

NCCAOM POINT LOCATION PRACTICE EXAM (SAMPLE)

STUDY GUIDE



SAMPLE STUDY GUIDE WITH LIMITED QUESTIONS

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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. Which point is on the ulnar border of the hand, proximal to the head of the fifth metacarpal bone?**
 - A. HT 4
 - B. SI 3
 - C. SI 1
 - D. SI 4

- 2. Which GV point is located on the midline of the upper back in the depression below the spinous process of the fifth thoracic vertebra?**
 - A. GV 11
 - B. GV 12
 - C. GV 10
 - D. GV 13

- 3. Which acupuncture point is located in the second intercostal space, 2 cun lateral to the midline?**
 - A. KD 26
 - B. KD 24
 - C. KD 23
 - D. KD 25

- 4. At the top of the chest, directly below ST-12, on the inferior border of the clavicle, 4 cun lateral to the midline, on the mamillary line, which point is described?**
 - A. ST 12
 - B. ST 13
 - C. ST 14
 - D. ST 15

- 5. Which acupuncture point is located in the depression on the lower border of the clavicle, 2 cun lateral to the midline?**
 - A. KD 26
 - B. KD 27
 - C. PC 1
 - D. REN-13

6. Which BL point lies 7 cun directly above BL60 and lateral to BL57?
- A. BL 58
 - B. BL 56
 - C. BL 60
 - D. BL 57
7. Which LI point is located 2 cun distal to LI-11 on the line LI-11 to LI-5?
- A. LI-10
 - B. LI-11
 - C. LI-12
 - D. LI-13
8. Which point is located at the centre of the tip of the middle finger?
- A. PC 9
 - B. PC 2
 - C. SJ 2
 - D. PC 3
9. Which acupuncture point is located in the fifth intercostal space, 2 cun lateral to the midline?
- A. KD 22
 - B. KD 23
 - C. KD 24
 - D. KD 25
10. Which GB point is located 0.5 cun anterior and inferior to GB-27?
- A. GB 27
 - B. GB 28
 - C. GB 26
 - D. GB 25

Answers

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

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Explanations

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1. Which point is on the ulnar border of the hand, proximal to the head of the fifth metacarpal bone?

- A. HT 4
- B. SI 3**
- C. SI 1
- D. SI 4

The location described points to Small Intestine 3. It lies on the ulnar border of the hand in a small hollow just proximal to the head of the fifth metacarpal bone, along the little-finger side of the hand. This precise landmark is what makes it the correct choice. The other points are located in different areas—their landmarks do not match the described position on the ulnar border near the base of the little finger.

2. Which GV point is located on the midline of the upper back in the depression below the spinous process of the fifth thoracic vertebra?

- A. GV 11**
- B. GV 12
- C. GV 10
- D. GV 13

Governing Vessel points travel along the midline of the spine, each at a specific vertebral level. The depression just below the spinous process of the fifth thoracic vertebra corresponds to the midline location of the point at that level, which is GV-11. So this spot on the upper back aligns exactly with GV-11, making it the best fit. The other options would be located at different vertebral levels along the midline and would not be found at this T5 depression.

3. Which acupuncture point is located in the second intercostal space, 2 cun lateral to the midline?

- A. KD 26
- B. KD 24
- C. KD 23
- D. KD 25**

Understanding how to locate chest points is about using intercostal spaces and lateral distance from the midline. The second intercostal space is the gap between the second and third ribs. A point located there, 2 cun lateral to the midline, sits on the anterior chest wall along the Kidney channel. This position matches KD-25, which sits at that exact space and distance. So the described spot corresponds to that point on the Kidney channel, making it the correct choice. In practice, 2 cun lateral to the midline is roughly two fingerbreadths from the center and is used to target chest-related issues along the KD pathway.

4. At the top of the chest, directly below ST-12, on the inferior border of the clavicle, 4 cun lateral to the midline, on the mamillary line, which point is described?

- A. ST 12
- B. ST 13**
- C. ST 14
- D. ST 15

Precise chest-wall point locations along the stomach channel use the clavicle and the mamillary line. ST12 sits at the top of the chest in the supraclavicular fossa, about 4 cun lateral to the midline. Directly below it, on the inferior border of the clavicle and along the mamillary line (the vertical line 4 cun lateral to the midline), is ST13. That placement matches the description, which is why this point is ST13. ST14 and ST15 lie in intercostal spaces farther down the chest along the same vertical line, not on the inferior border of the clavicle, so they don't fit the described location.

5. Which acupuncture point is located in the depression on the lower border of the clavicle, 2 cun lateral to the midline?

- A. KD 26
- B. KD 27**
- C. PC 1
- D. REN-13

The main idea here is using precise chest landmarks and the cun measurement to locate a point. The description "in the depression on the lower border of the clavicle, 2 cun lateral to the midline" matches the Kidney channel point that sits right under the clavicle in that hollow, at about the first intercostal space. This point is KD-27 (Shen Guan). It lies two cun away from the body's midline and just below the clavicle, so the given location points directly to this point. The other options would be found in different spots on the chest or midline areas, so they don't fit the described landmark. KD-27 is the one that exactly matches that clavicular depression two cun from the midline.

6. Which BL point lies 7 cun directly above BL60 and lateral to BL57?

- A. BL 58
- B. BL 56
- C. BL 60**
- D. BL 57

On the Bladder channel, distances are measured along the leg from the ankle upward. BL60 sits at the lateral malleolus. About seven cun above that point is BL58 (Feiyang), which lies on the posterior calf slightly to the lateral side of the BL60 line and is distinct from BL57, which sits higher up the calf. Therefore, the point that matches being seven cun above BL60 and lateral to the BL60 pathway is BL58. The given key naming BL60 itself does not fit this spatial relationship, as BL60 is the anchor at the ankle, not the point seven cun above it.

7. Which LI point is located 2 cun distal to LI-11 on the line LI-11 to LI-5?

- A. LI-10**
- B. LI-11
- C. LI-12
- D. LI-13

Understanding the LI channel along the arm helps locate points by distance from known landmarks. LI-11 sits at the lateral end of the elbow crease. From there, follow the line of the LI channel toward LI-5 at the wrist. Two cun distal from LI-11 along that line lands on LI-10, which is on the forearm segment of the LI channel. In practice, this means measuring about two finger-widths from the elbow crease toward the wrist to find LI-10. This placement is why LI-10 is the correct point for the described location.

8. Which point is located at the centre of the tip of the middle finger?

- A. PC 9**
- B. PC 2
- C. SJ 2
- D. PC 3

The key idea is knowing where Jing-Well points sit. Jing-Well points are the most distal points on each channel, and for the hand channels they sit at the fingertips. For the Pericardium channel, the point located at the center of the tip of the middle finger is the Jing-Well point, commonly named PC9. This exact fingertip location is what makes it the correct choice when the description is "center of the tip of the middle finger." The other points lie along the channel path closer to the palm, forearm, or elbow, so they don't match the fingertip landmark.

9. Which acupuncture point is located in the fifth intercostal space, 2 cun lateral to the midline?

- A. KD 22**
- B. KD 23
- C. KD 24
- D. KD 25

Understanding surface anatomy for point location is about matching two coordinates: the rib-space level and how far the point sits from the midline. The description places the point in the fifth intercostal space, 2 cun lateral to the midline. The point that fits this exactly is the kidney point located at that chest position, two cun out from the midline between ribs five and six. That precise combination of rib-space and lateral distance is what confirms it. The other options lie at different intercostal spaces or at different distances from the midline, so they don't match the given description as closely.

10. Which GB point is located 0.5 cun anterior and inferior to GB-27?

- A. GB 27
- B. GB 28**
- C. GB 26
- D. GB 25

The important idea here is how points along a meridian are spaced and located relative to each other. On the Gall Bladder channel in the lower torso, adjacent points are defined by small, precise distances, commonly 0.5 cun apart. If a point is described as being 0.5 cun anterior and inferior to another, you move a half-cun forward (toward the front of the body) and downward from the reference point along the channel. That specific relation places the next point just in front and below the previous one. Therefore, the point that sits 0.5 cun in front and below GB-27 is GB-28. So the correct choice is the one that lies ahead and downward from GB-27 along the same line, which matches this 0.5 cun anterior-inferior relationship. In practice, you locate GB-27 first, then move slightly forward and down to find GB-28.

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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://nccaompointlocation.examzify.com>

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

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