

PALMER CHIROPRACTIC PHILOSOPHY & HISTORY II 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 is a common misconception about chiropractic care?**
 - A. It is effective only for headaches
 - B. It is solely for back pain management
 - C. It guarantees complete healing
 - D. It requires hospitalization for treatments
- 2. Which field of study is concerned with the origin and structure of the universe?**
 - A. Cosmology
 - B. Physics
 - C. Geology
 - D. Astrophysics
- 3. How does Chiropractic philosophy view disease?**
 - A. As a result of genetic predispositions
 - B. As a manifestation of dysfunction in healing mechanisms
 - C. As solely caused by environmental factors
 - D. As irrelevant to the nervous system's function
- 4. What role has the National Chiropractic Association played in the industry?**
 - A. Increasing academic opportunities for Chiropractors
 - B. Promoting unity and advocacy for Chiropractic
 - C. Establishing private practices nationwide
 - D. Providing funding for research studies
- 5. Which of the following can help in bridging cultural gaps in chiropractic care?**
 - A. Standardized treatment plans for all patients.
 - B. Cultural competency training for practitioners.
 - C. Emphasizing same-day appointments.
 - D. Focusing solely on physical adjustments.

- 6. Which two types of dualism are commonly recognized in philosophical discourse?**
- A. Physical and Mental
 - B. Property and Substance
 - C. Abstract and Concrete
 - D. Real and Imagined
- 7. Which philosophy supports the idea that mind and matter are closely linked in a dualistic relationship?**
- A. Materialism
 - B. Substance dualism
 - C. Autopoietic theory
 - D. Idealism
- 8. How does chiropractic philosophy regard lifestyle factors?**
- A. They are seen as unimportant
 - B. Only nutrition is considered
 - C. They are critical for health and wellness
 - D. They are disregarded in treatment
- 9. Which term describes the philosophical stance that considers only mind to be real?**
- A. Materialism
 - B. Property dualism
 - C. Idealism
 - D. Substance dualism
- 10. What is the focus of functional neurology in chiropractic?**
- A. Emphasis on spinal alignment
 - B. Neurophysiological aspects of health
 - C. Developmental needs of children
 - D. Musculoskeletal rehabilitation

Answers

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

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Explanations

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1. What is a common misconception about chiropractic care?

- A. It is effective only for headaches
- B. It is solely for back pain management**
- C. It guarantees complete healing
- D. It requires hospitalization for treatments

The belief that chiropractic care is solely for back pain management represents a common misconception. While chiropractic care is widely recognized for its effectiveness in treating back pain, its scope extends far beyond this singular focus. Chiropractors are trained to address a variety of issues, including cervical pain, joint dysfunction, headaches, and even broader aspects of overall wellness. The approach of chiropractic is rooted in the understanding of how the nervous system and musculoskeletal system interact. By adjusting the spine and other joints, chiropractors aim to improve not just pain but also function and the body's innate ability to heal. As such, individuals seek chiropractic care for a range of conditions, reflecting the holistic nature of the practice. In contrast, the other options illustrate different misconceptions or incorrect understandings of chiropractic care. The notion that it only addresses headaches, guarantees complete healing, or necessitates hospitalization for treatment does not align with the broader principles and practices of chiropractic care. Therefore, recognizing that chiropractic is not limited to back pain helps to clarify its role in comprehensive healthcare.

2. Which field of study is concerned with the origin and structure of the universe?

- A. Cosmology**
- B. Physics
- C. Geology
- D. Astrophysics

Cosmology is the field of study that focuses on the origin, structure, evolution, and eventual fate of the universe. This discipline encompasses theories about how the universe began, including the Big Bang theory, and examines the large-scale properties of the universe as a whole. Cosmologists study various phenomena to understand the universe's composition, its beginnings, and its underlying principles, utilizing data from observations and theoretical models to construct a coherent understanding of the cosmos. While physics is a broad scientific discipline that involves the study of matter, energy, and the fundamental forces of nature, it does not specifically concentrate on the universe's origins and structure as a primary focus. Geology, on the other hand, deals with the Earth's physical structure and substance, its history, and the processes that shape it over time, making it unrelated to the study of the universe at large. Astrophysics, while closely related and often overlapping with cosmology, primarily focuses on the properties and behavior of celestial bodies and phenomena. Therefore, while astrophysics includes elements of cosmology, it does not encompass the wider study of the universe's structure and origins as its central theme.

3. How does Chiropractic philosophy view disease?

- A. As a result of genetic predispositions
- B. As a manifestation of dysfunction in healing mechanisms**
- C. As solely caused by environmental factors
- D. As irrelevant to the nervous system's function

Chiropractic philosophy views disease as a manifestation of dysfunction in healing mechanisms. This perspective emphasizes the idea that the body has an inherent ability to heal itself when the nervous system is functioning optimally. Chiropractors believe that misalignments in the spine can impede the nervous system's function, which in turn can disrupt the body's natural healing processes. By correcting these misalignments through chiropractic adjustments, practitioners aim to restore proper nervous system function, thereby allowing the body to heal and maintain its health. This understanding aligns with the holistic approach of chiropractic care, which focuses on the interrelationship between the spine, nervous system, and overall health rather than attributing disease solely to external environmental factors or genetic predispositions. Additionally, disease is not viewed as irrelevant to the nervous system's function; instead, it is intricately connected to how well the nervous system regulates bodily functions and healing processes. This helps explain why restoring the proper function of the spine is a cornerstone of chiropractic practice.

4. What role has the National Chiropractic Association played in the industry?

- A. Increasing academic opportunities for Chiropractors
- B. Promoting unity and advocacy for Chiropractic**
- C. Establishing private practices nationwide
- D. Providing funding for research studies

The National Chiropractic Association has played a significant role in promoting unity and advocacy within the chiropractic profession. This organization has historically focused on bringing together chiropractors to strengthen their voice and influence in public policy and healthcare systems. By fostering collaboration among professionals, the association has worked to elevate the status of chiropractic care, ensuring that practitioners are well-represented in legislative matters and that patients have access to chiropractic services. The emphasis on unity helps to create a cohesive front within the chiropractic community, which is essential for addressing the challenges the profession faces and for advancing its interests effectively. In contrast, while increasing academic opportunities, establishing private practices, and providing funding for research may have occurred within the chiropractic field, these roles do not encapsulate the primary focus of the National Chiropractic Association like advocacy and unity do.

5. Which of the following can help in bridging cultural gaps in chiropractic care?

- A. Standardized treatment plans for all patients.
- B. Cultural competency training for practitioners.**
- C. Emphasizing same-day appointments.
- D. Focusing solely on physical adjustments.

Cultural competency training for practitioners is critical in bridging cultural gaps in chiropractic care because it equips healthcare providers with the knowledge, skills, and attitudes necessary to understand and respect the diverse cultural backgrounds of their patients. This training fosters an awareness of how cultural beliefs and practices impact patients' perceptions of health, treatment, and their overall experience in a clinical setting. By understanding cultural nuances, practitioners can engage in more effective communication, build trust, and develop tailored approaches that address the specific needs and preferences of individuals from various backgrounds. This not only improves patient satisfaction but also enhances treatment outcomes by ensuring that care is relevant and respectful to each patient's cultural context. While standardized treatment plans can provide a baseline for care, they may not account for individual cultural variations, and emphasizing same-day appointments or focusing solely on physical adjustments may overlook the importance of a holistic approach that incorporates understanding and addressing cultural factors in health care.

6. Which two types of dualism are commonly recognized in philosophical discourse?

- A. Physical and Mental
- B. Property and Substance**
- C. Abstract and Concrete
- D. Real and Imagined

The commonly recognized types of dualism in philosophical discourse are Property and Substance dualism. Substance dualism posits that there are two distinct kinds of substances that make up reality: the physical (body) and the non-physical (mind or soul). This perspective is rooted in the belief that mental phenomena are, in some respects, non-physical and fundamentally different from physical phenomena. Property dualism, on the other hand, asserts that while there may be only one type of substance (usually physical), this substance can possess both physical and mental properties. This distinction is crucial in philosophical discussions related to the mind-body problem, as it grapples with how mental states (thoughts, feelings) relate to physical states (brain activity), emphasizing the need to understand both the physical composition and the qualitative experiences of consciousness. While the other options reference various interesting concepts, they do not pertain to the established dualistic frameworks within philosophical discourse. For example, abstract and concrete refers to different levels of existence or categorization of entities without directly addressing the relationship between mind and body, and real and imagined pertains more to perceptions and cognitions rather than fundamental metaphysical divisions.

7. Which philosophy supports the idea that mind and matter are closely linked in a dualistic relationship?

- A. Materialism
- B. Substance dualism**
- C. Autopoietic theory
- D. Idealism

Substance dualism is the philosophy that posits a fundamental distinction between mind and body, asserting that they exist as two different kinds of substances. According to this view, mental phenomena are non-physical and can exist independently of physical processes. This dualistic relationship implies that while the mind and body can influence each other, they are distinct entities. Substance dualism aligns closely with traditional views in various philosophical and theological contexts where consciousness, thoughts, and emotions are seen as separate from physical matter. This separation is crucial in understanding various frameworks in chiropractic philosophy, particularly when addressing how mental processes might affect physical health and vice versa. In contrast, materialism asserts that everything can be explained in terms of physical matter, which does not include a non-physical mind. Autopoietic theory focuses more on self-creating systems in biological contexts, and idealism posits that reality is fundamentally mental or immaterial. Neither of these perspectives supports the dualistic view that mind and matter exist as distinct yet interrelated entities.

8. How does chiropractic philosophy regard lifestyle factors?

- A. They are seen as unimportant
- B. Only nutrition is considered
- C. They are critical for health and wellness**
- D. They are disregarded in treatment

Chiropractic philosophy places significant emphasis on the importance of lifestyle factors in promoting health and wellness. This perspective views the individual as a whole, recognizing that various lifestyle elements—such as nutrition, exercise, stress management, sleep, and social relationships—play a critical role in a person's overall health. In this approach, health is not solely defined by the absence of disease but is seen as a dynamic state of physical, mental, and social well-being. Chiropractors often emphasize the importance of educating patients on making healthy lifestyle choices, which can enhance the body's innate ability to heal and function optimally. This holistic view aligns with the foundational principles of chiropractic care, which advocate for the balance of body, mind, and spirit as vital components of health. In contrast, the other perspectives neglect the comprehensive approach to health that chiropractic philosophy promotes, emphasizing that lifestyle factors are integral, rather than secondary or insignificant, in achieving and maintaining wellness.

9. Which term describes the philosophical stance that considers only mind to be real?

- A. Materialism
- B. Property dualism
- C. Idealism**
- D. Substance dualism

The term that describes the philosophical stance considering only mind to be real is idealism. Idealism posits that reality is fundamentally mental or immaterial. This perspective emphasizes that the mind, consciousness, and ideas are the primary components of reality, asserting that what we perceive as physical objects are actually manifestations of mental processes or perceptions rather than independent material entities. In contrast, materialism focuses on physical substances and asserts that only matter is real, dismissing the primacy of the mind. Property dualism acknowledges both mental and physical properties but does not prioritize the mind over matter. Substance dualism claims the existence of both mental and physical substances as distinct entities, but it does not assert the mind's exclusivity in representation of reality. Understanding idealism as a philosophy clarifies its position in contrast to these other frameworks, emphasizing the belief that the mind is the primary source of reality, thereby laying the foundation for discussions surrounding consciousness, perception, and existence.

10. What is the focus of functional neurology in chiropractic?

- A. Emphasis on spinal alignment
- B. Neurophysiological aspects of health**
- C. Developmental needs of children
- D. Musculoskeletal rehabilitation

Functional neurology in chiropractic primarily centers on the neurophysiological aspects of health, which involves understanding how the nervous system influences overall function and wellness. This field integrates the principles of neurology with chiropractic care, emphasizing how neurological function can impact bodily systems and lead to various health issues. Practitioners of functional neurology focus on assessing and addressing neurological function, recognizing that many conditions may arise due to dysfunction in the nervous system rather than just structural misalignments of the spine. Through specialized assessments and therapeutic interventions, this approach aims to improve brain function, enhance neural connectivity, and promote better health outcomes. The other areas mentioned—such as spinal alignment, developmental needs of children, and musculoskeletal rehabilitation—are important components of chiropractic practice but do not encapsulate the broader and more specific focus that functional neurology places on the nervous system and its role in health and disease.

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://palmerchirophilosophyhist2.examzify.com>

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

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