

NCCAOM FOUNDATIONS PRACTICE EXAM (SAMPLE)

STUDY GUIDE



SAMPLE STUDY GUIDE WITH LIMITED QUESTIONS

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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. What circulates nutritive Qi in the body?

- A. Essence
- B. Body fluids
- C. Blood
- D. Qi

2. Which tongue appearance is often observed in cases of Liver Blood deficiency?

- A. Pale, especially on the sides
- B. Red with yellow coating
- C. Purple and swollen
- D. White and thickly coated

3. Which symptom would you expect in a person with KD Yang Xu?

- A. Warm limbs
- B. Bright pale face
- C. Cold limbs and weak knees
- D. Frequent headaches

4. What role does the Lung play in relation to Qi?

- A. Transforms food into essence
- B. Pumps blood to the heart
- C. Pushing food Qi to the heart
- D. Manufactures blood from marrow

5. Which organ is related to the corners of the eye?

- A. Heart
- B. Liver
- C. Kidney
- D. Lung

- 6. Which organ in Traditional Chinese Medicine is referred to as the "official of irrigation"?**
- A. Stomach
 - B. Kidney
 - C. Small Intestine
 - D. San Jiao
- 7. In Traditional Chinese Medicine, which organ is responsible for storing blood?**
- A. Heart
 - B. Liver
 - C. Kidney
 - D. Spleen
- 8. What condition is indicated by a fine-fast pulse with nocturnal sweating and a dry tongue without coating?**
- A. Yin deficiency
 - B. Blood stagnation
 - C. Heat in the Lung
 - D. SP deficiency
- 9. What is a description of the pulse quality in a person with Sp Qi Xu?**
- A. Deep and weak
 - B. Fine and weak
 - C. Fast and strong
 - D. Thready and rapid
- 10. Which organ primarily controls muscle according to TCM?**
- A. Liver
 - B. Spleen
 - C. Heart
 - D. Kidney

Answers

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

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Explanations

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1. What circulates nutritive Qi in the body?

- A. Essence
- B. Body fluids
- C. Blood**
- D. Qi

The circulation of nutritive Qi in the body is primarily associated with blood. In Traditional Chinese Medicine (TCM), blood is considered the carrier of nutritive Qi, which nourishes the organs, tissues, and overall bodily functions. While Qi itself is a vital life force that encompasses various forms of energy and activity within the body, it is blood that actually transports and distributes this nutritive essence. As blood flows through the channels and collaterals, it brings vital nutrients and energetics to cells, promoting growth, healing, and sustaining overall health. Essence refers to a more foundational substance in TCM, acting as a source of energy but is not directly responsible for the circulation of nutritive Qi. Body fluids, while essential for hydration and various bodily functions, do not serve as the principal medium for carrying that nutritive Qi throughout the body. Lastly, Qi, as a concept, represents the flow of energy but needs blood to manifest its nourishing function in a tangible way. Therefore, blood is the correct answer, as it plays a critical role in circulating and embodying nutritive Qi within the body.

2. Which tongue appearance is often observed in cases of Liver Blood deficiency?

- A. Pale, especially on the sides**
- B. Red with yellow coating
- C. Purple and swollen
- D. White and thickly coated

The appearance of the tongue is a crucial diagnostic tool in traditional Chinese medicine, particularly in assessing blood conditions. In cases of Liver Blood deficiency, a pale tongue is commonly observed, especially on the sides. This is due to the fact that the Liver plays a key role in storing and nourishing blood in the body. When there is insufficient blood, it is reflected in the tongue's overall color and texture. A pale tongue suggests a lack of nourishment and vitality, indicating that there is insufficient blood to support the tissues of the tongue, which is often seen with Liver Blood deficiency. The sides of the tongue are particularly significant, as they represent the liver and gallbladder channels. Other tongue presentations, such as a red tongue with a yellow coating, tend to indicate heat conditions or excess, while a purple and swollen tongue typically signifies blood stasis or coldness. A white and thickly coated tongue might indicate dampness or phlegm accumulation, further not aligning with the characteristics of Liver Blood deficiency. Thus, the specific indicators of a pale tongue, particularly noted on the sides, highlight the underlying condition of Liver Blood deficiency.

3. Which symptom would you expect in a person with KD Yang Xu?

- A. Warm limbs
- B. Bright pale face
- C. Cold limbs and weak knees**
- D. Frequent headaches

In a person with Kidney Yang Deficiency (KD Yang Xu), the symptoms are primarily associated with a lack of warmth and a general decline in metabolic function due to insufficient Yang energy. The correct answer highlights two significant symptoms: cold limbs and weak knees. Cold limbs are a direct manifestation of Yang deficiency, as Yang is responsible for warmth and vitality in the body. When Yang is deficient, the body struggles to maintain its warmth, leading to feelings of coldness in the extremities. Weak knees also relate to Kidney Yang Xu since the kidneys are believed to govern the bones and provide strength and support to the lower body. Thus, weakness in the knees indicates a deficiency in the foundational energy that supports physical structure and function. Overall, the combination of cold limbs and weak knees in a person with KD Yang Xu illustrates the consequences of insufficient Yang energy affecting circulation and strength. This understanding is crucial for assessing and treating patients with Kidney Yang deficiency in Traditional Chinese Medicine.

4. What role does the Lung play in relation to Qi?

- A. Transforms food into essence
- B. Pumps blood to the heart
- C. Pushing food Qi to the heart**
- D. Manufactures blood from marrow

The Lung plays a significant role in relation to Qi as it is involved in the distribution and regulation of Qi throughout the body. One of its essential functions is to assist in the transformation and ascent of Qi, which includes the process of pushing food Qi—derived from the digestion and transformation of nutrients by the Spleen—toward the heart. This function is crucial because it helps to integrate Qi with blood, ensuring that both energy and nourishment are delivered efficiently to all organs and tissues. The connection between the Lung and Qi is also tied to its role in respiration, where it allows for the inhalation of air, providing a source of Qi that combines with the food-derived Qi into the body's overall energy system. In Traditional Chinese Medicine, this movement of Qi is essential for maintaining health, vitality, and resilience against disease. Understanding this relationship highlights the interconnectedness of the organs in Traditional Chinese Medicine, where the Lung is a pivotal player in not just respiration but in the overall circulation of Qi, and ultimately in nourishing other organs—most notably the Heart, which relies on adequate Qi flow for its functions.

5. Which organ is related to the corners of the eye?

A. Heart

B. Liver

C. Kidney

D. Lung

The connection between the heart and the corners of the eye can be understood in the context of Traditional Chinese Medicine (TCM) principles. According to TCM, each organ is believed to correspond to certain areas of the body, and this includes sensory organs like the eyes. The heart is particularly associated with the eyes in TCM, as it governs the blood and is thought to nourish the eyes through its role in regulating circulation. In TCM, the health of the eyes can reflect the state of the heart. Issues such as dryness, redness, or other problems at the corners of the eyes can sometimes indicate underlying heart conditions or imbalances in heart function. This correspondence emphasizes the holistic view of organ systems in TCM, where physiological and emotional health are interconnected. Understanding these relationships can be fundamental in diagnosing and treating conditions in a holistic manner, considering factors that might not be immediately linked in Western medicine. This creates a framework in which conditions affecting the eyes might be explored by assessing the heart's health, making the heart the correct answer regarding its association with the corners of the eye.

6. Which organ in Traditional Chinese Medicine is referred to as the "official of irrigation"?

A. Stomach

B. Kidney

C. Small Intestine

D. San Jiao

In Traditional Chinese Medicine (TCM), the concept of the "official of irrigation" primarily pertains to the San Jiao, also known as the Triple Warmer or Triple Burner. This organ has a unique role in managing the distribution and transformation of fluids throughout the body, which is akin to irrigation in agriculture. The San Jiao optimizes the flow of Qi and bodily fluids, ensuring that they are properly metabolized and circulated within the different parts of the body. The San Jiao is divided into three sections: the upper, middle, and lower Jiao, each responsible for different physiological functions related to fluid metabolism. By performing its role effectively, the San Jiao ensures that the body remains hydrated and balanced, much like an irrigation system that provides necessary water to plants. Understanding the function of the San Jiao within the context of TCM highlights its importance in maintaining homeostasis and supporting overall health. This illustrates why it is aptly termed the "official of irrigation," a metaphor that captures its essential regulatory functions concerning fluid and Qi dynamics in the body.

7. In Traditional Chinese Medicine, which organ is responsible for storing blood?

- A. Heart
- B. Liver**
- C. Kidney
- D. Spleen

In Traditional Chinese Medicine (TCM), the liver is understood to play a crucial role in the storage and regulation of blood. The liver is viewed as a vital organ that not only stores blood but also allows for its proper distribution throughout the body according to the body's needs. This function is essential for maintaining the balance of qi (vital energy) and blood, particularly during times of activity when more blood may be needed in the muscles and other organs. The liver's ability to hold blood ensures that there is a sufficient reserve that can be utilized effectively whenever the body requires additional blood flow, such as during physical exertion or emotional stress. A well-functioning liver supports smooth circulation and helps to regulate menstrual cycles in women, underscoring its importance in reproductive health. In contrast, while other organs such as the heart are vital in pumping blood and the spleen is important for the production of qi from the food we eat and some aspects of blood production, they do not have the primary responsibility for storing blood as the liver does. The kidneys play a role in overall fluid balance and the regulation of yin and yang but are not directly associated with blood storage in the same way as the liver. Thus, the liver's unique function in blood storage is

8. What condition is indicated by a fine-fast pulse with nocturnal sweating and a dry tongue without coating?

- A. Yin deficiency**
- B. Blood stagnation
- C. Heat in the Lung
- D. SP deficiency

A fine-fast pulse, nocturnal sweating, and a dry tongue without coating are indicative of Yin deficiency. In Traditional Chinese Medicine, Yin represents the cooling, moistening, and nourishing aspects of the body. The fine and fast pulse suggests a deficiency of Yin, as the body is in a state of heat due to the lack of cooling and moistening qualities. Nocturnal sweating is particularly significant; it typically occurs when Yin is not able to provide enough cooling, leading to a rise in internal heat, which manifests during the night when the body is meant to rest and rejuvenate. This aligns with the presentation of Yin deficiency, where the body struggles to maintain balance and moisture. A dry tongue without coating further supports this diagnosis. The absence of coating indicates a lack of fluid and nourishment, characteristic of Yin deficiency. This condition is often associated with symptoms such as heat sensations, dryness, and the tendency to sweat at night, all of which are present in this scenario. Understanding these signs and symptoms within the framework of Traditional Chinese Medicine allows practitioners to identify the underlying deficiencies and implement appropriate treatments to restore balance.

9. What is a description of the pulse quality in a person with Sp Qi Xu?

- A. Deep and weak
- B. Fine and weak**
- C. Fast and strong
- D. Thready and rapid

In Traditional Chinese Medicine, the pulse quality associated with Spleen Qi Deficiency (Sp Qi Xu) is typically described as fine and weak. This pulse reflects the underlying imbalance in the Spleen's ability to transform and transport nutrients and fluids, leading to a deficiency in energy (Qi). A fine pulse indicates a lack of strength and vitality in the body, which is characteristic of Qi deficiency. The "weak" aspect of the pulse further confirms this deficiency, as it signifies a low level of energy flow and a potential inability of the body to adequately nourish itself. This pulse quality suggests that the Spleen is not functioning optimally, which can manifest in symptoms such as fatigue, digestive issues, and a propensity for dampness or phlegm buildup due to poor transformation of food and fluid. Understanding this relationship between pulse quality and organ function is essential for diagnosing and treating conditions related to Spleen Qi deficiency.

10. Which organ primarily controls muscle according to TCM?

- A. Liver
- B. Spleen**
- C. Heart
- D. Kidney

In Traditional Chinese Medicine (TCM), the Spleen holds a crucial role in controlling muscle health and function. It is considered the source of postnatal energy and is responsible for the production of Qi (vital energy) and Blood from the food we digest. This process is essential for nourishing the muscles and providing them with the strength and energy required for movement and activity. The Spleen also plays an integral part in the transformation and transportation of nutrients throughout the body, which supports muscle development. A well-functioning Spleen leads to the adequate generation of Blood that circulates to the muscles, while a deficiency can lead to weakness, atrophy, or fatigue of the muscles. In contrast, other organs like the Liver, Heart, and Kidneys have different primary functions in TCM. The Liver is associated with the smooth flow of Qi and blood, the Heart governs blood circulation and houses the Shen (mind/spirit), and the Kidneys control growth, development, and reproduction. While these organs can influence muscle condition indirectly through their various roles, they are not the primary organ responsible for muscle control like the Spleen is. This underscores the unique perspective of TCM on the interconnectedness of organ systems and their functions.

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!

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