

# ACE Health Coach Certification Practice Test (Sample)

## Study Guide



**Everything you need from our exam experts!**

**This is a sample study guide. To access the full version with hundreds of 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. Don't worry about getting everything right, 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, and take breaks to retain information better.**

## 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.**

## 7. Use Other Tools

**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!**

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## **Questions**

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- 1. What waist circumference measurement indicates a strong risk of abdominal obesity for men?**
  - A. 38 inches**
  - B. 40 inches**
  - C. 42 inches**
  - D. 36 inches**
- 2. What serves as the transport mechanism for iron, vitamins, minerals, fats, and oxygen within the body?**
  - A. a. water**
  - B. b. electrolytes**
  - C. c. protein**
  - D. d. antioxidants**
- 3. Which of the following aptitudes related to health improvement involves creating a sense of autonomy, competence, and relatedness to life?**
  - A. The ability to enjoy**
  - B. The ability to choose**
  - C. The ability to keep developing**
  - D. The ability to see meaning**
- 4. Which of the following recommendations is the best initial approach to help an individual reach their weight-loss goal?**
  - A. Maintain daily caloric intake while increasing physical activity**
  - B. Reduce daily caloric intake by approximately 250 calories and increase physical activity**
  - C. Maintain current activity level and lower daily caloric intake to 1800 calories**
  - D. Reduce daily caloric intake by 500 calories and introduce a multivitamin**

5. **What is the most appropriate course of action for a client who has not lost weight but maintains a healthy lifestyle?**

- A. Recommend that your client tries a natural weight loss supplement
- B. Refer your client to their primary health care provider
- C. Suggest that the client reduce caloric intake to 1200 calories each day
- D. Increase the volume of the program with an additional group fitness class

6. **A body mass index of \_\_\_\_ would place an individual in the "normal weight" category.**

- A. 15
- B. 18
- C. 22
- D. 26

7. **Individuals in precontemplation and contemplation stages often struggle with low levels of what?**

- A. Self-awareness
- B. Self-efficacy
- C. Self-esteem
- D. Self-regulation

8. **What is an example of a non-nutritional factor that influences eating habits?**

- A. Cultural traditions surrounding meals
- B. Caloric density of various foods
- C. Macro and micronutrient content
- D. Meal timing and portion sizes

9. **What is the goal of a behavioral functional assessment?**

- A. To evaluate mental health disorders
- B. To identify connections between physical fitness and weight
- C. To identify connections between behaviors and the antecedents and consequences associated with those behaviors
- D. To measure self-reported feelings of happiness

**10. When Jack rates his readiness to adopt a healthy behavior as a 3, which stage of change does this suggest?**

- A. Precontemplation**
- B. Contemplation**
- C. Preparation**
- D. Action**

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## **Answers**

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

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## **Explanations**

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**1. What waist circumference measurement indicates a strong risk of abdominal obesity for men?**

- A. 38 inches**
- B. 40 inches**
- C. 42 inches**
- D. 36 inches**

A waist circumference measurement of 40 inches for men is indicative of a strong risk of abdominal obesity. This threshold is established based on research showing that excess abdominal fat is associated with a higher risk of cardiovascular diseases, type 2 diabetes, and other metabolic disorders. The measurement reflects an increase in visceral fat, which can negatively impact health more than subcutaneous fat. When a man's waist circumference exceeds 40 inches, it becomes a significant warning sign regarding potential health risks associated with obesity. It is essential for health coaches to be aware of these thresholds as they guide clients toward healthier lifestyle choices and monitor their progress effectively. In contrast, measurements below 40 inches, such as 38 inches or 36 inches, do not reflect the same level of risk for metabolic and cardiovascular complications, making them less concerning in terms of abdominal obesity. Moreover, while a measurement of 42 inches might indicate even greater risk, it is necessary to understand that the critical threshold has already been set at 40 inches for men.

**2. What serves as the transport mechanism for iron, vitamins, minerals, fats, and oxygen within the body?**

- A. a. water**
- B. b. electrolytes**
- C. c. protein**
- D. d. antioxidants**

The correct answer highlights the crucial role proteins play in the transport of various essential substances throughout the body. Proteins, particularly in the form of hemoglobin, are critical for transporting oxygen from the lungs to the tissues. In addition to oxygen, certain proteins act as transporters for iron, vitamins, minerals, and fats. For instance, transferrin is a protein that transports iron, while lipoproteins facilitate the transport of fats and fat-soluble vitamins. While water is essential for maintaining hydration and overall body function, it does not actively transport these substances. Electrolytes, although important for nerve transmission and muscle function, primarily facilitate electrical charge balance and are not responsible for the transport of nutrients. Antioxidants protect cells from damage but do not play a direct role in transporting nutrients or oxygen within the body. Thus, the role of proteins as transport mechanisms is vital for maintaining homeostasis and supporting physiological functions.

**3. Which of the following aptitudes related to health improvement involves creating a sense of autonomy, competence, and relatedness to life?**

- A. The ability to enjoy**
- B. The ability to choose**
- C. The ability to keep developing**
- D. The ability to see meaning**

The correct answer reflects the importance of fostering a growth mindset, which emphasizes continuous personal development and adaptation in the context of health improvement. This aptitude involves empowering individuals to recognize their capacity for growth by enhancing their sense of autonomy—making their own choices, experiencing competence—feeling effective in achieving their health-related goals, and relatedness—feeling connected to others and supported on their journey. This holistic approach is critical as it encourages individuals to embrace life changes, innovate in their health practices, and remain engaged. It underscores that health improvement is not a fixed destination but an ongoing process that requires regular self-reflection and adaptation to new challenges and opportunities. This capability to keep developing aligns with principles of self-determination theory, highlighting how foundational psychological needs are crucial for overall well-being. The other options, while aspects of a holistic approach, do not encapsulate the ongoing nature of personal growth and development in health improvement as directly as the correct choice does. Enjoyment and the ability to see meaning are important but don't inherently support continuous development in the way that fostering autonomy, competence, and relatedness does. The ability to choose also plays a role, but it is more about options than the continuous growth aspect emphasized here.

**4. Which of the following recommendations is the best initial approach to help an individual reach their weight-loss goal?**

- A. Maintain daily caloric intake while increasing physical activity**
- B. Reduce daily caloric intake by approximately 250 calories and increase physical activity**
- C. Maintain current activity level and lower daily caloric intake to 1800 calories**
- D. Reduce daily caloric intake by 500 calories and introduce a multivitamin**

The recommendation to reduce daily caloric intake by approximately 250 calories and increase physical activity is particularly effective as an initial approach to weight loss. This strategy creates a balanced and manageable method for individuals to start their weight loss journey. Firstly, a reduction of 250 calories is a moderate and sustainable approach that allows individuals to lower their calorie intake without causing significant deprivation. This can help promote weight loss while still providing enough energy for daily activities and preventing feelings of hunger or fatigue that can accompany more drastic calorie cuts. Secondly, incorporating an increase in physical activity complements the caloric reduction, helping to create a caloric deficit necessary for weight loss. By combining both dietary changes and increased physical activity, individuals can maximize their efforts and ultimately enhance their overall health and fitness levels. This dual approach also emphasizes the importance of lifestyle changes rather than quick fixes, making it more likely that individuals will adhere to these changes over the long term. This sustainability is crucial for reaching and maintaining weight loss goals.

**5. What is the most appropriate course of action for a client who has not lost weight but maintains a healthy lifestyle?**

- A. Recommend that your client tries a natural weight loss supplement**
- B. Refer your client to their primary health care provider**
- C. Suggest that the client reduce caloric intake to 1200 calories each day**
- D. Increase the volume of the program with an additional group fitness class**

Referring the client to their primary health care provider is the most appropriate course of action in this scenario. Since the client is maintaining a healthy lifestyle but not experiencing weight loss, it is essential to consider potential underlying health issues that could be affecting their ability to lose weight. A primary health care provider can conduct a thorough evaluation, which may include assessing metabolic rate, hormonal balances, and any other medical factors that could influence weight loss. This course of action ensures that any medical problems are addressed appropriately and provides the client with professional advice tailored to their health status. Moreover, collaboration with health care professionals can enhance the overall support system for the client, ensuring a comprehensive approach to their health and wellness. While the other choices might seem like viable options, they do not address the potential medical concerns that could be hindering weight loss. For instance, natural weight loss supplements may not be effective or could be inappropriate for the client, and suggesting a caloric restriction could lead to inadequate nutrition or unintended health consequences. Increasing the volume of physical activity may not yield the desired results if there are underlying health issues at play, which is why consultation with a health care provider takes precedence.

**6. A body mass index of \_\_\_\_\_ would place an individual in the "normal weight" category.**

- A. 15**
- B. 18**
- C. 22**
- D. 26**

A body mass index (BMI) that falls within the range for "normal weight" is typically defined as being between 18.5 and 24.9. A BMI of 22 comfortably fits within this normal range, indicating a healthy weight for the individual's height. When assessing BMI values, it's important to recognize that values below 18.5 can categorize individuals as underweight, which could lead to various health risks. Conversely, a BMI of 26 would place someone in the "overweight" category, suggesting a need for attention to lifestyle and health management. Thus, a BMI of 22 is indicative of a balanced and healthy body weight, making it the appropriate choice for the "normal weight" category.

**7. Individuals in precontemplation and contemplation stages often struggle with low levels of what?**

- A. Self-awareness**
- B. Self-efficacy**
- C. Self-esteem**
- D. Self-regulation**

Individuals in the precontemplation and contemplation stages of behavior change tend to struggle with low levels of self-efficacy. Self-efficacy refers to a person's belief in their ability to successfully execute the behaviors required to produce specific performance attainments. In the precontemplation stage, individuals may not even recognize that a behavior change is necessary or possible, resulting in a lack of confidence in their ability to make changes. Likewise, in the contemplation stage, even though they may recognize the need for change, they might still feel uncertain about their capacity to carry it out. This uncertainty can lead to hesitation in taking actionable steps toward change. A lack of self-efficacy can manifest as fear of failure, self-doubt, or feelings of inadequacy, which can impede progress. Therefore, developing self-efficacy is crucial in motivating individuals to move forward to the next stages of change. By fostering belief in their capabilities through support and skills-building, individuals can gain the confidence necessary to take action.

**8. What is an example of a non-nutritional factor that influences eating habits?**

- A. Cultural traditions surrounding meals**
- B. Caloric density of various foods**
- C. Macro and micronutrient content**
- D. Meal timing and portion sizes**

Cultural traditions surrounding meals are a significant non-nutritional factor that influences eating habits. These traditions can dictate not only what foods are consumed but also how and when they are eaten. For instance, certain cultures may have specific celebrations that include traditional dishes, impacting the food choices of individuals during these times. Moreover, rituals surrounding meals, such as communal eating or the types of foods associated with particular holidays, can deeply affect preferences and behaviors related to eating. In contrast, the other options focus more on nutritional aspects or behaviors directly tied to dietary content rather than cultural influences. Caloric density, macro and micronutrient content, and meal timing and portion sizes relate specifically to the nutritional value and quantity of food consumed, rather than the broader cultural practices influencing overall eating habits. Understanding this distinction is essential for grasping the various factors that shape dietary choices beyond mere nutritional content.

## 9. What is the goal of a behavioral functional assessment?

- A. To evaluate mental health disorders
- B. To identify connections between physical fitness and weight
- C. To identify connections between behaviors and the antecedents and consequences associated with those behaviors**
- D. To measure self-reported feelings of happiness

The goal of a behavioral functional assessment is to identify connections between behaviors and the antecedents and consequences associated with those behaviors. This process involves analyzing the factors that influence a person's behavior patterns, including triggers that lead to a behavior (antecedents) and the outcomes or responses that follow (consequences). By understanding these relationships, health coaches can develop effective strategies to modify behaviors, promote healthier habits, and ultimately enhance clients' well-being. This assessment is particularly valuable for addressing issues such as unhealthy lifestyle choices, addiction, or patterns of disordered eating, as it provides a framework for tailoring interventions that consider the unique circumstances surrounding an individual's actions.

## 10. When Jack rates his readiness to adopt a healthy behavior as a 3, which stage of change does this suggest?

- A. Precontemplation**
- B. Contemplation
- C. Preparation
- D. Action

When Jack rates his readiness to adopt a healthy behavior as a 3, it suggests he is in the contemplation stage of change. In this stage, individuals recognize the benefits of changing their behavior but may feel ambivalent or uncertain about committing to that change. A rating of 3 indicates that while Jack is considering the possibility of adopting healthier habits, he has not yet fully committed to taking actionable steps. In contrast, those in the precontemplation stage are typically unaware of the need for change or have no intention of changing their behavior in the foreseeable future. Therefore, a rating of 3 would not align with precontemplation, which is characterized by a lack of readiness to change. Understanding these stages helps health coaches tailor their approaches based on an individual's readiness and motivation.

# 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](mailto:hello@examzify.com).**

**Or visit your dedicated course page for more study tools and resources:**

**<https://acehealthcoach.examzify.com>**

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

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