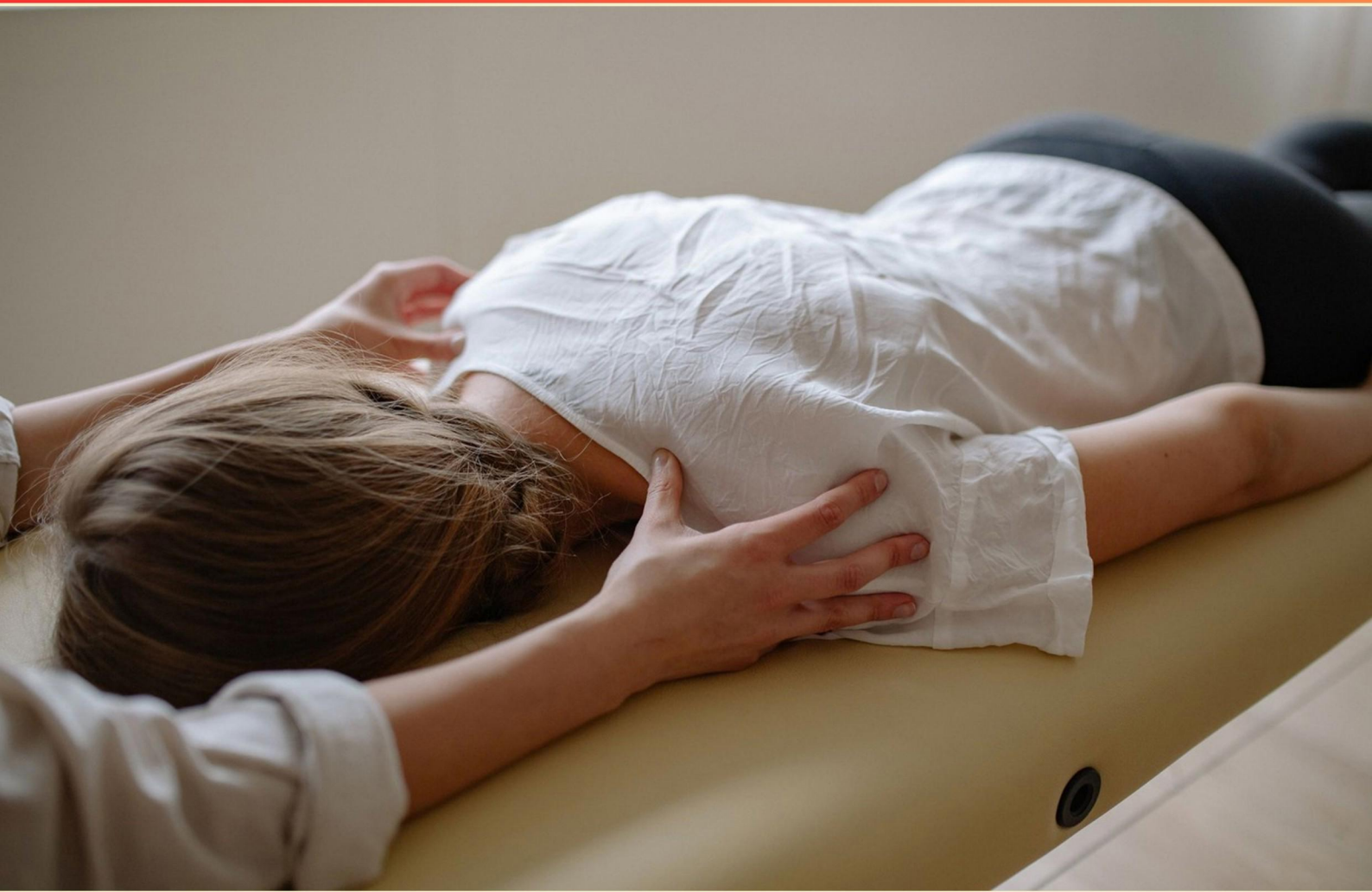


FOUNDATIONS OF CHIROPRACTIC (FOC) EXAM 1 PRACTICE (SAMPLE)

STUDY GUIDE



**SAMPLE STUDY GUIDE
WITH LIMITED QUESTIONS**

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

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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. The ACC paradigm is an educational model developed in 1996 by the consensus of the presidents of all existing North American chiropractic colleges.**
 - A. False
 - B. Only some colleges were involved
 - C. True
 - D. Developed in 1986
- 2. When did patients in the research clinic go to rehab?**
 - A. After they were holding their adjustment
 - B. Before treatment
 - C. During treatment
 - D. At discharge
- 3. General/Health Promotion is addressed by which form of care according to ACC guidelines?**
 - A. Physical therapy
 - B. Medical management
 - C. Counseling
 - D. Chiropractic care
- 4. Who was Tom Morrison?**
 - A. A nurse
 - B. A student
 - C. The president of a university
 - D. UCA legal council
- 5. Which of the following is not a published chiropractic paradigm?**
 - A. Metaphysical paradigm
 - B. Clinical paradigm
 - C. Philosophical paradigm
 - D. Scientific paradigm

- 6. Spinal manipulation technique is commonly called what?**
- A. Adjustment
 - B. Mobilization
 - C. Traction
 - D. Therapy
- 7. Which provider should be the primary provider for a patient seeking to improve sports performance?**
- A. Physical therapist
 - B. Athletic trainer
 - C. A chiropractor
 - D. Physician
- 8. The descendants of the Tiezens became which profession?**
- A. Osteopaths
 - B. Osteopedists
 - C. Chiropractors
 - D. Physicians
- 9. The phrase 'look well to the spine for the cause of disease' is attributed to which physician?**
- A. Hippocrates
 - B. Galen
 - C. Ambroise Pare
 - D. Kung Fou
- 10. Which Greek physician referenced spinal manipulation for a patient after trauma to the neck?**
- A. Hippocrates
 - B. Ambroise Pare
 - C. Galen
 - D. Bone setters

Answers

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

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Explanations

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1. The ACC paradigm is an educational model developed in 1996 by the consensus of the presidents of all existing North American chiropractic colleges.

- A. False
- B. Only some colleges were involved
- C. True

D. Developed in 1986

The statement tests your ability to recall the actual timing of the ACC paradigm's development and who was involved. The best answer reflects that the ACC paradigm was developed in 1986. This places the origin in the mid-1980s, a period when many chiropractic programs were beginning to formalize standardized approaches to clinical education and curriculum design. The claim that it was created in 1996 through a consensus of all North American chiropractic college presidents contradicts the historical timeline, and asserting a 1996 date with universal presidential consensus overstates both the timing and the extent of coordination. So, identifying the 1986 development date corrects the factual error about when the paradigm originated, which is the key point the item is testing.

2. When did patients in the research clinic go to rehab?

A. After they were holding their adjustment

- B. Before treatment
- C. During treatment
- D. At discharge

The timing hinges on establishing a stable correction before adding rehab. In this approach, rehab starts only after the adjustment has held—that is, once the spine maintains its corrected alignment between visits and the patient's symptoms are stabilized. This creates a solid base to safely progress with strengthening, flexibility, and proprioception work. Starting rehab before the adjustment holds or during treatment could jeopardize the stability achieved by the adjustment, and waiting until discharge would miss the chance to build function while the patient is still in care. So rehab after the adjustments have held best fits the sequence and goals of the care plan.

3. General/Health Promotion is addressed by which form of care according to ACC guidelines?

- A. Physical therapy
- B. Medical management
- C. Counseling

D. Chiropractic care

General health promotion is addressed through chiropractic care because ACC guidelines frame the chiropractor as delivering more than symptom relief by weaving in guidance that supports overall wellness and prevention. This includes educating patients on proper posture and body mechanics, safe movement, appropriate exercise, activity modification, and healthy lifestyle choices as part of the care plan. By integrating these wellness and self-management messages into treatment, chiropractors actively support broad health promotion, aligning with ACC's expectations for musculoskeletal care.

4. Who was Tom Morrison?

- A. A nurse
- B. A student
- C. The president of a university
- D. UCA legal council**

Understanding the role of a university's legal counsel helps explain why this answer fits. The person identified is the university's general counsel, the attorney who provides legal advice to the administration, board, and campus units, reviews contracts and policies, and handles compliance and legal matters for the institution. This is a distinct function from nursing (caregiving for patients), from being a student (a learner), or from being the president (the top administrator of the university). So, the title "UCA legal counsel" correctly describes Tom Morrison's role.

5. Which of the following is not a published chiropractic paradigm?

- A. Metaphysical paradigm
- B. Clinical paradigm
- C. Philosophical paradigm**
- D. Scientific paradigm

Chiropractic paradigms are published frameworks used to describe how practitioners interpret health and care. Among the commonly described ones, metaphysical (vitalistic) and scientific (evidence-based) stand as distinct published approaches, and the clinical paradigm describes the practice patterns and care orientation. A philosophical framing, while important as a lens for thinking about care, isn't listed as a separate published chiropractic paradigm in standard literature. It's treated more as an underpinning perspective that informs the other paradigms rather than a standalone, published paradigm itself. That's why this option is the best choice for not being a published chiropractic paradigm.

6. Spinal manipulation technique is commonly called what?

- A. Adjustment**
- B. Mobilization
- C. Traction
- D. Therapy

In chiropractic, spinal manipulation is typically referred to as an adjustment. This term conveys the act of applying a precise, often quick thrust to a vertebral joint to restore motion and correct a biomechanical dysfunction, which is the common clinical image associated with this technique. Mobilization describes slower, graded movements to improve range of motion without a thrust, making it a different manual approach. Traction involves pulling or separating the spine, usually for disc or nerve-related concerns, not the high-velocity thrust of an adjustment. Therapy is too broad and vague to specify the spinal technique. Therefore, the commonly accepted label for this technique is adjustment.

7. Which provider should be the primary provider for a patient seeking to improve sports performance?

- A. Physical therapist
- B. Athletic trainer
- C. A chiropractor**
- D. Physician

The main idea here is that maximizing sports performance hinges on improving how the body moves—the alignment, joint mobility, and neuromuscular control that let an athlete generate force efficiently and maintain technique under fatigue. A chiropractor focuses on the musculoskeletal system as a whole, evaluating the spine, pelvis, and limbs to identify mechanical inefficiencies. By combining joint adjustments, soft tissue work, and targeted exercises, they aim to enhance mobility, tissue length, and proprioceptive feedback. When movement becomes more efficient and stable, athletes often experience improvements in power, speed, agility, and endurance. This approach is especially relevant for performance enhancement because it targets the root of many performance leaks: faulty alignment or restricted mobility that disrupts force transfer. While physicians oversee medical concerns and rehabilitation, and physical therapists or athletic trainers specialize in injury rehab and sport-specific conditioning, the chiropractor's role centers on optimizing the mechanics that underlie athletic performance. They can coordinate with other professionals to ensure the athlete not only moves better but stays healthy while pursuing higher performance.

8. The descendants of the Tiezens became which profession?

- A. Osteopaths
- B. Osteopedists
- C. Chiropractors**
- D. Physicians

The idea being tested is how a family lineage remained within a specific health-care field. The Tiezens are described as having descendants who stayed in the chiropractic tradition, so they became chiropractors. This fits because chiropractic practice centers on the spine and nervous system, using manual adjustments and related techniques to improve function. The other options describe different paths (osteopathy, general medicine, or an obscure term) that don't align with the lineage described, making chiropractors the best fit for this family's professional path.

9. The phrase 'look well to the spine for the cause of disease' is attributed to which physician?

- A. Hippocrates**
- B. Galen
- C. Ambroise Pare
- D. Kung Fou

This item tests attribution of a famous historical saying. The phrase about looking to the spine for the cause of disease is traditionally linked to Hippocrates, the ancient Greek physician regarded as the father of medicine for emphasizing careful observation and natural explanations for illness. The other figures come from different times or contexts and are not associated with this quote—Galen is a later Roman physician who expanded humoral theory, Ambroise Paré was a Renaissance surgeon, and Kung Fou isn't recognized as the source of this dictum. So Hippocrates is the best fit for this attribution.

10. Which Greek physician referenced spinal manipulation for a patient after trauma to the neck?

- A. Hippocrates
- B. Ambroise Pare
- C. Galen
- D. Bone setters

Spinal manipulation after neck trauma appears in ancient medical writings as an early form of manual realignment. Galen, a prominent Greek physician, described techniques for managing injuries to the spine that involved careful hands-on adjustment and gentle traction to realign the vertebrae and reduce dislocations in the neck. This emphasis on manual correction after trauma shows a clear recognition that guiding the bones back toward proper alignment could aid healing, long before modern chiropractic approaches. Galen's influence in classical medicine and his extensive writings on anatomy and surgical methods make him the most cited source for this specific practice among the options. The other figures listed either come from different eras or contexts and aren't known for documenting neck-spine manipulation in the same way.

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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://foc1.examzify.com>

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

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