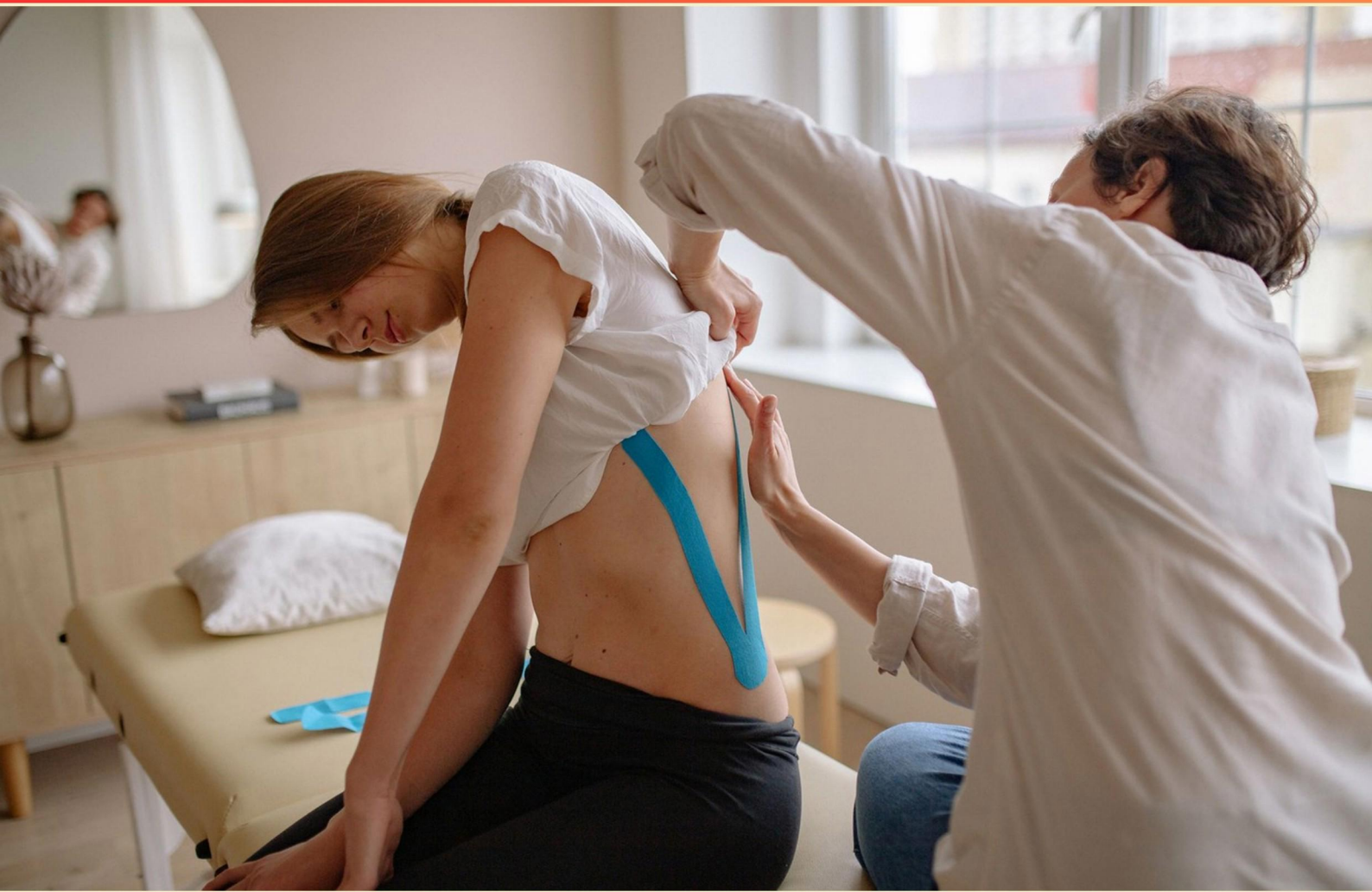


CHIROPRACTIC HISTORY AND PRINCIPLES PRACTICE TEST (SAMPLE)

STUDY GUIDE



Prepare with structure. Pass with confidence



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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.

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

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- 1. Who became interim president for LCCW at the end of 2016?**
 - A. Gerard Clum
 - B. Ron Oberstein
 - C. Peter Kevorkian
 - D. Sid Williams

- 2. What significant contribution did Claudius Galen make to neuroscience?**
 - A. Developed chiropractic principles
 - B. Demonstrated nerve function relationships
 - C. Formulated early medical ethics
 - D. Established the foundation of anatomy

- 3. Who was referred to as the "Grand Old Lady of Chiropractic" and was the first woman to serve as president of a national organization?**
 - A. Anna Foy
 - B. Nell Williams
 - C. Sylva Ashworth
 - D. Dorothy Clark

- 4. Who founded Life College?**
 - A. Ron Oberstein
 - B. Gerard Clum
 - C. Sid Williams
 - D. Peter Kevorkian

- 5. What was B.J. Palmer's approach to admission requirements at the Palmer school?**
 - A. He relaxed them
 - B. He left them unchanged
 - C. He increased them
 - D. He eliminated them

- 6. Which individual co-founded Life Chiropractic College and established the Life Foundation?**
- A. Clarence Reaver
 - B. Nell Williams
 - C. Bobby Westbrooks
 - D. Stanley Dale
- 7. Who co-authored the first chiropractic textbook?**
- A. Beatrice Hagen
 - B. Selina Sigafoose-Jackson
 - C. Solon Langworthy
 - D. Appa Anderson
- 8. The national chiropractic association is known today as what?**
- A. ICC
 - B. ACA
 - C. ICA
 - D. DFC
- 9. What type of practitioner primarily uses the Gonstead technique?**
- A. Medical doctors
 - B. Dental surgeons
 - C. Chiropractors
 - D. Physical therapists
- 10. Which educational background is typical for a chiropractor?**
- A. Medical degree
 - B. Doctor of Chiropractic
 - C. Physical therapy degree
 - D. Osteopathic degree

Answers

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

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Explanations

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1. Who became interim president for LCCW at the end of 2016?

- A. Gerard Clum
- B. Ron Oberstein**
- C. Peter Kevorkian
- D. Sid Williams

Ron Oberstein served as the interim president of Life Chiropractic College West (LCCW) at the end of 2016. His appointment came during a transitional phase for the college, which reflected his leadership capabilities and experience in chiropractic education and administrative roles. Oberstein is well-known in the chiropractic community for his contributions and has held various leadership positions, which enabled him to step into the role effectively during a critical time for the institution.

2. What significant contribution did Claudius Galen make to neuroscience?

- A. Developed chiropractic principles
- B. Demonstrated nerve function relationships**
- C. Formulated early medical ethics
- D. Established the foundation of anatomy

Claudius Galen made a significant impact on neuroscience through his extensive studies on the relationship between nerve functions and various bodily systems. He conducted experiments on animal anatomy, particularly on the nervous system, and was among the first to demonstrate that nerves not only convey sensations but also control muscular movements. Galen's work laid the groundwork for understanding how the brain and nerves operate, establishing vital connections between the central nervous system and bodily functions. This understanding was pivotal for advancing both physiology and neurology. The other options, while important contributions in their own right, do not specifically pertain to Galen's achievements in neuroscience. The development of chiropractic principles is a modern classification that originated much later. The establishment of medical ethics is a broad field that developed through various thinkers over centuries and does not singularly point to Galen. While he did conduct detailed anatomical studies contributing to our understanding of anatomy, the direct connection to neuroscience through the demonstration of nerve function relationships is what defines his lasting influence in this specific area.

3. Who was referred to as the "Grand Old Lady of Chiropractic" and was the first woman to serve as president of a national organization?

- A. Anna Foy
- B. Nell Williams
- C. Sylva Ashworth**
- D. Dorothy Clark

Sylva Ashworth is recognized as the "Grand Old Lady of Chiropractic" and holds significant historical importance as the first woman to serve as president of a national chiropractic organization. Her contributions to the field of chiropractic were pivotal, as she not only worked to legitimize the profession but also advocated for the inclusion of women within its ranks. Ashworth's leadership helped pave the way for future generations of female chiropractors, emphasizing the need for representation and equality in a field that has historically been male-dominated. Her efforts laid the groundwork for advancements in chiropractic practice and education, demonstrating the vital role that she played in the evolution of the profession.

4. Who founded Life College?

- A. Ron Oberstein
- B. Gerard Clum
- C. Sid Williams**
- D. Peter Kevorkian

The founder of Life College is Sid Williams. He established the institution in 1974 in Marietta, Georgia, with the mission to educate chiropractors and promote the principles and philosophy of chiropractic care. Williams was a prominent figure in the chiropractic community and is known for his advocacy of chiropractic as a distinct healthcare profession focusing on the relationship between the body's spine and its overall health. Under his leadership, Life College grew significantly, becoming one of the largest chiropractic colleges in the world. His vision and dedication to chiropractic education and philosophy have had a lasting impact on the profession.

5. What was B.J. Palmer's approach to admission requirements at the Palmer school?

- A. He relaxed them
- B. He left them unchanged
- C. He increased them**
- D. He eliminated them

B.J. Palmer played a significant role in shaping the direction of chiropractic education at the Palmer School of Chiropractic, where he introduced changes aimed at enhancing the profession's credibility and standard. By increasing the admission requirements, he sought to ensure that students enrolled in the program had a solid educational background, which he believed was essential to producing competent practitioners. This move was part of a broader effort to establish chiropractic as a recognized and respected healthcare discipline, aligning the training of chiropractors more closely with medical education standards of the time. This decision also reflected Palmer's vision for the future of chiropractic, as he wanted to ensure that its practitioners were well-prepared to face the challenges of a growing and evolving healthcare landscape. By raising admission standards, he aimed to foster an environment where rigorous academic and practical training could be emphasized, ultimately benefiting both the students and the patients they would serve.

6. Which individual co-founded Life Chiropractic College and established the Life Foundation?

- A. Clarence Reaver
- B. Nell Williams**
- C. Bobby Westbrooks
- D. Stanley Dale

The correct answer is Nell Williams, who is notable for her role in co-founding Life Chiropractic College and establishing the Life Foundation. Both entities have had significant impacts on chiropractic education and the promotion of chiropractic care. Life Chiropractic College, founded in the 1970s, aimed to provide comprehensive training and education to future chiropractors, adhering to the principles of vitalism and the importance of spinal health. The Life Foundation was created as a nonprofit organization to promote chiropractic principles and awareness in the broader community. Nell Williams' involvement in these initiatives showcases her commitment to advancing the chiropractic profession and educating the public about its benefits. Clarence Reaver, Bobby Westbrooks, and Stanley Dale, while they may have had various contributions to the chiropractic field, are not associated with the founding of Life Chiropractic College or the Life Foundation. By focusing on Williams' contributions, we can understand the significance of her role in establishing a college that has educated many practitioners and contributed to the growth of the chiropractic profession overall.

7. Who co-authored the first chiropractic textbook?

- A. Beatrice Hagen
- B. Selina Sigafosse-Jackson
- C. Solon Langworthy**
- D. Appa Anderson

The first chiropractic textbook, titled "Modern Chiropractic," was co-authored by Solon Langworthy, along with other notable figures in the chiropractic field. This work played a significant role in formalizing chiropractic as a distinct form of healthcare and setting foundational principles that would guide practice. The publication was crucial in providing both theoretical frameworks and practical guidelines for chiropractors, helping to establish the profession's validity and credibility in the eyes of the medical community and the public. Langworthy's contributions, along with the collaborative efforts of others in the text, emphasized the importance of spinal health and its connection to overall wellness, which are central themes in chiropractic philosophy. His role in creating this textbook underscores his influence and commitment to promoting the practice and educating future practitioners.

8. The national chiropractic association is known today as what?

- A. ICC
- B. ACA**
- C. ICA
- D. DFC

The national chiropractic association, which was established to represent the interests and standards of the chiropractic profession, is known today as the American Chiropractic Association (ACA). The ACA works to promote chiropractic care, advocate for the profession at various levels of government, and provide resources and support to chiropractors across the United States. This association has a significant role in shaping policies, offering educational materials, and providing a unified voice for chiropractors, ensuring that the profession maintains high standards and is well-represented in healthcare discussions. The transformation from the original national association to the ACA underscores its evolution and adaption to the changing landscape of the chiropractic field.

9. What type of practitioner primarily uses the Gonstead technique?

- A. Medical doctors
- B. Dental surgeons
- C. Chiropractors**
- D. Physical therapists

The Gonstead technique is primarily utilized by chiropractors, as it is a specific method within the chiropractic profession that emphasizes a detailed analysis of spinal alignment and integrity. This technique was developed by Clarence Gonstead and focuses on the importance of a thorough examination process, including X-rays, to identify subluxations in the spine. Practitioners of this technique aim to correct these misalignments to improve overall health and function, aligning with the core principles of chiropractic care. Chiropractors are specifically trained in assessing and treating neuromusculoskeletal conditions through spinal manipulation and adjustment. The Gonstead technique is one of the many approaches within chiropractic that highlights the distinction between chiropractic practitioners and other healthcare professionals, such as medical doctors, dental surgeons, and physical therapists, who focus on different modalities and treatment philosophies.

10. Which educational background is typical for a chiropractor?

- A. Medical degree
- B. Doctor of Chiropractic**
- C. Physical therapy degree
- D. Osteopathic degree

The typical educational background for a chiropractor is a Doctor of Chiropractic (D.C.) degree. Chiropractors are specifically trained in the science and art of chiropractic care, which focuses on diagnosing and treating musculoskeletal disorders, particularly those related to the spine and nervous system. The D.C. program includes extensive coursework in anatomy, physiology, chiropractic technique, and clinical practice, allowing graduates to develop specialized skills necessary for effective patient care. This distinct education ensures that chiropractors are equipped to provide non-invasive treatments, utilizing manual adjustments and other modalities to enhance the body's natural ability to heal. Unlike medical doctors, physical therapists, or osteopaths, chiropractors do not prescribe medication; instead, they focus on spinal manipulation and other hands-on techniques to alleviate pain and improve overall wellness. In contrast, medical degrees, physical therapy degrees, and osteopathic degrees represent different training paths with varied approaches to health care, emphasizing their unique roles within the healthcare system. This specialization is central to understanding the chiropractor's practice and the foundational principles of chiropractic care.

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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://chiropractichistoryprinciples.examzify.com>

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

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