

D CO., 2ND BATTALION, 13TH AVIATION REGIMENT, 1ST AVIATION BRIGADE CHAIN OF COMMAND AND SOP PRACTICE TEST (SAMPLE) STUDY GUIDE



SAMPLE STUDY GUIDE WITH LIMITED QUESTIONS

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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.

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!

Questions

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- 1. Which of the following is NOT listed as one of the five factors for promoting growth of physical health and physical wellness?**
 - A. Intensity during exercise
 - B. Consistent, full-body stretches
 - C. Liberal consumption of water and nutrient-dense foods
 - D. Cleanliness of self, clothing, linen and living area

- 2. What is the minimum per-event points required to qualify for the 90+ incentive?**
 - A. 60+
 - B. 80+
 - C. 90+
 - D. 100+

- 3. What are the formation times on Sunday?**
 - A. 0900 for everyone, 1400 for phase 5, 1800 for everyone
 - B. 0900 for all, 1300 for phase 5, 1700 for everyone
 - C. 0800 for everyone, 1400 for phase 5, 1800 for phase 6
 - D. 1000 for everyone, 1400 for phase 5, 2000 for everyone

- 4. In what year did major U.S. involvement in Vietnam begin?**
 - A. 1945
 - B. 1950
 - C. 1955
 - D. 1965

- 5. Which item is the third listed inspectable item in OCPs/APFUs?**
 - A. Military issued camelback w/water
 - B. Physical profile (if applicable)
 - C. Combat gloves
 - D. Mask (if showing signs of illness)

- 6. What is considered the first branch in the U.S. Army?**
- A. Infantry
 - B. Artillery
 - C. Cavalry
 - D. Signal Corps
- 7. What were the names of the atomic bombs dropped on Japan?**
- A. Little Boy (Hiroshima) only
 - B. Fat Man (Nagasaki) only
 - C. Little Boy (Hiroshima) and Fat Man (Nagasaki)
 - D. Enola Gay
- 8. Which publication covers EO complaints?**
- A. AR 350-1
 - B. AR 690-600
 - C. AR 600-20
 - D. AR 385-10
- 9. Which of the following lists the five domains of H2F?**
- A. Physical readiness; Mental readiness; Financial readiness; Spiritual readiness; Emotional readiness
 - B. Physical readiness; Nutritional readiness; Spiritual readiness; Mental readiness; Sleep readiness
 - C. Physical training; Nutritional discipline; Spiritual balance; Mental focus; Sleep hygiene
 - D. Physical readiness; Nutritional readiness; Sexual readiness; Mental readiness; Sleep readiness
- 10. Phase Guidance is addressed by which Command Policy Memo?**
- A. Command Policy Memo 11
 - B. Command Policy Memo 12
 - C. Command Policy Memo 9
 - D. Command Policy Memo 6

Answers

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

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Explanations

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1. Which of the following is NOT listed as one of the five factors for promoting growth of physical health and physical wellness?

- A. Intensity during exercise
- B. Consistent, full-body stretches**
- C. Liberal consumption of water and nutrient-dense foods
- D. Cleanliness of self, clothing, linen and living area

The main idea tested here is which element is included in the established five factors that promote growth of physical health and wellness, and which one is not. Consistent, full-body stretches are not part of those five factors. The factors listed emphasize how hard you train (exercise intensity), how you fuel and hydrate your body (water and nutrient-dense foods), and how you maintain hygiene and a clean living environment. Stretching, while valuable for mobility and injury prevention, isn't counted among the five factors in this framework.

2. What is the minimum per-event points required to qualify for the 90+ incentive?

- A. 60+
- B. 80+
- C. 90+**
- D. 100+

The per-event score must be at least 90 to qualify for the 90+ incentive. The incentive tier is defined by a minimum score threshold, and 90 is the cutoff for this top tier. Scoring below 90 won't meet the requirement for the 90+ level, while scoring 90 or higher qualifies you for that tier. Hitting 100 would also qualify, but it's simply more than the minimum and doesn't change eligibility. The other numbers represent lower thresholds for different incentive levels.

3. What are the formation times on Sunday?

- A. 0900 for everyone, 1400 for phase 5, 1800 for everyone**
- B. 0900 for all, 1300 for phase 5, 1700 for everyone
- C. 0800 for everyone, 1400 for phase 5, 1800 for phase 6
- D. 1000 for everyone, 1400 for phase 5, 2000 for everyone

Understanding how Sundays are scheduled for formations across the unit helps ensure accountability and smooth operations. The pattern shown has a single all-hands formation in the morning at 0900, a separate mid-day formation at 1400 for phase five, and an all-hands evening formation at 1800. This structure keeps everyone accounted for at the start of the day, allows phase five to conduct its required activities without overlapping with others, and ends the day with a final accountability check for everyone. Other options would shift these times in ways that either omit the morning all-hands, place phase five at a time that conflicts with tasks, or miss the evening formation, reducing clarity and control over who is present.

4. In what year did major U.S. involvement in Vietnam begin?

- A. 1945
- B. 1950
- C. 1955**
- D. 1965

The moment U.S. involvement in Vietnam shifts from limited aid to a sustained, direct role hinges on when Washington began a substantial military presence in the South. In 1955 the United States established a formal advisory mission and began delivering significant military aid to train and equip the South Vietnamese army, backing the Diem government. This marks the turn to a long-term commitment that shaped U.S. policy for the ensuing decade, well before large-scale combat troops arrived. Why the other years don't fit: 1945 relates to World War II-era activity and indirect involvement in Indochina, not the start of a sustained U.S. role in Vietnam. 1950 marks early support to the French rather than a standalone South Vietnamese-focused American presence. 1965 is when combat troops were deployed in large numbers, signaling a new phase rather than the initial escalation that began in 1955.

5. Which item is the third listed inspectable item in OCPs/APFUs?

- A. Military issued camelback w/water
- B. Physical profile (if applicable)
- C. Combat gloves**
- D. Mask (if showing signs of illness)

Understanding how the OCPs/APFUs are inspected helps you move through the checklist quickly and ensure readiness. The items in the standard inspection sequence are arranged so you verify the essential wearable and equipment pieces in a fixed order. In that sequence, combat gloves appear as the third item to be checked. They're a baseline piece of protective gear that must be present and serviceable, since hands are used for nearly every task and gloves need to fit properly and be free of tears or excessive wear. If gloves fail that check, you'll replace or repair them before proceeding, which keeps you ready for field tasks. The other options reflect items that are either situational (a mask only if illness signs are present) or not part of the universal, visual inspection order (a camelback w/water is hydration, and a physical profile is a medical document rather than a wearable item).

6. What is considered the first branch in the U.S. Army?

- A. Infantry**
- B. Artillery
- C. Cavalry
- D. Signal Corps

Infantry is the first branch because from the beginning of the U.S. Army, the core fighting force was foot soldiers who fought on the ground with small arms. The Army grew by adding specialized arms—cavalry for mobility, artillery for firepower, and later branches like engineers and signal—to support the infantry. Since the infantry formed the backbone of American military forces dating back to the Continental Army, it's traditionally viewed as the Army's first branch.

7. What were the names of the atomic bombs dropped on Japan?

- A. Little Boy (Hiroshima) only
- B. Fat Man (Nagasaki) only
- C. Little Boy (Hiroshima) and Fat Man (Nagasaki)**
- D. Enola Gay

Two atomic bombs were used: Little Boy and Fat Man. Little Boy, the uranium gun-type bomb, was dropped on Hiroshima on August 6, 1945. Fat Man, the plutonium implosion bomb, was dropped on Nagasaki on August 9, 1945. Enola Gay was the aircraft that delivered Little Boy, not the bomb itself. So the correct pairing is Little Boy for Hiroshima and Fat Man for Nagasaki.

8. Which publication covers EO complaints?

- A. AR 350-1
- B. AR 690-600**
- C. AR 600-20
- D. AR 385-10

Equal Opportunity complaints for Army civilians are governed by AR 690-600, which lays out the procedures for filing, processing, and resolving EO complaints within the civilian workforce. This publication specifies who handles EO issues, the steps investigators must take, required timelines, and how appeals are handled, giving the exact framework used to address and resolve EO concerns. The other regulations cover related but different areas—training and education (AR 350-1), general command policy (AR 600-20), or safety (AR 385-10)—without detailing the EO complaint process itself. So AR 690-600 is the one that directly covers the EO complaint process.

9. Which of the following lists the five domains of H2F?

- A. Physical readiness; Mental readiness; Financial readiness; Spiritual readiness; Emotional readiness
- B. Physical readiness; Nutritional readiness; Spiritual readiness; Mental readiness; Sleep readiness**
- C. Physical training; Nutritional discipline; Spiritual balance; Mental focus; Sleep hygiene
- D. Physical readiness; Nutritional readiness; Sexual readiness; Mental readiness; Sleep readiness

Five domains under H2F focus on all-round readiness: physical readiness, nutritional readiness, sleep readiness, mental readiness, and spiritual readiness. The correct option lists exactly those five domains in any order, matching the H2F framework that addresses fitness, nutrition, rest, mental focus, and spiritual resilience. Other options shift the scope by swapping in/emphasizing terms like emotional readiness or training/discipline instead of readiness, or by adding a domain like sexual readiness, which isn't part of H2F.

10. Phase Guidance is addressed by which Command Policy Memo?

A. Command Policy Memo 11

B. Command Policy Memo 12

C. Command Policy Memo 9

D. Command Policy Memo 6

Phase Guidance is implemented through a formal policy that defines how units plan, execute, and transition between phases of a mission or operation. Command Policy Memo 11 directly addresses Phase Guidance, outlining the criteria for moving from one phase to the next, the responsibilities during each phase, and the documentation required to verify phase completion. This direct alignment with phase-based execution is why it is the best answer. The other memos cover different policy topics and do not specifically address the rules and thresholds for phase progression.

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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://dco2ndbattalion13thavi.examzify.com>

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

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