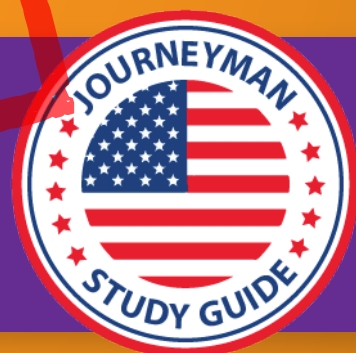


JOURNEYMAN STUDY GUIDE TEXTILE TECHNOLOGY & FABRIC ENGINEERING YEAR 3

250 EXAM PREP QUESTIONS,
WITH EXPLAINED ANSWERS



APPRENTICES | INSTRUCTORS | INSTITUTES

JourneymanStudyGuide.com

UNITY CREST SOLUTIONS INC.

Who Is Journeyman Study Guide For?

Welcome to *Journeyman Study Guide*—your key to unlocking success in your trade, earning the recognition you deserve, and building a solid career in America. Whether you're an apprentice just starting out, a seasoned professional, or someone new to the country and adjusting to U.S. trade standards, this guide is designed to complement your learning and support you along the way. While it provides valuable insights and resources, it's not a substitute for official materials required for certification.

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1. *Apprentices*: Looking to kickstart your career? Our study guides and practice tests will help you build the foundational skills you need to succeed.
2. *Tradespeople*: New to the U.S. or advancing in your career? We offer detailed questions, answers, and explanations to help you understand industry standards and excel in your work.
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— Carlos Ramirez, Electrician, originally from Mexico

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1. *It's not easy:* Becoming a certified journeyman requires hard work, patience, and a real dedication to learning. This guide will help you navigate the complexity, but the journey itself requires you to commit to the process. At the end, you'll not only have earned your certification but also be in a stronger position for long-term success in your career.
2. *You will need to put in effort:* Our practice tests, questions, and explanations are incredibly useful, but they can only get you so far without your own effort. You need to engage with the material and be prepared to revisit concepts to fully understand them. This preparation will also help you manage test anxiety and give you the tools to stay focused and confident when exam day comes.
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Before you dive into the resources, it's important to know that *Journeyman Study Guide* is a *helpful tool* designed to prepare you for your exam by offering practice questions, answers, and explanations similar to what you may encounter. However, *state requirements vary*, and this guide should be used *alongside official state or industry resources* to ensure you're fully prepared.



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SNOW STUDS QUEST



Year 3: Advanced Textile Engineering and Innovation

Subject 3: Performance and Sportswear Fabrics

1. What does moisture-wicking fabric do?

- a) Blocks wind
- b) Retains heat
- c) Draws moisture away
- d) Adds weight

Correct Answer: c) Draws moisture away

Explanation: Moisture-wicking fabrics are designed to pull sweat and moisture away from the skin to the outer surface of the fabric, where it can evaporate more easily. This feature helps keep the wearer dry and comfortable during physical activities, making it ideal for athletic and outdoor gear.

2. Which property is essential for UV-resistant fabrics?

- a) Ultraviolet protection
- b) Weight
- c) Stretchability
- d) Colorfastness

Correct Answer: a) Ultraviolet protection

Explanation: UV-resistant fabrics are treated to block harmful ultraviolet rays from the sun. This property is crucial for outdoor athletic wear, as it protects the skin from sunburn and long-term skin damage. Choosing fabrics with good UV protection is vital for athletes and outdoor enthusiasts.

3. What does breathability in textiles refer to?

- a) Fabric color
- b) Air and moisture transfer
- c) Weight of fabric
- d) Stretch factor

Correct Answer: b) Air and moisture transfer

Explanation: Breathability in textiles refers to the ability of a fabric to allow air and moisture to pass through it. This feature is essential for comfort during physical activity, as it helps regulate body temperature and reduces sweat accumulation, making the wearer feel cooler and more comfortable.



4. Which fabric is typically moisture-wicking?

- a) Polyester
- b) Silk
- c) Wool
- d) Cotton

Correct Answer: a) Polyester

Explanation: Polyester is a synthetic fiber known for its moisture-wicking properties. Unlike natural fibers like cotton, polyester can effectively draw moisture away from the skin and promote evaporation, making it a popular choice for performance and athletic wear in various outdoor activities.

5. What is the main function of breathable fabrics?

- a) Provide insulation
- b) Enhance warmth
- c) Allow airflow
- d) Increase weight

Correct Answer: c) Allow airflow

Explanation: Breathable fabrics are designed to allow air to circulate and moisture to escape, which helps in regulating body temperature during physical activities. This function is particularly important for athletes, as it prevents overheating and keeps the body comfortable, enhancing overall performance.

6. Which testing method assesses fabric breathability?

- a) Air permeability
- b) Shrinkage test
- c) Water repellency
- d) Colorfastness test

Correct Answer: a) Air permeability

Explanation: Air permeability testing measures how easily air can pass through a fabric, which is a direct indicator of its breathability. This test helps manufacturers determine how well a fabric can ventilate and manage moisture, which is crucial for performance textiles used in athletic wear.



7. What does UV protection factor indicate?

- a) Fabric weight
- b) UV blocking efficiency
- c) Breathability level
- d) Moisture content

Correct Answer: b) UV blocking efficiency

Explanation: The UV protection factor (UPF) indicates the effectiveness of a fabric in blocking ultraviolet radiation from the sun. A higher UPF rating means better protection against harmful UV rays, making it essential for outdoor sportswear to prevent skin damage and enhance safety during sun exposure.

8. Which fabric is known for UV resistance?

- a) Cotton
- b) Nylon
- c) Wool
- d) Leather

Correct Answer: b) Nylon

Explanation: Nylon is often treated to enhance its UV resistance, making it suitable for outdoor sportswear. It provides substantial protection from harmful UV rays while maintaining breathability and moisture-wicking properties, making it a popular choice for athletes participating in outdoor activities.

9. What is a common feature of athletic fabrics?

- a) Stiffness
- b) Non-breathable
- c) Stretchability
- d) Heavyweight

Correct Answer: c) Stretchability

Explanation: Stretchability is a common feature of athletic fabrics, allowing for a greater range of motion and comfort during physical activities. Fabrics with stretch properties, such as spandex blends, enable athletes to perform optimally without restriction, making them essential in the design of sportswear.



10. Which fabric is least breathable?

- a) Denim
- b) Mesh
- c) Fleece
- d) Wool

Correct Answer: a) Denim

Explanation: Denim is typically less breathable compared to other fabrics like mesh or lightweight cotton due to its dense weave and heavier weight. While suitable for casual wear, denim is not ideal for athletic activities where breathability and moisture management are critical for maintaining comfort.

11. What is the role of hydrophobic fibers?

- a) Increase weight
- b) Absorb water
- c) Repel water
- d) Retain heat

Correct Answer: c) Repel water

Explanation: Hydrophobic fibers are designed to repel water, preventing moisture from being absorbed into the fabric. This property is advantageous for performance textiles, as it aids in keeping the wearer dry and comfortable, especially during high-intensity activities or in wet conditions.

12. Which method tests fabric moisture management?

- a) Hydrostatic head
- b) Pilling resistance
- c) Colorfastness
- d) Tensile strength

Correct Answer: a) Hydrostatic head

Explanation: The hydrostatic head test measures a fabric's resistance to liquid penetration, assessing its moisture management capabilities. This test is important for determining how well a fabric can keep moisture away from the skin, which is essential for ensuring comfort in performance sportswear.



13. What is a key characteristic of softshell fabrics?

- a) Breathable
- b) Non-stretch
- c) Waterproof
- d) Heavyweight

Correct Answer: a) Breathable

Explanation: Softshell fabrics are known for being breathable while providing some level of water resistance and stretch. They are often used in outdoor gear for activities like hiking and climbing, where flexibility and comfort are essential while still offering protection from the elements.

14. What does moisture management prevent?

- a) Weight gain
- b) Fabric pilling
- c) Overheating
- d) Color fading

Correct Answer: c) Overheating

Explanation: Moisture management in fabrics prevents overheating by efficiently transferring sweat away from the body and promoting evaporation. This is essential for athletes who need to maintain optimal body temperatures during intense workouts, thereby enhancing performance and comfort during physical activities.

15. Which fabric provides the best thermal insulation?

- a) Nylon
- b) Polyester
- c) Wool
- d) Cotton

Correct Answer: c) Wool

Explanation: Wool is known for its excellent thermal insulation properties, making it a preferred choice for cold-weather athletic gear. It traps air and retains heat while still allowing moisture to escape, providing warmth without overheating, which is essential for outdoor sports in winter conditions.



16. What is a disadvantage of cotton for athletic wear?

- a) High durability
- b) Breathability
- c) Flexibility
- d) Moisture retention

Correct Answer: d) Moisture retention

Explanation: Cotton retains moisture, which can lead to discomfort during physical activities. When wet, cotton loses its insulation properties and takes longer to dry compared to synthetic fabrics, making it less suitable for athletic wear where moisture management and quick drying are essential for performance.

17. What is the purpose of antimicrobial treatments in fabrics?

- a) Improve stretch
- b) Enhance color
- c) Prevent odor
- d) Increase weight

Correct Answer: c) Prevent odor

Explanation: Antimicrobial treatments in fabrics help to prevent the growth of bacteria and fungi, which can cause unpleasant odors during physical activities. This treatment is especially important for athletic wear, as it helps maintain freshness and comfort throughout prolonged use, enhancing the overall performance experience.

18. Which fabric is best for extreme UV protection?

- a) Cotton
- b) Spandex
- c) UPF-rated polyester
- d) Silk

Correct Answer: c) UPF-rated polyester

Explanation: UPF-rated polyester is designed specifically to provide high UV protection, making it ideal for outdoor sportswear. The treatment applied to this fabric ensures that harmful UV rays are blocked effectively, protecting the skin from damage during prolonged exposure to sunlight, a key consideration for athletes.



19. What type of fabric is commonly used in base layers?

- a) Denim
- b) Wool
- c) Cotton
- d) Polyester

Correct Answer: d) Polyester

Explanation: Polyester is commonly used in base layers due to its moisture-wicking properties and quick-drying capabilities. It effectively draws sweat away from the body, keeping the wearer dry and comfortable during physical activities, making it an ideal choice for performance apparel in various sports.

20. What is a characteristic of fleece fabrics?

- a) Coarse texture
- b) Insulating
- c) Heavyweight
- d) Non-breathable

Correct Answer: b) Insulating

Explanation: Fleece fabrics are known for their insulating properties, providing warmth without excessive weight. They are commonly used in outdoor gear and athletic wear due to their ability to trap heat while remaining lightweight and comfortable, making them suitable for cold-weather activities.

21. Which testing method evaluates fabric stretchability?

- a) Air permeability
- b) Tensile strength
- c) Hydrostatic head
- d) Wrinkle resistance

Correct Answer: b) Tensile strength

Explanation: Tensile strength testing evaluates a fabric's ability to stretch and resist breaking under tension. This method is crucial for performance textiles, particularly in athletic wear, where flexibility and durability are necessary to withstand rigorous physical activities and movements without compromising integrity.



22. What is a common feature of outdoor gear fabrics?

- a) Heavyweight
- b) Permeable
- c) Non-elastic
- d) Water-repellent

Correct Answer: d) Water-repellent

Explanation: Water-repellent fabrics are a common feature in outdoor gear, designed to resist water penetration while allowing moisture to escape. This property is essential for keeping wearers dry and comfortable during outdoor activities, making it a critical aspect of fabric selection for athletes and adventurers.

23. Which fiber is often used for eco-friendly sportswear?

- a) Polyester
- b) Nylon
- c) Bamboo
- d) Acrylic

Correct Answer: c) Bamboo

Explanation: Bamboo is increasingly used in eco-friendly sportswear due to its natural properties and sustainability. It is biodegradable, soft, and moisture-wicking, making it a suitable choice for performance textiles that are environmentally friendly while still delivering comfort and functionality for athletes.

24. What is the benefit of using a blend of fabrics?

- a) Enhanced performance
- b) Higher cost
- c) Increased weight
- d) Reduced durability

Correct Answer: a) Enhanced performance

Explanation: Blending different fabrics can enhance performance by combining their unique properties. For instance, a blend of polyester and spandex can offer moisture-wicking and stretchability, providing optimal comfort and functionality for athletic wear. This approach allows designers to create specialized textiles tailored to specific sports needs.



25. What is the main advantage of synthetic fibers?

- a) Natural feel
- b) High absorbency
- c) Breathability
- d) Durability

Correct Answer: d) Durability

Explanation: Synthetic fibers, such as polyester and nylon, are known for their durability, making them ideal for performance textiles. They withstand wear and tear better than natural fibers, providing longevity in athletic and outdoor gear. Their resistance to fading, stretching, and shrinking also enhances the overall lifespan of garments.

Subject - 1

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About the Creators:

Bobby Bedi:

Bobby Bedi, co-creator of the Journeyman Study Guide, calls the Pacific Northwest home, where he has built an extensive career spanning more than two decades. His diverse background, which includes architecture, digital innovation, and industrial marketing, has given him a unique ability to bridge traditional industries with cutting-edge digital solutions. Bobby has worked across a spectrum of industries, from agile startups to publicly traded companies and educational platforms, bringing a depth of experience that has been crucial to the platform's success.

Bobby's precision and problem-solving skills, refined through his years in architecture, have seamlessly transitioned into his work in digital marketing and technology. Since 2006, Bobby has been at the forefront of digital innovation, applying his expertise to transform trade education. He has been instrumental in developing cutting-edge, user-friendly platforms that make learning accessible across the globe, combining technology with education to create impactful online experiences.

As co-creator of the platform, Bobby also plays a key role in the industrial sector, where he helps companies scale by leveraging his expertise in digital marketing and business strategy. His dedication to making education affordable and impactful has driven the growth of the Journeyman Study Guide, ensuring that individuals at every stage of their careers have access to quality learning tools.

Kris McFarlane:

Kris McFarlane, co-creator of the Journeyman Study Guide, has over two decades of experience in business development, education, and the trades. Based in the Pacific Northwest, Kris has worked with a range of organizations—from agile startups to publicly traded companies—driving business growth and developing successful strategies across industries. His expertise in scaling businesses and creating educational platforms has been key to the guide's reach and effectiveness.

Kris's deep roots in the trades and industrial sector, paired with his extensive experience in business development, give him a unique ability to understand both the practical and strategic needs of companies and individuals. His leadership and ability to mentor others have helped shape the platform, making it a go-to resource for tradespeople seeking career advancement and certification.

Having struggled with traditional education early in life, Kris understands the importance of making learning accessible for everyone. His passion for empowering others, especially those who feel underserved by conventional education systems, is reflected in every aspect of the Journeyman Study Guide. Kris's work is driven by a commitment to helping aspiring tradespeople succeed in their careers through affordable, practical, and accessible learning resources.

Work with the Creators

As co-creators of the Journeyman Study Guide, Bobby Bedi and Kris McFarlane draw from extensive experience working with agile startups, publicly traded companies, and education platforms. Their combined expertise has shaped a platform that empowers businesses and individuals alike. To learn more or explore opportunities with the *Unity Crest Solutions team*, visit UnityCrestSolutions.com, where they continue to help organizations and people succeed.



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- **Practice Questions** to test your knowledge and sharpen your skills.

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