NCCAOM FOUNDATIONS PRACTICE EXAM (SAMPLE)

STUDY GUIDE



SAMPLE STUDY GUIDE WITH LIMITED QUESTIONS

VISIT US ONLINE FOR THE FULL VERSION STUDY GUIDE

https://nccaomfoundations.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 16

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.

SAMPLE

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!

SAMPLE

Questions

SAMPLE

1. Where does the KD sinew end?

A. At the occiput

B. At the lower back

C. At the neck

D. At the shoulder blades

2. Where does the KD sinew enter?

A. At the hip

B. At the spine

C. At the shoulder

D. At the ankle

3. Which organ is responsible for the descending of Qi in Traditional Chinese Medicine?

A. Heart

B. Spleen

C. Stomach

D. Kidney

4. Which organ is primarily responsible for the production of blood?

A. Heart

B. Spleen

C. Kidney

D. Liver

5. What syndrome is characterized by inappropriate urination or incontinence?

A. Sp Qi Xu

B. KD Qi not Firm

C. HT Blood Xu

D. GB Xu

SAMPLE

6. Which divergent channel connects to the heart?

A. LI

B. SP

C. KD

D. PC

7. Which combination of symptoms indicates true heat and false cold?

A. Thirst and pale tongue

B. Cold limbs and desire for cold drinks

C. Feverishness and flushed face

D. Irritability and deep-yellow scanty urine

8. What emotion is associated with the spirit Zhi as per Traditional Chinese Medicine?

A. Joy

B. Sadness

C. Fear

D. Anxiety

9. A patient diagnosed with Yin vacuity fire would likely experience which of the following symptoms?

A. Dribbling menstruation

B. Constipation

C. Pale tongue with thick coating

D. Feels cold and weak

10. What does the SI (Small Intestine) primarily do?

A. Secretes bile for fat digestion

B. Controls the storage of urine

C. Receives and transforms nutrients and separates fluids

D. Regulates the flow of Qi throughout the body

SAMPLE

Answers

SAMPLE

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

SAMPLE

Explanations

SAMPLE

1. Where does the KD sinew end?

A. At the occiput

B. At the lower back

C. At the neck

D. At the shoulder blades

The end of the Kidney (KD) sinew ties back to the concept of the sinew channel pathways in Traditional Chinese Medicine. For the KD sinew channel, it specifically ascends from the foot and traverses up the body, ultimately terminating at the occiput, which is the back of the skull. This pathway reflects the Kidney's role in nourishing the brain and supporting the development of the structure related to the head. Understanding this connection emphasizes the significance of the Kidney in both physiological and energetic terms—where it supports not only the lower body functions but also has a vital link to the head. The sinew channels serve to connect and support various regions, and in this case, it underlines the foundational aspect of the kidneys in overall health, especially concerning the upper part of the body and brain function.

2. Where does the KD sinew enter?

A. At the hip

B. At the spine

C. At the shoulder

D. At the ankle

The kidney sinew channel, which connects to the kidney organ system in Traditional Chinese Medicine, is associated with various anatomical structures in the body. When considering where the kidney sinew enters, it is important to note that it begins at the lumbar region of the spine, specifically at the motion of the Kidney channel. The sinew channels are pathways that help coordinate the movement and stability of muscles, and the kidney sinew channel plays a crucial role in the overall function of the body's lower back and lower limbs. Therefore, the entry point at the spine is significant as it facilitates the connection between the kidneys and the lower parts of the body, reflecting the foundational role of the kidneys in both physical and energetic aspects within Traditional Chinese Medicine. This ensures the channel can properly extend its influence throughout its pathways, including aspects linked to movement and synergy with other anatomical sites. The consideration of where the sinew channels enter in the context of the kidney's role emphasizes its importance in the maintenance of bodily function and health.

SAMPLE

3. Which organ is responsible for the descending of Qi in Traditional Chinese Medicine?

A. Heart

B. Spleen

C. Stomach

D. Kidney

In Traditional Chinese Medicine (TCM), the organ primarily responsible for the descending of Qi is the Stomach. The Stomach plays a crucial role in digestion and is viewed as the origin of the post-heaven Qi, which is derived from the food and fluids we consume. Its function facilitates the transformation and transportation of nutrients, ensuring that Qi can descend appropriately. The Stomach's ability to descend Qi is foundational for maintaining the proper flow of energy (Qi) throughout the body. When the Stomach is functioning well, it helps ensure that the Qi descends smoothly and supports the overall balance of the body's energies. If the Stomach is not functioning optimally, it may lead to symptoms such as bloating, nausea, or other digestive issues that indicate an obstruction in Qi flow. The other organs mentioned have different roles or effects in TCM but are not primarily associated with the descending of Qi. For instance, while the Heart is crucial for circulating blood and governing Shen (spirit), the Spleen is primarily involved in the transformation of food into Qi and blood, and the Kidney's role is more aligned with storing essence and governing water metabolism. Therefore, the specific responsibility for Qi descent is distinctly attributed to the Stomach.

4. Which organ is primarily responsible for the production of blood?

A. Heart

B. Spleen

C. Kidney

D. Liver

The spleen plays a significant role in the production of blood, particularly during fetal development. In adults, it is primarily involved in the filtration and recycling of red blood cells and the production of lymphocytes, which are crucial for the immune system. Additionally, the spleen can produce red blood cells in certain conditions, such as during severe anemia, when the body requires more oxygen-carrying capacity. While other organs listed do have functions related to blood, such as the heart pumping it, the kidneys filtering it, and the liver producing certain components like coagulation factors, they do not directly produce blood cells like the spleen does. Thus, the spleen's unique ability to produce and manage blood elements, especially under specific physiological conditions, makes it the primary organ associated with blood production in this context.

SAMPLE

5. What syndrome is characterized by inappropriate urination or incontinence?

A. Sp Qi Xu

B. KD Qi not Firm

C. HT Blood Xu

D. GB Xu

The syndrome characterized by inappropriate urination or incontinence is associated with the concept of "Kidney Qi not Firm." This condition generally results from a deficiency in Kidney Qi, which is responsible for maintaining the proper regulation of urination. When Kidney Qi is weak or insufficient, it cannot effectively hold or control the urine, leading to symptoms such as incontinence or frequent urination. In Traditional Chinese Medicine (TCM), the kidneys play a crucial role in the regulation of water metabolism and the storing of essential fluids. A deficiency in Kidney Qi can manifest as a loss of control over the bladder, resulting in involuntary urination, especially during times of exertion, coughing, or sneezing. Understanding this syndrome involves recognizing that the Kidney is the source of Qi for the lower jiao (the lower burner), which includes the bladder. When Kidney Qi is not firm, the structural integrity that the kidney provides to the bladder is impaired, therefore causing issues related to urination. This aligns with traditional TCM principles, where the health and strength of the kidneys are pivotal to functions of urination and overall vitality. Other conditions, such as Spleen Qi Deficiency, Heart Blood Deficiency, or Gallbladder Deficiency, do not primarily focus on

6. Which divergent channel connects to the heart?

A. LI

B. SP

C. KD

D. PC

The divergent channel that connects to the heart is associated with the pericardium, which is represented in this question as one of the choices. The pericardium is often referred to as the mind or heart protector, and its divergent channel connects to the heart, reflecting the intimate relationship between emotional well-being and heart health in Traditional Chinese Medicine (TCM). In TCM, the pericardium plays a crucial role in regulating the circulation of qi and blood, as well as in protecting the heart from excess heat or emotional distress. The divergent channels serve to provide additional pathways of qi that enhance the interconnectedness of organ systems, and the pericardium's association with the heart emphasizes its protective and supportive roles facilitating emotional equilibrium. The other channels listed connect to different organs and do not have a direct connection with the heart in the context of divergent channels. The large intestine divergent channel, for example, connects to the lungs, while the spleen and kidney divergent channels connect to their respective organs, and thereby do not link directly to the heart.

SAMPLE

7. Which combination of symptoms indicates true heat and false cold?

A. Thirst and pale tongue

B. Cold limbs and desire for cold drinks

C. Feverishness and flushed face

D. Irritability and deep-yellow scanty urine

The correct combination of symptoms indicating true heat and false cold is characterized by cold limbs and a desire for cold drinks. In traditional Chinese medicine, true heat refers to an internal condition of excess heat within the body, while false cold suggests that the body is experiencing symptoms of coldness externally despite the presence of internal heat. In this scenario, the symptom of cold limbs indicates an inadequate supply of warmth or circulation, often seen in patients who may exhibit signs of internal heat but feel cold to the touch. The desire for cold drinks further emphasizes the body's response to perceived heat through a craving for cooling substances, even though the overall presentation suggests an underlying cold condition due to the cold limbs. This combination reflects a paradox where the 'true' heat (internally) creates the experience of 'false' cold (externally), making it a classic presentation in the diagnostic framework of traditional Chinese medicine. Understanding the characteristics and interplay of these symptoms is crucial for proper diagnosis and treatment strategies.

8. What emotion is associated with the spirit Zhi as per Traditional Chinese Medicine?

A. Joy

B. Sadness

C. Fear

D. Anxiety

In Traditional Chinese Medicine, the spirit Zhi, which corresponds to the will or drive, is primarily associated with the emotion of fear. Zhi is linked to the Kidney organ and plays a vital role in a person's ability to maintain confidence and stability in their life. When the Zhi is balanced and strong, individuals are able to face challenges and have a sense of security. However, when it is weak or disturbed, feelings of fear and anxiety can arise. This connection emphasizes how emotional and psychological states are reflected in the health and functioning of the organs as understood in TCM. Therefore, fear is the emotion that best encapsulates the qualities and implications related to the spirit Zhi within this framework.

SAMPLE

9. A patient diagnosed with Yin vacuity fire would likely experience which of the following symptoms?

A. Dribbling menstruation

B. Constipation

C. Pale tongue with thick coating

D. Feels cold and weak

A patient diagnosed with Yin vacuity fire typically presents with specific symptoms related to a deficiency in Yin, which results in an upward surge of Yang energy. This condition often manifests as heat symptoms, due to the lack of cooling, moistening qualities of Yin. In terms of symptoms, patients with Yin vacuity fire commonly experience signs such as night sweats, a feeling of heat, dry throat, and often irregularities in menstruation, like dribbling or spotting instead of a normal menstrual flow. This reflects a systematic imbalance where the heat generated from vacuity fire disrupts normal blood flow. The other symptoms listed, while they might be relevant in different contexts, do not specifically align with Yin vacuity fire. Constipation can occur in various other conditions but is not a defining characteristic of Yin vacuity fire. A pale tongue with a thick coating generally indicates a different issue, such as Qi deficiency or cold conditions, rather than the heat state present in Yin vacuity fire. Feeling cold and weak aligns more with a Yang deficiency, where the body lacks warmth and energy due to insufficient Yang rather than excess heat from Yin vacuity. Thus, the symptom of dribbling menstruation aligns with the characteristics of Yin vacuity fire, showcasing

10. What does the SI (Small Intestine) primarily do?

A. Secretes bile for fat digestion

B. Controls the storage of urine

C. Receives and transforms nutrients and separates fluids

D. Regulates the flow of Qi throughout the body

The primary function of the Small Intestine (SI) is to receive digested food from the stomach, transform these nutrients, and separate the fluids from the solids. In Traditional Chinese Medicine (TCM), the Small Intestine is recognized for its role in digestion and nutrient absorption. It takes the chyme received from the stomach and further processes it, allowing for the absorption of essential nutrients into the body while also managing the distribution of fluids. This complex function of transforming digested materials and ensuring the proper separation and assimilation of nutrients aligns with the correct answer. In contrast, other options describe functions associated with different organs or systems. The secretion of bile is primarily handled by the liver and gallbladder, the control of urine storage pertains to the bladder, and the regulation of Qi is a broader concept involving several organs within TCM, not just limited to the role of the Small Intestine. Understanding these distinctions helps clarify why the function of the Small Intestine is specifically focused on the transformation and separation of nutrients and fluids.

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://nccaomfoundations.examzify.com

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

SAMPLE