NAVY BASIC MILITARY REQUIREMENTS (BMR) PRACTICE TEST (SAMPLE)

STUDY GUIDE



SAMPLE STUDY GUIDE WITH LIMITED QUESTIONS

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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 15

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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. **Who identifies board members to assist NCQA site surveyors in site evaluation for recognition?**

   A. Chairman, Practice Advisory Board

   B. Chairman, Primary Care Advisory Board

   C. Chief Medical Officer

   D. Director of Quality Assurance

2. **How many posterior teeth are in an arch, in addition to the 6 anteriors?**

   A. 8

   B. 10

   C. 12

   D. 14

3. **What is the highest promotion recommendation that can be given to Ensign and lieutenant junior grade on their FITREPs for non-Limited Duty Officer designators?**

   A. p

   B. q

   C. r

   D. s

4. **What directs and oversees the development of an effective, comprehensive health promotion strategy?**

   A. Health Services Division

   B. Preventive Medicine and Occupational Health Division

   C. Health Education Division

   D. Nutrition and Wellness Division

5. **What skin decontamination kit is effective for removing chemical agents from the skin?**

   A. M291

   B. M295

   C. M200

   D. M300

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6. Who is ultimately responsible for pharmacy operation within a command?

A. Pharmacy Officer

B. Medical Officer

C. Commanding Officer

D. Chief Petty Officer

7. How many phases is tactical combat casualty care divided into?

A. 1

B. 2

C. 3

D. 4

8. Who prescribes specific immunization and chemoprophylactic requirements for units?

A. Commanding Officer

B. Command Medical Authority

C. Unit Health Administrator

D. Naval Medical Department

9. How often at a minimum do combatant commanders provide the Chairman of the Joint Chiefs of Staff with their assessment of biological warfare threats?

A. Quarterly

B. Monthly

C. Annually

D. Biannually

10. What is the expression of equality of two ratios called?

A. Rate

B. Proportion

C. Equation

D. Ratio

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Answers

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

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Explanations

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1. Who identifies board members to assist NCQA site surveyors in site evaluation for recognition?

A. Chairman, Practice Advisory Board

B. Chairman, Primary Care Advisory Board

C. Chief Medical Officer

D. Director of Quality Assurance

The correct identification of board members to assist NCQA site surveyors in evaluation for recognition falls to the Chairman of the Primary Care Advisory Board. This role is critical as the Primary Care Advisory Board is responsible for overseeing and ensuring that primary care practices meet quality standards, which aligns with the NCQA's mission to improve healthcare quality. This particular board is tasked with evaluating and ensuring compliance with recognized standards, thus its chairman is best positioned to select knowledgeable individuals who can provide insight and support during the site evaluation process. The involvement of these selected board members is essential, as they have the expertise and familiarity with the practices being evaluated, contributing to a comprehensive assessment. Other roles, while important in their capacities, do not specifically focus on the aspects of primary care evaluation or have the same direct responsibilities in relation to NCQA recognition.

2. How many posterior teeth are in an arch, in addition to the 6 anteriors?

A. 8

B. 10

C. 12

D. 14

In a complete adult dentition, there are typically 8 posterior teeth in each quadrant of the mouth. The posterior teeth consist of premolars and molars. Given that there are 4 quadrants in the mouth, this calculates to a total of 8 posterior teeth in the entire arch. To clarify, the anterior teeth typically include the incisors and canines, totaling 6 teeth (2 central incisors, 2 lateral incisors, and 2 canines). Since the question specifies that there are already 6 anterior teeth accounted for, when moving to consider the posterior teeth, it is important to identify the number of these teeth that accompany them in each arch. Thus, following the standard dental anatomy, there are 8 posterior teeth in addition to the previously mentioned 6 anterior teeth, leading to a conclusion that the total in question reflects accurate dental anatomy.

3. What is the highest promotion recommendation that can be given to Ensign and lieutenant junior grade on their FITREPs for non-Limited Duty Officer designators?

A. p

B. q

C. r

D. s

The highest promotion recommendation that can be assigned to Ensigns and Lieutenant Junior Grades in non-Limited Duty Officer designators on their Fitness Reports (FITREPs) is "p." This promotion recommendation represents "Promote" and indicates that the individual is ready for promotion to the next rank based on their performance and potential. In the context of the Navy's evaluation system, the letter ratings help convey the individual's readiness for advancement. Non-Limited Duty Officers are evaluated under different criteria compared to Limited Duty Officers, which affects the scoring process. Higher rating designations such as "q" (Promote with consideration) or "r" (Promote with reservations) are not applicable for Ensigns and Lieutenant Junior Grades. The system is designed to encourage the growth of junior officers while maintaining standards for advancement based on their capabilities in leadership and performance.

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4. What directs and oversees the development of an effective, comprehensive health promotion strategy?

A. Health Services Division

B. Preventive Medicine and Occupational Health Division

C. Health Education Division

D. Nutrition and Wellness Division

The correct answer is the Preventive Medicine and Occupational Health Division, which plays a crucial role in developing and overseeing health promotion strategies aimed at enhancing the overall health and well-being of personnel. This division focuses on prevention as a core principle, addressing a wide range of health issues that affect service members both in their personal and professional lives. The Preventive Medicine and Occupational Health Division's responsibilities include implementing policies and programs that promote health education, prevent illness, and manage occupational health risks. By integrating preventive strategies into health promotion, this division ensures a comprehensive approach that benefits not only individual service members but also the operational readiness of the entire military force. While the other divisions, such as Health Services, Health Education, and Nutrition and Wellness, have important roles in specific aspects of health and wellness, it is the Preventive Medicine and Occupational Health Division that specifically targets the overarching framework for effective health promotion strategies in a systematic way. This emphasizes prevention and the management of health risks, making it essential for comprehensive health promotion within the military context.

5. What skin decontamination kit is effective for removing chemical agents from the skin?

A. M291

B. M295

C. M200

D. M300

The M291 skin decontamination kit is designed specifically for the removal of chemical agents from the skin, making it the appropriate choice for this question. This kit contains absorbent powder that effectively neutralizes and removes chemical agents, including nerve agents and blister agents. When applied according to the instructions, the M291 kit helps minimize the effects of chemical exposure on the skin and reduces the risk of further absorption of harmful substances into the body. In contrast, other options like the M295 are geared towards decontaminating equipment and surfaces rather than directly addressing skin contamination. The M200 is primarily used for decontaminating materials, and the M300 is intended for use in certain air or surface decontamination scenarios. Therefore, the focus of the M291 kit on skin decontamination makes it the most suitable option for effectively addressing chemical agent exposure on human skin.

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6. Who is ultimately responsible for pharmacy operation within a command?

A. Pharmacy Officer

B. Medical Officer

C. Commanding Officer

D. Chief Petty Officer

The Commanding Officer has the ultimate responsibility for the pharmacy operations within a command. This role encompasses ensuring that all aspects of pharmacy management, from drug quality and safety to compliance with applicable regulations and policies, are adequately addressed. The Commanding Officer is tasked with overseeing the entire command's health care services, which includes the pharmacy. They must ensure that their personnel are properly educated, trained, and equipped to perform their duties effectively, including those related to pharmacy operations. While the Pharmacy Officer oversees the day-to-day activities and manages the pharmacy, the Commanding Officer retains overall accountability for the actions and performance within their command. This structure is essential for maintaining proper lines of authority and ensuring effective management and oversight of all healthcare-related services, including pharmacy operations. Therefore, the responsibility for pharmacy operations aligns with the broader leadership and accountability mandates that rest with the Commanding Officer.

7. How many phases is tactical combat casualty care divided into?

A. 1

B. 2

C. 3

D. 4

Tactical combat casualty care (TCCC) is divided into three distinct phases, which are designed to provide a structured approach to managing trauma in a combat environment. These phases—care under fire, tactical field care, and tactical evacuation—address the unique challenges faced in battlefield scenarios. The first phase, care under fire, focuses on providing care while still under threat, emphasizing the need for personal safety and rapid assessment of the casualty. The second phase, tactical field care, occurs once the scene is secure, allowing for a more comprehensive assessment and treatment of injuries. The final phase, tactical evacuation, encompasses the transport of the casualty to a location where more extensive medical treatment can be administered, ensuring continuity of care. Each phase is crucial for maximizing survival and minimizing complications in a tactical setting, highlighting the importance of situational awareness and prioritizing interventions based on immediate needs. Understanding these phases enables military personnel to adapt their medical response based on the evolving conditions on the battlefield.

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8. Who prescribes specific immunization and chemoprophylactic requirements for units?

A. Commanding Officer

B. Command Medical Authority

C. Unit Health Administrator

D. Naval Medical Department

The correct choice indicates that the Command Medical Authority is responsible for prescribing specific immunization and chemoprophylactic requirements for units. This role is crucial in ensuring that all personnel receive the necessary healthcare measures to protect against diseases and maintain operational readiness. The Command Medical Authority is typically a qualified medical officer with expertise in military medicine and public health, which enables them to make informed decisions about the vaccination protocols specific to the unit's needs. This authority incorporates guidance from the broader medical directives and requirements established by the Naval Medical Department, ensuring that units comply with current health standards. By having a dedicated medical authority, the military can maintain a consistent approach to health care across different units and deployments, ultimately reducing the risk of outbreaks and illness among service members.

9. How often at a minimum do combatant commanders provide the Chairman of the Joint Chiefs of Staff with their assessment of biological warfare threats?

A. Quarterly

B. Monthly

C. Annually

D. Biannually

Combatant commanders are required to provide assessments of biological warfare threats to the Chairman of the Joint Chiefs of Staff at least annually. This frequency ensures that the leadership has updated and comprehensive information regarding potential biological threats that could impact military operations and national security. By assessing and reporting these threats on an annual basis, combatant commanders can effectively contribute to the broader strategic planning and resource allocation essential for maintaining readiness and response capabilities against biological warfare. While more frequent reporting, such as monthly or quarterly, might be beneficial in certain contexts, the established minimum to maintain operational awareness while managing resources efficiently is set to an annual basis. This aligns with the need for a balance between responsiveness and the logistical demands of continual assessments.

10. What is the expression of equality of two ratios called?

A. Rate

B. Proportion

C. Equation

D. Ratio

The expression of equality of two ratios is known as a proportion. This mathematical concept demonstrates that two fractions are equivalent, meaning that their corresponding values maintain a consistent relationship. For example, if one ratio is 1:2 and another is 2:4, these can be expressed as equal, thereby forming a proportion (1:2 = 2:4). Understanding proportions is essential, particularly in various applications such as maintaining consistent scales in maps, cooking recipes, and financial calculations. The other choices reflect related concepts, but they do not specifically describe the equality of two ratios: a rate typically refers to a ratio that compares two different units, an equation represents a mathematical statement asserting the equality of two expressions, and a ratio simply expresses a relationship between two numbers or quantities.

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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://navybmr.examzify.com

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

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