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**Exam** : **SSM-JPN**

**Title** : **SSM (6.0) - SAFe® Scrum  
Master (SSM日本語版)**

**Vendor** : **Scrum**

**Version** : **DEMO**

**QUESTION NO: 1**

チームが仕事に過剰にコミットしていることを示すアンチパターンを1つ挙げてください。

- A. フロー時間が減少しています
- B. 容量と負荷はまったく同じです
- C. チームメンバーは将来のイテレーションから作業を引き込んでいます
- D. チームの速度は時間の経過とともに増加します

**Answer: C**

Explanation:

In the Scaled Agile Framework (SAFe), sustainable pace and predictable delivery are essential for high-performing Agile teams. An important signal that a team may be overcommitting to work is when team members begin pulling in work from future Iterations before completing the committed iteration backlog.

This behavior is an anti-pattern because it disrupts the cadence and predictability of the Agile Release Train (ART). It also undermines flow and focus, spreading the team's effort too thin across multiple iterations and reducing quality. Overcommitting leads to burnout, missed commitments, and lower morale, which negatively affect the team's long-term velocity and dependability.

According to SAFe:

"Teams should plan only as much work as they can complete within the iteration based on historical velocity and available capacity. Pulling work from future iterations indicates overcommitment or lack of focus on the planned goals." Therefore, C. Team members are pulling in work from future Iterations is the correct answer-it's a clear symptom of overcommitment and poor iteration discipline.

**QUESTION NO: 2**

アジャイルチーム開発プラクティスの一例は何ですか？

- A. 追跡規制
- B. 要件の記述
- C. 頻繁にデモを行う
- D. 努力を視覚化する

**Answer: C**

Explanation:

One example of an Agile Team development practice is to demo working functionality frequently to the product owner and other stakeholders. This practice helps the team to get fast feedback, validate their assumptions, and ensure that they are delivering value that meets the customer needs and expectations. Demoining frequently also helps the team to improve the quality of their work, as they have to ensure that the functionality is tested and meets the definition of done before showing it to others. Demoining frequently is part of the SAFe Scrum and SAFe Team Kanban practices, and is done at the end of each iteration in the Iteration Review event.

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Iteration Review - Scaled Agile Framework

SAFe Team Kanban - Scaled Agile Framework

Agile Teams - Scaled Agile Framework

### QUESTION NO: 3

スクラムマスター/チームコーチが会議を成功させるために使用できる 1 つの方法は何ですか？

- A. 明確なアクション項目を残して会議を終了する
- B. 緊急の問題に対応できるよう、漠然とした議題を維持する
- C. 十分な議論を確実にを行うために、個人がタイムボックスをオーバーライドできるようにする
- D. プロダクトオーナーが最終決定を下せるよう、プロダクトオーナーを中心に会議をスケジュールする

**Answer: A**

Explanation:

One of the best practices Scrum Masters/Team Coaches can use to run successful meetings is to leave meetings with clear action items. Action items are specific tasks that need to be done by a certain person or group by a certain deadline. They help the team to follow up on the outcomes of the meeting, track progress, and ensure accountability. Action items should be SMART: Specific, Measurable, Achievable, Relevant, and Time-bound. Scrum Masters/Team Coaches should document and communicate the action items to the team and stakeholders, and review them in the next meeting.

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Scrum Master/Team Coach

How To Run Effective Scrum Meetings - Xebia

Four agile ceremonies, demystified | Atlassian

### QUESTION NO: 4

アジャイル チームが透明性を実現するのに役立つ Scrum の価値は何ですか？

- A. 忍耐
- B. オープンさ
- C. コミットメント
- D. コミュニケーション

**Answer: B**

Explanation:

Among the five Scrum values - Commitment, Focus, Openness, Respect, and Courage - the value that most directly supports transparency is Openness.

In both Scrum and SAFe, transparency is a foundational principle of empirical process control. Teams must be open about progress, impediments, challenges, and feedback to allow effective inspection and adaptation. When teams practice openness, trust grows, collaboration deepens, and issues are surfaced early rather than hidden.

The Scrum Guide (2020) states:

"The Scrum Team and its stakeholders are open about the work and the challenges. Openness encourages transparency, inspection, and adaptation." Similarly, SAFe encourages openness as part of the Lean-Agile mindset and team culture, ensuring alignment, honesty, and clarity across teams and ARTs.

Thus, the correct answer is B. Openness, as it directly enables transparency and honest

collaboration.

**QUESTION NO: 5**

PI プランニング コーチ シンク中にスクラム マスター/チーム  
コーチが答えなければならない質問は何ですか？

- A. 最優先の仕事は決まっていますか？
- B. 改良が必要な機能は見つかりましたか？
- C. ART のリスクを特定しましたか？
- D. 各イテレーションごとにストーリーを書きましたか？

**Answer: C**

Explanation:

During PI Planning, the Coach Sync is a coordination meeting among Scrum Masters, Team Coaches, and the Release Train Engineer (RTE). One of its key purposes is to ensure alignment and visibility across all Agile Teams on the Agile Release Train (ART).

A Scrum Master/Team Coach must be prepared to answer the question: "Have you identified any ART risks?" Identifying, communicating, and escalating risks early supports proactive management and helps the ART achieve its PI objectives. These risks are later reviewed and categorized during the ROAM (Resolved, Owned, Accepted, Mitigated) process in PI Planning.

From SAFe guidance:

"During the Scrum Master/Team Coach Sync at PI Planning, teams share progress, dependencies, and risks that may impact the ART, ensuring transparency and alignment." Therefore, the correct answer is C. Have you identified any ART risks?, as risk visibility and management are central to successful PI execution.

**QUESTION NO: 6**

スクラムマスター/チームコーチの責任ホイールの要素の 1 つは何ですか？

- A. コーチの同期を促進する
- B. PI計画の促進
- C. 実践コミュニティを促進する
- D. アジャイルチーム憲章ワークショップの促進

**Answer: B**

Explanation:

According to the SAFe 6 Scrum Master documentation, one of the elements on the Scrum Master/Team Coach responsibility wheel is to facilitate PI Planning. PI Planning is a two-day event where all the teams and stakeholders of an Agile Release Train (ART) collaborate to align on a common vision, define and commit to the PI objectives, and identify and manage risks and dependencies. The Scrum Master/Team Coach facilitates PI Planning by 1:

Helping the team prepare for the event, such as reviewing the business context, vision, and backlog, and creating draft plans Supporting the team during the event, such as facilitating breakout sessions, resolving issues, and ensuring alignment and collaboration with other teams Assisting the team after the event, such as finalizing the plans, updating the PI board, and conducting a retrospective Facilitating PI Planning is one of the ways the Scrum Master/Team Coach helps the team and the ART achieve their goals and deliver value.

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PI Planning  
Scrum Master/Team Coach  
Say Hello to SAFe 6.0! - Scaled Agile Framework

**QUESTION NO: 7**

SAFeによれば、効果的なスクラム マスター/チーム  
コーチの次の主要な特性のうち、チーム  
メンバーがコーチングを受け入れる上で重要なものはどれですか。

- A. 楽観主義
- B. 共感
- C. 公平さ
- D. 親しみやすさ

**Answer: B**

Explanation:

According to SAFe, empathy is one of the key traits of effective Scrum Masters/Team Coaches. Empathy means displaying an authentic understanding and concern for a team member's beliefs or feelings. By being empathetic, Scrum Masters/Team Coaches can build trust and rapport with the team, which are essential for people to accept and welcome coaching. Empathy also helps Scrum Masters/Team Coaches to tailor their coaching style and approach to the needs and preferences of each team member.

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Scrum Master/Team Coach

According to SAFe which of the following key traits of effective - Studocu

**QUESTION NO: 8**

スクラムマスター/チームコーチが ART パフォーマンスの向上に役立つ方法は何か？

- A. PI計画のARTバックログを優先順位付けする
- B. アジャイルチーム憲章ワークショップを実施する
- C. PI計画の議題を伝える
- D. チーム間のコラボレーションを促進する

**Answer: D**

Explanation:

According to the SAFe 6 Scrum Master documentation, one of the ways a Scrum Master/Team Coach can help improve ART performance is to facilitate cross-team collaboration. Cross-team collaboration is the ability of Agile teams to work together effectively and efficiently to deliver value to the customers and stakeholders. It involves sharing information, resolving dependencies, aligning on goals, and providing feedback. Cross-team collaboration is essential for achieving the ART vision and objectives, as well as for delivering integrated and high-quality solutions.

The Scrum Master/Team Coach plays a key role in facilitating cross-team collaboration by 1: Participating in the Scrum of Scrums (SoS) and ART Sync meetings, where they communicate the team's progress, impediments, and dependencies, and coordinate with other teams and the Release Train Engineer (RTE) Helping the team prepare for and participate in the PI Planning event, where they collaborate with other teams to define and commit to the PI objectives and identify risks and dependencies Supporting the team in the

System Demo, where they demonstrate the team's work to other teams and stakeholders, and receive feedback and validation  
Assisting the team in the Inspect and Adapt (I&A) event, where they review the ART performance, identify improvement opportunities, and create action plans  
Encouraging the team to adopt Communities of Practice (CoPs), where they share knowledge, best practices, and learnings with other teams and experts  
Promoting a culture of trust, respect, and cooperation among the team and other teams

:

Scrum Master/Team Coach

Team Sync

PI Planning

System Demo

Inspect and Adapt

[Communities of Practice]

### QUESTION NO: 9

スクラムマスター/チームコーチの責任の 1 つは何ですか？

- A. システムのデモ
- B. システムのテスト
- C. フローの改善
- D. バックログの優先順位付け

**Answer: C**

Explanation:

One of the responsibilities of a Scrum Master/Team Coach is to help the team achieve flow, which is a state of continuous and sustainable delivery of value. They do this by teaching and coaching the team on SAFe Scrum and SAFe Team Kanban practices, such as limiting work in progress, visualizing work, managing queues, and reducing batch sizes. They also help identify and eliminate impediments and bottlenecks that hinder the team's progress and performance.

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Scrum Master/Team Coach - Scaled Agile Framework

Exam Study Guide: SSM (6.0) - SAFe Scrum Master