MARINE CORPS COMBAT FITNESS TEST (CFT) PRACTICE TEST (SAMPLE)

STUDY GUIDE



SAMPLE STUDY GUIDE WITH LIMITED QUESTIONS

VISIT US ONLINE FOR THE FULL VERSION STUDY GUIDE

https://marinecorpscombatfitness.examzify.com

Copyright © 2026 by Examzify - A Kaluba Technologies Inc. product.

ALL RIGHTS RESERVED.

No part of this book may be reproduced or transferred in any form or by any means, graphic, electronic, or mechanical, including photocopying, recording, web distribution, taping, or by any information storage retrieval system, without the written permission of the author.

Notice: Examzify makes every reasonable effort to obtain accurate, complete, and timely information about this product from reliable sources.

SAMPLE

Table of Contents

Copyright 1

Table of Contents 2

Introduction 3

How to Use This Guide 4

Questions 5

Answers 8

Explanations 10

Next Steps 16

SAMPLE

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.

SAMPLE

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!

SAMPLE

Questions

SAMPLE

1. What is the total distance of the Maneuver Under Fire (MUF) course?

A. 100 meters

B. 200 meters

C. 300 meters

D. 400 meters

2. What psychological skills can enhance performance in the CFT?

A. Negativity and doubt

B. Visualization and positive self-talk

C. Isolation from others

D. Ignoring mental preparation

3. How long is the CFT?

A. 1 hour

B. 2 hours

C. 30 minutes

D. 3 hours

4. In the individual data section, which of the following is NOT a field that must be filled out?

A. Rank

B. Height

C. Weight

D. Training program

5. During a run, what should a monitor correct if a runner is bent over?

A. Body posture for tiredness

B. Running speed

C. Cans carrying technique

D. Breathing technique

SAMPLE

6. What are the three events included in the Marine Corps Combat Fitness Test (CFT)?

A. Movement to Contact, Ammunition Can Lift, and 880-meter run

B. Endurance run, Weight lifting, and Agility course

C. Obstacle course, Push-ups, and Sit-ups

D. Marching drills, Tactical maneuvers, and Swimming

7. Which aspect of health does proper nutrition NOT influence before the CFT?

A. Energy levels

B. Mood enhancement

C. Recovery processes

D. Building strength

8. What is the primary purpose of the Risk Factor Worksheet (RFW) for older Marines?

A. To assess combat readiness

B. To determine potential health risks or injury factors

C. To provide nutritional guidance

D. To evaluate physical fitness levels

9. How frequently must Marines pass the CFT?

A. Biannually

B. Every six months

C. Annually

D. Every quarter

10. What is a recommended focus for recovery after the CFT?

A. Stretching only

B. Rehydration and nutrition

C. Cold water immersion

D. Performing intense workouts

SAMPLE

Answers

SAMPLE

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

SAMPLE

Explanations

SAMPLE

1. What is the total distance of the Maneuver Under Fire (MUF) course?

A. 100 meters

B. 200 meters

C. 300 meters

D. 400 meters

The total distance of the Maneuver Under Fire (MUF) course is indeed 300 meters. This aspect of the Marine Corps Combat Fitness Test is designed to evaluate a Marine's ability to perform under physical and mental stress. The MUF course includes a series of tasks that simulate scenarios a Marine might encounter in a combat environment, such as maneuvering under fire, executing tactical movements, and carrying equipment. The distance of 300 meters ensures that the course adequately tests the endurance and agility of the Marines while also allowing for a realistic simulation of potential combat conditions. It is essential for measuring not just the physical capabilities, but also decision-making and teamwork in a concise span. The design is critical to preparing Marines for real-world challenges they may face in the field.

2. What psychological skills can enhance performance in the CFT?

A. Negativity and doubt

B. Visualization and positive self-talk

C. Isolation from others

D. Ignoring mental preparation

The correct response emphasizes the importance of psychological skills that can significantly boost performance in the Combat Fitness Test (CFT). Visualization and positive self-talk are both powerful techniques used by athletes and military personnel alike to enhance their mental readiness and overall performance. Visualization involves mentally rehearsing the events of the CFT, allowing individuals to picture themselves successfully completing each component of the test. This mental practice can reinforce neural pathways, making the physical execution smoother and more instinctive. By vividly imagining positive outcomes, individuals can build confidence and reduce anxiety associated with the test. Positive self-talk involves encouraging and affirming statements that individuals make to themselves, fostering a constructive mindset. This technique helps combat negative thoughts and self-doubt, replacing them with affirmations of capability, strength, and readiness, which are crucial when facing physically and mentally challenging tasks like the CFT. Together, these skills create a strong psychological foundation, enabling Marines to approach the test with confidence and focus, thereby improving their chances for success.

3. How long is the CFT?

A. 1 hour

B. 2 hours

C. 30 minutes

D. 3 hours

The Marine Corps Combat Fitness Test (CFT) is designed to assess a Marine's physical fitness in a combat-like situation, and it is structured to be completed within a specific timeframe. The total duration of the CFT is approximately 2 hours, which includes all three main components: the movement to contact, the ammunition can lift, and the maneuver under fire. This timeframe allows for proper execution of the events, along with necessary transitions and brief rest periods in between. Understanding the timing is crucial for Marines to prepare adequately and manage their endurance throughout the test. The focus is not only on completing the events but also on maintaining a steady pace and ensuring that each component is performed with maximum effort. This preparation reflects the physical demands placed on Marines in real combat scenarios, highlighting the importance of both time management and physical capability.

SAMPLE

4. In the individual data section, which of the following is NOT a field that must be filled out?

A. Rank

B. Height

C. Weight

D. Training program

In the context of the individual data section for the Marine Corps Combat Fitness Test, the fields that must be filled out are critical for ensuring that all participants are accurately recorded and evaluated. Rank, height, and weight are essential pieces of information that are necessary for assessing the physical readiness and health of Marines. These details help to categorize individuals appropriately and allow for fair comparison and analysis. The training program, while potentially relevant for broader context or tracking individual progress, is not a mandatory field that must be completed in the individual data section of the CFT. This means that Marines can complete the CFT without needing to provide information about their specific training programs, which emphasizes the focus on the essential metrics of rank, height, and weight.

5. During a run, what should a monitor correct if a runner is bent over?

A. Body posture for tiredness

B. Running speed

C. Cans carrying technique

D. Breathing technique

The correct focus for a monitor when a runner is bent over is on body posture for tiredness. When runners bend over, it often indicates fatigue or improper form, which can impact their performance and increase the risk of injury. Maintaining an upright posture is essential as it allows for better lung expansion, optimized energy usage, and improved overall efficiency during the run. While running speed, cans carrying technique, and breathing technique are important aspects of running, they become secondary when addressing the immediate concern of posture. A runner's body position significantly influences these other factors. Correcting posture should be the priority to help the runner maintain form, sustain endurance, and ultimately perform better in the run. Proper posture can enhance breathing effectiveness and possibly encourage a better running speed.

SAMPLE

6. What are the three events included in the Marine Corps Combat Fitness Test (CFT)?

A. Movement to Contact, Ammunition Can Lift, and 880-meter run

B. Endurance run, Weight lifting, and Agility course

C. Obstacle course, Push-ups, and Sit-ups

D. Marching drills, Tactical maneuvers, and Swimming

The correct answer identifies the three key components of the Marine Corps Combat Fitness Test (CFT), which are specifically designed to evaluate a Marine's combat readiness through a combination of physical challenges that simulate combat situations. The events included are Movement to Contact, which tests a Marine's ability to conduct a tactical movement to engage in combat situations; Ammunition Can Lift, which assesses upper body strength and endurance necessary for lifting and carrying ammunition during operations; and the 880-meter run, which measures cardiovascular endurance critical for sustained physical performance in a combat environment. Each event has a distinct purpose that collectively gauges physical preparedness relevant to the demands of a Marine's role. Other options reference physical activities not aligned with the focus of the CFT. For instance, while endurance running is crucial for overall fitness, the CFT specifically includes the structured 880-meter run instead of more generic running events. The inclusion of weight lifting, agility courses, obstacle courses, push-ups, and swimming pertains to fitness assessments but does not reflect the designated events of the CFT, highlighting the tailored approach the Marine Corps takes to measure combat-related physical capability.

7. Which aspect of health does proper nutrition NOT influence before the CFT?

A. Energy levels

B. Mood enhancement

C. Recovery processes

D. Building strength

Proper nutrition plays a crucial role in various aspects of health, especially in preparation for intense physical activities like the Combat Fitness Test (CFT). While nutrition helps in building strength through the provision of essential nutrients and supporting muscle repair and growth, it does not have as direct or immediate an impact on the physical manifestation of strength itself right before the CFT. Energy levels are largely influenced by nutritional intake, as carbohydrates and proteins are the body's primary sources of fuel for physical activity. Mood enhancement is also linked to nutrition, as certain foods can promote the production of neurotransmitters that regulate emotion. Recovery processes after physical exertion heavily rely on proper nutrition to replenish glycogen stores and repair muscle tissues. However, the specific act of building strength typically requires a longer-term nutritional strategy rather than an immediate, situational influence before a test. Hence, while nutrition contributes to overall strength over time, it does not directly affect the immediate ability to demonstrate strength in a test context.

SAMPLE

8. What is the primary purpose of the Risk Factor Worksheet (RFW) for older Marines?

A. To assess combat readiness

B. To determine potential health risks or injury factors

C. To provide nutritional guidance

D. To evaluate physical fitness levels

The primary purpose of the Risk Factor Worksheet (RFW) for older Marines is to determine potential health risks or injury factors. This tool is vital in assessing the individual health status of Marines as they age, helping to identify any medical or physical concerns that could affect their performance in training or combat situations. By highlighting existing conditions and risk factors, the RFW allows for tailored physical training and lifestyle modifications, ultimately ensuring that older Marines can maintain their operational readiness while minimizing the risk of injury. Other options, while related to Marine readiness and health, do not specifically capture the core intent of the RFW. Combat readiness considerations, nutritional needs, and physical fitness evaluations are important aspects of a Marine's overall preparedness, but the unique focus of the RFW on health risk assessment is crucial for the safety and effectiveness of older Marines in their roles.

9. How frequently must Marines pass the CFT?

A. Biannually

B. Every six months

C. Annually

D. Every quarter

The correct answer is that Marines must pass the Combat Fitness Test (CFT) annually. This means that each Marine is required to complete the CFT at least once a year to maintain their physical readiness and meet the standards set by the Marine Corps. The annual requirement is designed to ensure that all Marines are consistently evaluated on their physical fitness levels, promoting readiness for various operational demands. This testing frequency allows ample time for training and improvement between assessments while reinforcing the importance of physical conditioning as a fundamental aspect of Marine Corps duty. Other options suggest more frequent testing periods, which are not aligned with the established guidelines. While biannual or quarterly tests could place added pressure on Marines, the focus is on consistent annual assessment that balances readiness with the need for continuous training and development.

SAMPLE

10. What is a recommended focus for recovery after the CFT?

A. Stretching only

B. Rehydration and nutrition

C. Cold water immersion

D. Performing intense workouts

Rehydration and nutrition are crucial components for recovery following the Combat Fitness Test (CFT). After intense physical activity, the body requires adequate hydration to replace lost fluids and ensure proper physiological function. Water and electrolyte balance are essential for muscle recovery, joint lubrication, and optimal metabolic processes. In addition to rehydration, nutrition plays a vital role in recovery. Consuming appropriate nutrients, especially protein and carbohydrates, helps repair muscle tissues and replenish energy stores that have been depleted during the test. Nutrients are essential for muscle recovery, reducing soreness, and preparing the body for future training. By focusing on both rehydration and nutrition, athletes can enhance recovery, improve overall performance, and reduce the risk of injury. The other options do not encompass the comprehensive recovery needs this focus addresses. Stretching alone, while beneficial, does not replace lost fluids or support the body's nutritional needs. Cold water immersion can be useful but is generally considered an adjunct rather than a primary recovery strategy. Performing intense workouts immediately after the CFT would likely impede recovery and increase fatigue, which contradicts the goal of recuperation.

SAMPLE

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://marinecorpscombatfitness.examzify.com

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

SAMPLE