FM 7-22 HOLISTIC HEALTH AND FITNESS (H2F) 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. DOTMLPF stands for which set of seven categories used to analyze H2F initiatives?

A. Doctrine, Organization, Training, Materiel, Leadership and Education, Personnel, and Facilities

B. Documentation, Organization, Technology, Marketing, Leadership, People, and Facilities

C. Doctrine, Operations, Training, Maintenance, Logistics, Personnel, and Facilities

D. Doctrine, Organization, Tools, Materials, Leadership, People, and Finances

2. What type of approach to physical and non-physical readiness is the H24 System?

A. A modular, off-site, contractor-run approach.

B. A unit-level, one-size-fits-all approach.

C. An immersive and comprehensive, centered on Brigade-owned H2F Facilities and personnel.

D. A classroom-only, theory-based approach.

3. How does H2F align with Army readiness doctrine?

A. By outsourcing all training to civilians.

B. By integrating health, fitness, and resilience strategies to support mission-capable Soldiers.

C. By focusing solely on endurance running.

D. By reducing sleep to allow more training hours.

4. What are the non-physical domains of H24?

A. Nutritional readiness; Spiritual readiness; Mental readiness; Sleep readiness

B. Nutritional readiness; Spiritual readiness

C. Spiritual readiness; Mental readiness; Sleep readiness

D. Nutritional readiness; Mental readiness

5. How should soldiers approach training after an injury?

A. Gradual reintroduction with medical clearance, progressive loading, and modified activities as advised.

B. Resume full training immediately

C. Ignore medical advice

D. Only rest

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6. What is a common goal of mobility work in H2F?

A. Improve joint range of motion and movement efficiency for safer, more powerful actions.

B. Build muscle mass only

C. Improve bone density only

D. Increase VO2 max only

7. Which factor is promoted to improve sleep readiness?

A. Sleep environment

B. Uniform color

C. Carb loading

D. Loud environments

8. Which technique is used to build mental resilience in H2F?

A. High-intensity interval training

B. Nutrition optimization

C. Breathing exercises

D. Passive rest

9. Which statement correctly describes sleep extension and napping?

A. Napping increases total sleep time over several days.

B. Sleep extension increases total sleep time over several days, while napping provides short-term daytime rest to reduce fatigue.

C. Sleep extension is the same as napping and provides no difference.

D. Sleep extension applies only to post-exercise energy.

10. How is Holistic Health and Fitness defined in Army terms?

A. The Army's medical readiness pre-hab program

B. A fitness competition framework

C. A dietary plan for soldiers

D. The Army's Soldier readiness system for physical and nonphysical training

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Answers

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

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Explanations

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1. DOTMLPF stands for which set of seven categories used to analyze H2F initiatives?

A. Doctrine, Organization, Training, Materiel, Leadership and Education, Personnel, and Facilities

B. Documentation, Organization, Technology, Marketing, Leadership, People, and Facilities

C. Doctrine, Operations, Training, Maintenance, Logistics, Personnel, and Facilities

D. Doctrine, Organization, Tools, Materials, Leadership, People, and Finances

The question is about the DOTMLPF framework used to analyze and implement H2F initiatives, looking across seven domains to identify gaps and plan improvements. The seven categories are exactly Doctrine, Organization, Training, Materiel, Leadership and Education, Personnel, and Facilities. This set is what enables a comprehensive view of how policies, structures, programs, equipment, leadership development, human resources, and infrastructure all support holistic health and fitness. Why this is the best fit: these seven areas together cover the full scope needed to evaluate and optimize H2F efforts, from the guiding principles (Doctrine) to the actual spaces and people (Facilities and Personnel), including the tools and programs (Materiel, Training) and the leadership/education that drives implementation (Leadership and Education). Other options introduce terms that aren't part of the DOTMLPF framework, such as Marketing, Technology, Tools, or Finances, or replace categories with others like Operations, Maintenance, Documentation, or similar terms. Those do not align with the established DOTMLPF structure.

2. What type of approach to physical and non-physical readiness is the H24 System?

A. A modular, off-site, contractor-run approach.

B. A unit-level, one-size-fits-all approach.

C. An immersive and comprehensive, centered on Brigade-owned H2F Facilities and personnel.

D. A classroom-only, theory-based approach.

The H24 System is an immersive and comprehensive approach to readiness that is built around Brigade-owned H2F facilities and personnel. This means the program is embedded at the unit level, with on-site facilities and a dedicated team guiding physical and non-physical readiness as part of daily operations. It integrates training, recovery, nutrition, sleep optimization, mental resilience, and medical oversight into a coordinated effort, rather than relying on off-site contractors, generic modules, or theory-only instruction. The emphasis is on tailored, hands-on support delivered where and when soldiers need it, ensuring continuous, mission-focused readiness.

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3. How does H2F align with Army readiness doctrine?

A. By outsourcing all training to civilians.

B. By integrating health, fitness, and resilience strategies to support mission-capable Soldiers.

C. By focusing solely on endurance running.

D. By reducing sleep to allow more training hours.

H2F aligns with Army readiness doctrine by treating Soldier health and performance as an integrated system that directly supports mission capability. It combines physical training with nutrition, sleep, recovery, mental resilience, and injury prevention so Soldiers are prepared for real-world tasks, not just a single fitness measure. Readiness doctrine focuses on a unit's ability to execute missions under all conditions, and H2F provides a proactive, evidence-based framework to keep Soldiers ready, reduce injuries, and sustain high performance over time. Outsourcing training to civilians would undermine internal readiness and consistency. Focusing only on endurance or sacrificing sleep runs counter to a holistic approach that emphasizes recovery and multi-domain readiness.

4. What are the non-physical domains of H24?

A. Nutritional readiness; Spiritual readiness; Mental readiness; Sleep readiness

B. Nutritional readiness; Spiritual readiness

C. Spiritual readiness; Mental readiness; Sleep readiness

D. Nutritional readiness; Mental readiness

Non-physical domains in H24 are readiness factors that influence performance without being the physical training itself. The four areas that make up these domains are nutritional readiness, spiritual readiness, mental readiness, and sleep readiness. Together, they cover fueling the body, purpose and beliefs, cognitive resilience and stress management, and adequate rest, all of which shape performance, recovery, and overall resilience. The other options leave out at least one of these essential areas, so they don't represent the full set of non-physical domains.

5. How should soldiers approach training after an injury?

A. Gradual reintroduction with medical clearance, progressive loading, and modified activities as advised.

B. Resume full training immediately

C. Ignore medical advice

D. Only rest

After an injury, the aim is to return to duty safely by following a planned rehabilitation path that respects how tissues heal. Start with medical clearance to confirm it's safe to begin loading and to understand any limits. Then reintroduce activity gradually, starting with low-load, controlled movements that don't provoke symptoms, and slowly increase intensity, duration, and complexity as tolerance improves. Use modified activities to keep you moving and maintaining conditioning while protecting the healing area. Listen to pain and swelling signals—if they flare, back off and adjust the plan. This measured approach reduces the risk of reinjury and supports a faster, full return to readiness. Jumping back into full training right away can overload healing tissues, ignoring medical guidance can miss important precautions, and resting alone leads to deconditioning and longer recovery.

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6. What is a common goal of mobility work in H2F?

A. Improve joint range of motion and movement efficiency for safer, more powerful actions.

B. Build muscle mass only

C. Improve bone density only

D. Increase VO2 max only

Mobility work focuses on increasing how far joints can move and how smoothly you can move through a pattern. When joints have a good range of motion and the body can move with efficient mechanics, you perform tasks with better control and less risk of injury. That safety and efficiency are what translate into safer, more powerful actions during lifting, sprinting, jumping, and other movements common in training and duties. Muscle mass comes from challenging the muscles with resistance training, not primarily from mobility drills. Bone density grows with weight-bearing and higher-load activities, not just mobility work. VO2 max, the capacity to use oxygen during intense activity, improves most with sustained aerobic conditioning. So while mobility work supports all training, its main goal in H2F is to expand joint range of motion and movement efficiency for safer, more powerful actions.

7. Which factor is promoted to improve sleep readiness?

A. Sleep environment

B. Uniform color

C. Carb loading

D. Loud environments

A conducive sleep environment best promotes sleep readiness. Creating a dark, quiet, cool room with a comfortable bed helps reduce arousal and signals to the body that it's time to sleep, making it easier to fall asleep and stay asleep. The other options don't support readiness: uniform color isn't a proven sleep cue, carb loading affects daytime energy and metabolism rather than initiating sleep, and loud environments increase arousal and disrupt sleep.

8. Which technique is used to build mental resilience in H2F?

A. High-intensity interval training

B. Nutrition optimization

C. Breathing exercises

D. Passive rest

Mental resilience is built by techniques that actively regulate the body's response to stress. Breathing exercises train the autonomic nervous system to shift toward a calmer state when under pressure, improving heart rate variability and reducing arousal hormones. Regular practice gives you a quick, portable tool to calm down, sharpen focus, and sustain performance during demanding tasks. Techniques like diaphragmatic or paced breathing (for example, a steady inhale and exhale with a controlled rhythm) slow the sympathetic response and enhance parasympathetic activity, helping you stay present and make clearer decisions in challenging situations. Breathing exercises are the best fit here because they directly influence the physiological and cognitive systems that underlie resilience and can be used in the moment. High-intensity interval training, while excellent for physical conditioning and overall stress tolerance, is not a focused tool for regulating stress in real time. Nutrition optimization supports brain function and mood over the long term but isn't the immediate resilience technique. Passive rest aids recovery but does not actively train the mental regulation skills that breathing practices develop.

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9. Which statement correctly describes sleep extension and napping?

A. Napping increases total sleep time over several days.

B. Sleep extension increases total sleep time over several days, while napping provides short-term daytime rest to reduce fatigue.

C. Sleep extension is the same as napping and provides no difference.

D. Sleep extension applies only to post-exercise energy.

Sleep extension means adding to total sleep time by increasing nightly sleep across several days, typically by going to bed earlier or waking up later. This builds longer, consistent sleep opportunity that accumulates into more sleep overall and supports recovery, mood, and performance over time. Napping, in contrast, is a daytime rest intended to provide immediate relief from fatigue and a quick boost in alertness; it helps in the short term but doesn't replace the longer-term benefit of extending nightly sleep. The statement captures the practical distinction: extending nighttime sleep grows total sleep time over multiple days, while a daytime nap delivers short-term rest to reduce fatigue. The other ideas mix these roles or misstate their scope, such as equating sleep extension with napping or limiting sleep extension to post-exercise energy.

10. How is Holistic Health and Fitness defined in Army terms?

A. The Army's medical readiness pre-hab program

B. A fitness competition framework

C. A dietary plan for soldiers

D. The Army's Soldier readiness system for physical and nonphysical training

Holistic Health and Fitness is about a comprehensive approach to soldier readiness that the Army implements as a system. It's the Soldier Readiness System that coordinates both physical training and the nonphysical factors that influence performance—things like nutrition, sleep and recovery, mental resilience, and overall well-being—so soldiers are prepared across all domains, not just in raw workouts. This is why this option best fits: it recognizes readiness as an integrated, multi-domain program rather than a single exercise plan, a medical prehab, or a dietary guide.

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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://fm722h2f.examzify.com

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

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