levelservicesblock1.examzify.com

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

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