

UTAH SPECIAL FUNCTION OFFICER (SFO) BENCHMARK 1 PRACTICE TEST (SAMPLE) STUDY GUIDE



SAMPLE STUDY GUIDE WITH LIMITED QUESTIONS

**VISIT US ONLINE FOR
THE FULL VERSION STUDY GUIDE**

<https://utahsfobenchmark1.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	15

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.

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!

Questions

SAMPLE

- 1. True or False: POST investigates conduct that involves honesty or deception in violation of department policy.**
 - A. True
 - B. False
 - C. Not applicable
 - D. Sometimes
- 2. Which type of evidence refers to facts the court recognizes without requiring formal evidence?**
 - A. Testimonial
 - B. Demonstrative
 - C. Judicial Notice
 - D. Circumstantial
- 3. Which action is considered a non-search in police procedures?**
 - A. Viewing an unlocked cell phone
 - B. Conducting an inventory
 - C. Viewing bank records
 - D. Viewing a surveillance video
- 4. On a domestic violence call, which type of information should be documented to support safety planning?**
 - A. The weather conditions and temperature.
 - B. Only the time of arrival.
 - C. Document threats and injuries.
 - D. The suspect's prior criminal history.
- 5. Which technique is part of key de-escalation communication?**
 - A. Provocative language to gain compliance
 - B. Isolating the person without communication
 - C. Calming voice and nonthreatening stance
 - D. Immediate use of force to establish control

- 6. Which communication style is most likely to be polite but mask hostility?**
- A. Passive
 - B. Aggressive
 - C. Passive-Aggressive
 - D. Assertive
- 7. Identify a basic component of emotional intelligence.**
- A. Physical Strength
 - B. Motivation
 - C. Self-Awareness
 - D. Linguistic Fluency
- 8. Adapting communication style to suit different audiences and situations is important for fostering positive and productive communication environments. True or False?**
- A. True
 - B. False
 - C. Not sure
 - D. Sometimes
- 9. Which code would you use to indicate you are pursuing a suspect?**
- A. 10-80
 - B. 10-06
 - C. 10-18
 - D. 10-35
- 10. A medical forensic examination is only conducted when the victim does not know the attacker.**
- A. True
 - B. False
 - C. Not specified
 - D. Always

Answers

SAMPLE

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

SAMPLE

Explanations

SAMPLE

1. True or False: POST investigates conduct that involves honesty or deception in violation of department policy.

A. True

B. False

C. Not applicable

D. Sometimes

Honesty and integrity are foundational expectations for law enforcement, and POST investigations address conduct that violates department policy or erodes trust. If a case involves deceit or false statements that breach policy, it falls squarely within POST's investigative scope. This is why the statement is true. Falsifying reports, lying to a supervisor, or deceiving the public are clear examples that would trigger an investigation. The other options don't fit because they would misstate POST's role or scope; dishonesty in violation of policy is generally considered a valid subject for investigation, not something that's ignored or only occasionally eligible.

2. Which type of evidence refers to facts the court recognizes without requiring formal evidence?

A. Testimonial

B. Demonstrative

C. Judicial Notice

D. Circumstantial

Judicial notice allows a court to recognize certain facts as proven without requiring formal evidence. This happens for facts that are generally known within the court's jurisdiction or can be accurately determined from sources whose accuracy cannot reasonably be questioned, such as statutes, official records, or other indisputable information. Because these facts are accepted without proof, the parties don't need to present testimony or documents to establish them, which helps move the case forward efficiently. This is distinct from testimonial evidence (statements by witnesses under oath), demonstrative evidence (visual aids that illustrate facts), and circumstantial evidence (inferred facts based on other facts). So, facts that the court can take notice of without formal proof fall under judicial notice.

3. Which action is considered a non-search in police procedures?

A. Viewing an unlocked cell phone

B. Conducting an inventory

C. Viewing bank records

D. Viewing a surveillance video

Non-search actions are those that don't involve examining a person's property to uncover evidence of a crime. Conducting an inventory fits this because it's an administrative step to account for items in police custody, done to safeguard property and ensure nothing is lost or stolen. It isn't aimed at discovering evidence about a crime, so it doesn't require the same legal justifications as a traditional search. Viewing an unlocked cell phone would involve inspecting the phone's data to extract information, which is a search of digital contents and can raise privacy concerns that typically require consent or a warrant. Viewing bank records digs into highly sensitive financial information and usually requires a legal mechanism like a subpoena or warrant. Viewing a surveillance video involves looking at recorded footage to understand events, which is part of gathering evidence rather than conducting routine custody checks.

4. On a domestic violence call, which type of information should be documented to support safety planning?

- A. The weather conditions and temperature.
- B. Only the time of arrival.
- C. Document threats and injuries.**
- D. The suspect's prior criminal history.

Documenting threats and injuries is essential because this information directly informs how to keep everyone safer. On a domestic violence call, the immediate risk hinges on whether the person has threatened harm and what injuries have occurred, which helps responders assess danger level, decide immediate actions (like separating parties, guiding the victim to safety, or contacting medical or shelter resources), and plan ongoing safety measures for the victim and any children or pets involved. While other details can provide context, they don't drive the day-of-safety decisions in the same way. Weather conditions don't change the present risk, and knowing the time of arrival doesn't reveal what's happening now. Background details like the suspect's prior criminal history are important for context, but the on-scene safety plan relies most on current threats and injuries to guide protective actions.

5. Which technique is part of key de-escalation communication?

- A. Provocative language to gain compliance
- B. Isolating the person without communication
- C. Calming voice and nonthreatening stance**
- D. Immediate use of force to establish control

Calming voice and nonthreatening stance reduce arousal and signal safety, which is essential for de-escalation. When you speak in a steady, respectful tone at a measured pace and keep your posture relaxed and nonthreatening, you invite the other person to engage rather than react. This helps them feel heard and allows room for dialogue, options, and concessions that can prevent escalation. In contrast, provocative language tends to provoke defensiveness and anger, isolating the person without communication cuts off constructive interaction, and the immediate use of force escalates risk and damages trust. So the approach that best fits de-escalation is using a calm voice paired with a nonthreatening stance.

6. Which communication style is most likely to be polite but mask hostility?

- A. Passive
- B. Aggressive
- C. Passive-Aggressive
- D. Assertive**

Polite on the surface but masking hostility is a classic sign of passive-aggressive communication. In this style, a person agrees or goes along with something and presents a pleasant front, yet their actions or subtle behaviors express resentment, resistance, or sarcasm. Examples include agreeing to take on a task but intentionally procrastinating, making backhanded compliments, or giving the silent treatment. This contrasts with passive communication (avoiding confrontation without expressing needs), aggressive communication (direct hostility and dominance), and assertive communication (clear, respectful, and direct expression of needs). So the description fits passive-aggressive behavior best, since it combines politeness with hidden hostility.

7. Identify a basic component of emotional intelligence.

- A. Physical Strength
- B. Motivation**
- C. Self-Awareness
- D. Linguistic Fluency

Motivation is a basic component of emotional intelligence because it shows how emotions propel behavior. It isn't just wanting to achieve something; it involves using emotional signals to stay focused on goals, persevere through challenges, and keep effort high. This drive helps actions align with feelings and values, which is a core way EI shows up in real life. Physical strength and linguistic fluency are unrelated to how emotions are recognized and managed. Self-awareness is another important component of emotional intelligence, but motivation specifically highlights how emotions translate into sustained, goal-directed behavior.

8. Adapting communication style to suit different audiences and situations is important for fostering positive and productive communication environments. True or False?

- A. True**
- B. False
- C. Not sure
- D. Sometimes

Adapting how you communicate to fit who you're talking to and the situation keeps conversations clear, respectful, and effective. When you adjust tone, detail level, and the channel you use, you match the message to the audience's background, needs, and the moment's stakes. That alignment reduces misunderstandings, builds trust, and helps people engage productively, which is what creates positive communication environments. For example, you'd explain a procedure differently to a colleague who knows the basics than to a nonexpert or to someone under time pressure, and you'd choose in-person, written, or quick verbally delivered instructions based on what will be most clear and efficient. In high-stakes or fast-moving contexts, concise and audience-appropriate communication is essential for safety and coordination. So, this statement is true: adapting communication style is important for fostering positive and productive communication environments. The other options don't fit as well because they suggest no adaptation, indecision, or inconsistent timing, which undermines clarity and effectiveness.

9. Which code would you use to indicate you are pursuing a suspect?

- A. 10-80**
- B. 10-06
- C. 10-18
- D. 10-35

In this radio-code system, you signal major actions quickly so everyone knows what's happening and how to respond. Indicating a pursuit of a suspect is done with a code that directly conveys that a chase is in progress. The code for this is 10-80, which immediately alerts dispatch and other units to assist, coordinate back-up, and manage traffic and safety as the pursuit continues. The other codes point to different statuses—such as being busy or unavailable, en route to a location, or another operational message—so they don't communicate the pursuit situation as clearly and urgently as 10-80 does.

10. A medical forensic examination is only conducted when the victim does not know the attacker.

- A. True
- B. False**
- C. Not specified
- D. Always

Medical forensic examination focuses on providing medical care and preserving evidence after an assault. It is not limited to cases where the attacker is unknown. Whether the assailant is a stranger or someone the victim knows, the exam can document injuries, collect trace evidence (like DNA), test for sexually transmitted infections, and assess pregnancy risk. The goal is to support the victim's health and the potential investigation, and timing is important because evidence may decline over time. Consent and reporting options vary, but the exam itself isn't restricted to unknown attackers.

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://utahsfobenchmark1.examzify.com>

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

SAMPLE