FLIGHT AND OPERATIONAL MEDICAL TECHNICIAN (FOMT) 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. Which general duty task relates to effective communication?

A. Running 100 yards

B. Communicating effectively

C. Wearing personal protective gear

D. Operating a vehicle

2. What is the purpose of the Human Performance Sustainment program?

A. To sustain the performance of Airmen/Guardians in the face of enemy conflict, environmental threats, and stressors, or advancing age.

B. To provide medical treatment for battlefield injuries.

C. To train new pilots.

D. To manage base logistics.

3. For ARC members, how many days old can AF Form 1185 be when received by the ARC SG's office?

A. 60 days

B. 30 days

C. 90 days

D. 120 days

4. Which document provides a detailed summary of the current condition and its impact on mobility?

A. Narrative Summary (NARSUM)

B. AF Form 1185 - Commander's Impact Statement

C. Consultation Reports

D. Current AF Form 469

5. Which factor is considered in PULHES classification for duty eligibility?

A. Age

B. Height

C. Physical/functional abilities

D. Salary

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6. For a Flying AFSC retraining request, when can an AF Form 422 be completed?

A. After completing a standard medical exam

B. When the initial flight physical disposition has been completed by a certification authority

C. After the member's unit commander endorses the retraining

D. Upon approval by a medical board

7. What are the three Assignment Action Codes (AAC)?

A. AAC 21, AAC 37, AAC 81

B. AAC 46, AAC 37, AAC 81

C. AAC 31, AAC 37, AAC 81

D. AAC 11, AAC 37, AAC 81

8. What is the TFMR percentage goal for the Air Force?

A. 80%

B. 90%

C. 70%

D. 95%

9. What does the Unit Commander do in the MEB process?

A. Provides an assessment of the member's ability to perform their assigned duties with potentially unfitting condition(s) and provides support to the member throughout DES process

B. Provides medical treatment and schedules appointments

C. Determines retirement eligibility

D. Drafts the PEBLO's DES plan

10. What are the 4 different restrictions that can be placed on an AF Form 469?

A. Duty, Mobility, Fitness, Pregnancy

B. Duty, Mobility, Fitness

C. Deployment, Travel, Fitness, Pregnancy

D. Duty, Mobility, Training, Medical

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Answers

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

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Explanations

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1. Which general duty task relates to effective communication?

A. Running 100 yards

B. Communicating effectively

C. Wearing personal protective gear

D. Operating a vehicle

Communicating effectively is the task that directly involves exchanging information, confirming understanding, and relaying updates among crew, patients, and command. In flight and operational medical roles, clear communication coordinates actions, reduces the chance of missteps, and keeps everyone on the same page for safety and efficiency. The other options describe physical activities or safety procedures—running, wearing protective gear, or operating a vehicle—but they don't center on the essential act of conveying and clarifying information. So, this option best matches the duty task related to effective communication.

2. What is the purpose of the Human Performance Sustainment program?

A. To sustain the performance of Airmen/Guardians in the face of enemy conflict, environmental threats, and stressors, or advancing age.

B. To provide medical treatment for battlefield injuries.

C. To train new pilots.

D. To manage base logistics.

The core idea is sustaining Airmen/Guardians' performance across demanding conditions. The Human Performance Sustainment program aims to keep people performing at a high level by addressing the factors that can erode performance—physical and mental fatigue, sleep loss, stress, environmental hazards, and aging. It focuses on prevention, resilience, and recovery so service members can meet mission demands safely and effectively, no matter the environment or stage of life. This isn't a medical treatment program, nor is it about training new pilots or managing base logistics. Instead, it provides education and practices to help individuals maintain peak performance over time, supporting physical conditioning, nutrition, sleep, mental health, and cognitive readiness to reduce performance declines before they happen.

3. For ARC members, how many days old can AF Form 1185 be when received by the ARC SG's office?

A. 60 days

B. 30 days

C. 90 days

D. 120 days

ARC members rely on current authorization for releasing medical information. AF Form 1185 must be received by the ARC SG's office within 60 days of the form date, meaning it should be 60 days old or less when it arrives. This ensures the consent reflected on the form is up-to-date and that the information being released is based on current authorization. If the form is older than 60 days, it should be resubmitted with a fresh date to avoid delays and potential invalidity of the authorization.

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4. Which document provides a detailed summary of the current condition and its impact on mobility?

A. Narrative Summary (NARSUM)

B. AF Form 1185 - Commander's Impact Statement

C. Consultation Reports

D. Current AF Form 469

A detailed current-condition summary is provided by the Narrative Summary (NARSUM). This document captures the patient's present illness or injury, the current clinical findings, treatment efforts, and how the condition affects daily function, including mobility. It lays out what the patient can and cannot do, how far the condition has progressed, and the prognosis, all of which are essential for determining fitness for duty and flight-related responsibilities. The Commander's Impact Statement focuses on how a condition affects mission readiness from a leadership perspective, not on the medical details or the specific mobility limitations. Consultation Reports are specialist opinions that support the medical evaluation but don't replace a comprehensive narrative of the patient's current status and functional impact. The current AF Form 469 records duty limitations and codes but does not provide the thorough narrative of current status and mobility impairment that the NARSUM offers. Therefore, the Narrative Summary is the best choice for a detailed summary of the current condition and its impact on mobility.

5. Which factor is considered in PULHES classification for duty eligibility?

A. Age

B. Height

C. Physical/functional abilities

D. Salary

The main idea here is that PULHES evaluates whether a service member can physically perform duty tasks. The first element, physical capacity or condition, directly reflects physical/functional abilities—endurance, strength, and overall health needed to carry out duties. This is what determines duty eligibility. Age, height, and salary aren't part of this medical fitness assessment. The other elements—upper extremities, lower extremities, hearing, eyes, and psychosocial status—screen for specific system readiness and safety concerns, but the overall eligibility centers on what the body can actually do.

6. For a Flying AFSC retraining request, when can an AF Form 422 be completed?

A. After completing a standard medical exam

B. When the initial flight physical disposition has been completed by a certification authority

C. After the member's unit commander endorses the retraining

D. Upon approval by a medical board

The function of this form is to document a medical qualification status for aircrew, so it should be completed only after a formal medical disposition has been reached by the designated aviation medical authority. The initial flight physical is evaluated by that authority, who issues a disposition (for example, fit with any restrictions or not fit). Once that disposition is in place, the form can be completed to reflect the approved status and outline any required retraining or limitations. Completing it after a standard medical exam would not capture an official flight-qualification decision, and relying on a commander's endorsement or a medical board approval alone does not substitute for the aviation medical disposition that determines flight eligibility. Hence, the proper time to complete the form is after the initial flight physical disposition has been completed by a certification authority.

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7. What are the three Assignment Action Codes (AAC)?

A. AAC 21, AAC 37, AAC 81

B. AAC 46, AAC 37, AAC 81

C. AAC 31, AAC 37, AAC 81

D. AAC 11, AAC 37, AAC 81

Assignment Action Codes are the labels used in the personnel system to describe what kind of action happened to a person's assignment. They tell you what kind of movement or administrative change is being recorded, so you can track how a member's duties, location, or status have shifted. The three AACs you're expected to know in this context are 31, 37, and 81. In this course material, those three codes are presented together as the standard set of assignment actions you need to recognize. They represent common actions you'll encounter when updating or maintaining assignment records—essentially the typical ways an assignment can be initiated, changed, or concluded. The other options insert different numbers that aren't part of this standard triad, so they don't match what the material defines as the three AACs. To memorize this pair of facts, keep in mind that the trio you should know is 31, 37, and 81, as they appear together in the assignment action context. If you want the exact meanings of each code, refer to the course glossary where those codes are defined.

8. What is the TFMR percentage goal for the Air Force?

A. 80%

B. 90%

C. 70%

D. 95%

The amount of the force that is medically ready for deployment is tracked as a percentage, and setting a target helps units know how close they are to being mission-capable. The goal is 90 percent, which strikes a balance between being ambitious enough to push toward high readiness and being realistic given the typical variability in medical staffing, equipment, and maintenance across the force. A 90% target encourages addressing gaps without requiring perfection in every unit all the time. Choosing a higher target like 95% could be discouraging or impractical for many units, while a lower target such as 80% or 70% would leave too many units not ready for deployment. Keeping the goal at 90% provides a clear, achievable standard that drives improvements and accountability across the system.

9. What does the Unit Commander do in the MEB process?

A. Provides an assessment of the member's ability to perform their assigned duties with potentially unfitting condition(s) and provides support to the member throughout DES process

B. Provides medical treatment and schedules appointments

C. Determines retirement eligibility

D. Drafts the PEBLO's DES plan

The Unit Commander's role in the DES process is to assess whether the member can continue performing their assigned duties given a potentially unfitting condition and to support the member throughout the process. This means the commander identifies duty limitations, looks for fitness-for-duty concerns, and advocates for the member while the DES steps proceed. The commander coordinates with medical teams and the PEBLO to keep the member informed, ensure appropriate accommodations if feasible, and help navigate the process, without directly providing medical treatment, determining retirement eligibility, or drafting the DES plan.

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10. What are the 4 different restrictions that can be placed on an AF Form 469?

A. Duty, Mobility, Fitness, Pregnancy

B. Duty, Mobility, Fitness

C. Deployment, Travel, Fitness, Pregnancy

D. Duty, Mobility, Training, Medical

The form is used to capture four distinct types of medical restrictions that affect what a member can do in their duties and training. The four categories are duty restrictions, mobility restrictions, fitness restrictions, and pregnancy restrictions. Duty restrictions limit the specific duties or tasks a member can perform, guiding supervisors to reallocate duties or adjust workload to keep the member safe and effective. Mobility restrictions pertain to movement and the ability to travel or be deployed; they influence where and how a member can operate. Fitness restrictions cover participation in physical training and activities, ensuring safe exertion levels and preventing injury. Pregnancy restrictions are specific accommodations or limitations during pregnancy to protect both mother and fetus, often affecting job tasks, exposure to hazards, or required accommodations. These four areas together provide a complete picture of the medical constraints for planning duty assignments and training. Other options mix in categories like deployment, travel, training, or generic medical, which are not the four categories listed on AF Form 469.

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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://fomtblock1.examzify.com

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

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