NON-COMMISSIONED OFFICERS (NCO) BOARD PRACTICE EXAM (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. What is the muzzle velocity of the M17 handgun?

A. 300 m/s

B. 360 m/s

C. 400 m/s

D. 450 m/s

2. How should leaders actively listen to a subordinate's responses during counseling?

A. By expressing their own opinions

B. By summarizing the subordinate's points

C. By waiting to speak until the end

D. By recording every statement made

3. What does the UTM grid system stand for?

A. Universal Transverse Mercator

B. Uniform Transverse Measurement

C. Universal Terrain Measuring

D. Uniform Terrain Map

4. Which form is used for the operator's report of a motor vehicle accident?

A. SF 91

B. DD Form 518

C. DA Form 2408-14

D. DA Form 2407

5. What is the length of the M4 with the buttstock fully extended?

A. 30 inches

B. 33 inches

C. 36 inches

D. 39 inches

6. What is the key requirement of "achieves" in leadership?

A. To get results

B. To set a vision

C. To inspire followers

D. To manage resources effectively

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7. Who is at a higher risk for suffering heat injuries?

A. Soldiers accustomed to training in the cold
B. Overweight soldiers and those already dehydrated
C. Soldiers training in cooler climates
D. All soldiers regardless of physical condition

8. What does ATP 6-22.1 cover?

A. The Physical Training Process
B. The Counseling Process
C. Leadership Styles
D. Unit Administration

9. Which aspect is NOT a component of physical readiness?

A. Aerobic endurance
B. Body composition
C. Muscular strength
D. Dietary preferences

10. Which method is NOT used to open the airway on an adult casualty?

A. Head-tilt chin-lift method
B. Jaw-thrust method
C. Mouth-to-mouth method
D. Head tilt method with neck extension

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Answers

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

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Explanations

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1. What is the muzzle velocity of the M17 handgun?

A. 300 m/s

B. 360 m/s

C. 400 m/s

D. 450 m/s

The muzzle velocity of the M17 handgun is approximately 360 meters per second. This velocity is crucial for understanding the performance characteristics of the firearm, as it directly affects the bullet's trajectory, penetration, and overall effectiveness in various shooting scenarios. Muzzle velocity is determined by several factors including the type of ammunition used, the length of the barrel, and the design of the handgun itself. In the case of the M17, which is configured to fire a 9mm cartridge, the 360 m/s figure reflects a balance between achieving sufficient stopping power and maintaining manageable recoil for the shooter. Understanding this aspect is essential for NCOs and military personnel, as it impacts training, tactics, and operational effectiveness in the field.

2. How should leaders actively listen to a subordinate's responses during counseling?

A. By expressing their own opinions

B. By summarizing the subordinate's points

C. By waiting to speak until the end

D. By recording every statement made

Leaders should actively listen to a subordinate's responses during counseling by summarizing the subordinate's points. This technique demonstrates that the leader is genuinely engaged in the conversation and values the subordinate's input. Summarizing allows the leader to clarify understanding and ensure that key points are accurately captured, paving the way for a productive dialogue and fostering a trusting relationship. By reflecting back what the subordinate has said, the leader also encourages further discussion, making the subordinate feel heard and understood, which is crucial in a counseling setting. The ability to summarize effectively not only reinforces the leader's listening skills but also helps in identifying any misunderstandings early on, allowing for timely corrections and adjustments. This approach cultivates an environment where subordinates are more likely to open up and share their thoughts or concerns, enhancing the overall effectiveness of the counseling session.

3. What does the UTM grid system stand for?

A. Universal Transverse Mercator

B. Uniform Transverse Measurement

C. Universal Terrain Measuring

D. Uniform Terrain Map

The UTM grid system stands for Universal Transverse Mercator. This system is a global map projection that divides the world into a series of zones, each allowing for accurate and detailed representation of geographic spaces. UTM is particularly useful for mapping and navigation because it maintains consistent scale and minimizes distortion across small areas, making it suitable for military applications, engineering, and geographic information systems. Each UTM zone corresponds to a specific longitudinal range, and the projection is designed to project the Earth's surface onto a two-dimensional plane while preserving angles and shapes. This characteristic is essential for tasks that require precise location data, such as military operations, land surveying, and environmental analysis. In contrast to the other choices, which do not represent established mapping terminology or systems, the correct answer accurately reflects the recognized and utilized mapping technique that is essential in various fields, including the military.

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4. Which form is used for the operator's report of a motor vehicle accident?

A. SF 91

B. DD Form 518

C. DA Form 2408-14

D. DA Form 2407

The correct form used for an operator's report of a motor vehicle accident is the SF 91. This form is specifically designed for documenting the details of motor vehicle accidents involving government vehicles or property. It serves to ensure that all pertinent information related to the incident, including participants, circumstances, damages, and any injuries sustained, is recorded systematically. This standardization is essential for investigations, insurance claims, and maintaining accurate records regarding government vehicle operations. Other forms mentioned do have their own specific purposes. The DD Form 518 is primarily utilized for documenting the accident report for any vehicle accidents that require insurance information. DA Form 2408-14 is intended for the maintenance and inspection of Army equipment. Finally, DA Form 2407 is a technical report that addresses actual equipment failures and deficiencies rather than vehicle accidents per se. Understanding the distinct purposes of each form emphasizes the importance of selecting the appropriate document for specific reporting needs.

5. What is the length of the M4 with the buttstock fully extended?

A. 30 inches

B. 33 inches

C. 36 inches

D. 39 inches

The length of the M4 carbine with the buttstock fully extended is 33 inches. This measurement is important for understanding the overall dimensions of the weapon, as it affects handling, maneuverability, and storage. This specific length assists in training and operational awareness, ensuring that soldiers can effectively manage the weapon in various environments. The other options do not reflect the standard measurements for the M4. The incorrect lengths either underestimate or overestimate the actual dimensions, which could lead to confusion when assessing the weapon's compatibility with different equipment or tactical scenarios. Understanding the correct specifications is essential for maintaining proficiency with the M4 and ensuring it meets the operational requirements of the mission.

6. What is the key requirement of "achieves" in leadership?

A. To get results

B. To set a vision

C. To inspire followers

D. To manage resources effectively

In leadership, "achieves" fundamentally relates to the ability to get results. Effective leaders are evaluated by their capacity to meet objectives and drive performance within their teams or organizations. This focus on results acknowledges that the ultimate goal of leadership is to produce tangible outcomes, whether in terms of project completion, team productivity, or overall organizational success. While setting a vision, inspiring followers, and managing resources effectively are essential components of effective leadership, they mainly serve as methods or tools to enable leaders to achieve results. Without the ability to achieve concrete outcomes, other aspects of leadership may not hold significant value, as they would not translate into meaningful progress or success. Hence, the essence of "achieves" within the leadership context is directly tied to obtaining those results and fulfilling goals.

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7. Who is at a higher risk for suffering heat injuries?

A. Soldiers accustomed to training in the cold

B. Overweight soldiers and those already dehydrated

C. Soldiers training in cooler climates

D. All soldiers regardless of physical condition

The identification of overweight soldiers and those who are already dehydrated as being at a higher risk for suffering heat injuries is grounded in several physiological factors. Overweight individuals often have less efficient thermoregulation, which can lead to their bodies struggling to cool down effectively during periods of exertion in high temperatures. Additionally, dehydration compromises the body's ability to regulate temperature and can lead to an increased risk of heat-related illnesses. When a person is dehydrated, the blood volume decreases, and the body's ability to dissipate heat through sweating diminishes, making it harder to cool down during physical activities. Furthermore, factors such as acclimatization play a significant role in how well an individual can handle heat stress. Soldiers who are not accustomed to hot climates or who have not hydrated adequately prior to physical exertion in hot conditions are at greater risk. The combined impact of excess weight and dehydration creates a substantial vulnerability to heat injuries, making these soldiers particularly susceptible in hot weather scenarios.

8. What does ATP 6-22.1 cover?

A. The Physical Training Process

B. The Counseling Process

C. Leadership Styles

D. Unit Administration

ATP 6-22.1 specifically addresses the Counseling Process within the Army. This document serves as a guide for non-commissioned officers and leaders on how to conduct effective counseling sessions, which are essential for professional development, performance assessments, and personal growth within the ranks. It provides comprehensive instructions on the types of counseling, the steps to conduct a counseling session, and the importance of documentation in this process. Counseling is a critical leadership skill that fosters communication and helps to build trusting relationships between leaders and subordinates. By using ATP 6-22.1, leaders can facilitate open discussions, set goals, and address areas for improvement, ensuring that soldiers receive the guidance and support they need to succeed in their roles. The focus on structured, consistent counseling practices as outlined in this document emphasizes its importance in developing effective leaders and high-performing teams.

9. Which aspect is NOT a component of physical readiness?

A. Aerobic endurance

B. Body composition

C. Muscular strength

D. Dietary preferences

Dietary preferences are not considered a component of physical readiness. Physical readiness is primarily characterized by measurable physical attributes that determine an individual's ability to perform physical tasks effectively. These components typically include aerobic endurance, which reflects cardiovascular fitness and stamina; body composition, which is the ratio of lean mass to fat; and muscular strength, which pertains to the amount of force a muscle or group of muscles can exert. While dietary preferences can influence an individual's overall health and performance, they do not directly define the physical readiness necessary for fitness evaluations or physical tasks.

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10. Which method is NOT used to open the airway on an adult casualty?

A. Head-tilt chin-lift method

B. Jaw-thrust method

C. Mouth-to-mouth method

D. Head tilt method with neck extension

The mouth-to-mouth method is not primarily used to open the airway of an adult casualty. Instead, it is a technique used for providing rescue breaths during cardiopulmonary resuscitation (CPR) or artificial respiration. The goal of opening the airway is to ensure that the airway is clear and unobstructed, allowing for effective breathing or ventilation. In contrast, the head-tilt chin-lift method, jaw-thrust method, and head tilt with neck extension are all techniques focused specifically on maintaining patency of the airway. The head-tilt chin-lift method involves tilting the head back and lifting the chin to open the airway by lifting the tongue away from the back of the throat. The jaw-thrust method is particularly useful in cases where a spinal injury is suspected, as it opens the airway without moving the neck. The head tilt method with neck extension also serves the same purpose of opening the airway, highlighting the importance of these techniques in emergency situations.

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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://ncoboard.examzify.com

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

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