

# ACE Health Coach Certification Practice Test (Sample)

## Study Guide



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

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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. Who is likely to have experienced fat cell hypertrophy?**
  - A. a 9-month-old girl who is categorized as obese**
  - B. a 16-year-old boy who became obese during a growth spurt**
  - C. a 40-year-old woman who gained weight moving her to the obese category**
  - D. a 50-year-old man who has been morbidly obese for most of his adult life**
  
- 2. What is the Mifflin-St. Jeor equation for estimating RMR for women?**
  - A.  $RMR = 99.9 \text{ wt (kg)} + 6.25 \times \text{ht (cm)} - 4.92 \times \text{age (yrs)} + 161$**
  - B.  $RMR = 99.9 \text{ wt (kg)} + 6.25 \times \text{ht (cm)} - 4.92 \times \text{age (yrs)} - 161$**
  - C.  $RMR = 655.1 + 9.6 \times \text{wt (kg)} + 1.8 \times \text{ht (cm)} - 4.7 \times \text{age (yrs)}$**
  - D.  $RMR = 66.5 + 13.8 \times \text{wt (kg)} + 5 \times \text{ht (cm)} - 6.8 \times \text{age (yrs)}$**
  
- 3. What psychological factor is often found to coexist with eating disorders, particularly anorexia and bulimia?**
  - A. Social isolation**
  - B. Anxiety disorders**
  - C. Substance abuse**
  - D. Personality disorders**
  
- 4. Which of the following components of emotional intelligence involves understanding the emotions, needs, and concerns of others?**
  - A. Self-awareness**
  - B. Self-regulation**
  - C. Empathy**
  - D. Social skills**
  
- 5. Which of the following factors is most important to assess before setting client health goals?**
  - A. Physical fitness level**
  - B. Client's values in life**
  - C. Geographical location**
  - D. Access to gym facilities**

- 6. What is a common psychological barrier clients face when starting an exercise regimen?**
- A. Lack of time**
  - B. High costs of gym memberships**
  - C. Fear of injury**
  - D. All of the above**
- 7. According to nutrition labeling standards, which listed ingredients are considered most abundant in a product?**
- A. The last ingredients listed**
  - B. The first ingredients listed**
  - C. The most processed ingredients**
  - D. Ingredients with added sugars**
- 8. What is a key dietary recommendation for individuals with iron-deficiency anemia?**
- A. Consume a source of vitamin C at each meal**
  - B. Include more whole grains in the diet**
  - C. Increase intake of dairy products**
  - D. Avoid high-protein foods**
- 9. What are the 3 skinfold sites to measure body fat for men?**
- A. chest, thigh, suprailium**
  - B. chest, thigh, abdomen**
  - C. tricep, thigh, abdomen**
  - D. tricep, thigh, suprailium**
- 10. A client has lost 5 lb and wants to lose 15 lb more. Based on her current caloric deficit, how long will it take to reach her goal?**
- A. 8 weeks**
  - B. 15 weeks**
  - C. 20 weeks**
  - D. 26 weeks**

## Answers

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

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## **Explanations**

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## 1. Who is likely to have experienced fat cell hypertrophy?

- A. a 9-month-old girl who is categorized as obese
- B. a 16-year-old boy who became obese during a growth spurt
- C. a 40-year-old woman who gained weight moving her to the obese category**
- D. a 50-year-old man who has been morbidly obese for most of his adult life

Fat cell hypertrophy refers to the increase in the size of existing fat cells (adipocytes), which can occur when a person gains weight. In the case of the 40-year-old woman who has gained weight, this individual is moving into the obese category likely as a result of accumulating excess body fat over time. As her body requires more energy storage due to an increased energy intake compared to expenditure, her existing fat cells expand to accommodate this surplus energy. This scenario is common in middle-aged adults who might gain weight due to various factors such as a slower metabolism, lifestyle changes, or hormonal shifts. The other individuals mentioned may not have experienced hypertrophy to the same degree. For instance, the 9-month-old girl is still developing, and her fat distribution will be influenced more by overall growth patterns rather than just weight gain. The 16-year-old boy is likely in a developmental stage where both fat cell hypertrophy and hyperplasia (the formation of new fat cells) can occur during puberty. The 50-year-old man who has been morbidly obese for most of his life may have undergone both hypertrophy and hyperplasia, but since he has been obese for a long time, his existing fat cells are already significantly enlarged,

## 2. What is the Mifflin-St. Jeor equation for estimating RMR for women?

- A.  $RMR = 99.9 \text{ wt (kg)} + 6.25 \times \text{ht (cm)} - 4.92 \times \text{age (yrs)} + 161$
- B.  $RMR = 99.9 \text{ wt (kg)} + 6.25 \times \text{ht (cm)} - 4.92 \times \text{age (yrs)} - 161$**
- C.  $RMR = 655.1 + 9.6 \times \text{wt (kg)} + 1.8 \times \text{ht (cm)} - 4.7 \times \text{age (yrs)}$
- D.  $RMR = 66.5 + 13.8 \times \text{wt (kg)} + 5 \times \text{ht (cm)} - 6.8 \times \text{age (yrs)}$

The Mifflin-St. Jeor equation for estimating resting metabolic rate (RMR) in women is correctly represented as  $RMR = 655.1 + 9.6 \times \text{weight (kg)} + 1.8 \times \text{height (cm)} - 4.7 \times \text{age (yrs)}$ . This equation takes into account several factors that influence metabolism, including weight, height, age, and gender, providing a more accurate estimation of RMR compared to older equations. In the context of assessing energy needs, this equation is particularly valuable for health coaches because RMR constitutes a significant portion of total daily energy expenditure (TDEE). Understanding how to calculate RMR accurately allows professionals to design tailored nutrition and exercise programs that reflect an individual's metabolic rate more closely. While the other provided choices differ in their numerical constants and coefficients, they do not align with the Mifflin-St. Jeor equation specifically designed for women. Therefore, understanding this equation is crucial for effective health coaching and supporting clients in their health and fitness goals.

**3. What psychological factor is often found to coexist with eating disorders, particularly anorexia and bulimia?**

- A. Social isolation
- B. Anxiety disorders**
- C. Substance abuse
- D. Personality disorders

Anxiety disorders are frequently found to coexist with eating disorders such as anorexia and bulimia. Individuals facing these eating disorders often experience high levels of anxiety, which can manifest as perfectionism, excessive worry about body image, and fear of weight gain. This relationship indicates that the psychological distress associated with anxiety may contribute to the development and maintenance of disordered eating behaviors. Anxiety can lead individuals to use restrictive eating or compensatory behaviors as a means of coping with their emotional state, creating a cycle that is hard to break. By recognizing the link between anxiety disorders and eating disorders, health coaches and professionals can develop more effective treatment approaches that address both the eating behavior and the underlying anxiety issues, fostering a holistic pathway to recovery. Understanding this co-occurrence is essential for creating effective interventions and supporting individuals in achieving healthier behavioral patterns.

**4. Which of the following components of emotional intelligence involves understanding the emotions, needs, and concerns of others?**

- A. Self-awareness
- B. Self-regulation
- C. Empathy**
- D. Social skills

Empathy is a crucial component of emotional intelligence that focuses on the ability to understand the emotions, needs, and concerns of others. This involves not only recognizing and interpreting verbal and non-verbal signals but also connecting with others' feelings and experiences on a deeper level. Empathy allows one to respond in a way that is sensitive and supportive, fostering stronger interpersonal relationships and promoting effective communication. This skill is fundamental in various contexts, such as coaching, where understanding a client's emotional state can greatly influence the approach taken to support their health and wellness journey. When a health coach demonstrates empathy, it helps build trust, encourages openness, and can lead to more meaningful discussions about personal challenges and motivations. In contrast, self-awareness refers to one's own emotions and how they affect behavior, which, while important, does not directly involve the understanding of others. Self-regulation pertains to controlling one's emotional responses rather than understanding the emotional landscape of others. Social skills encompass the ability to interact effectively with others but are more related to communication and relationship-building than the deep understanding of emotions that empathy entails.

**5. Which of the following factors is most important to assess before setting client health goals?**

- A. Physical fitness level**
- B. Client's values in life**
- C. Geographical location**
- D. Access to gym facilities**

Assessing a client's values in life is crucial before setting health goals because these values significantly shape what is meaningful and motivating for the client. When a client's goals align with their core values, they are more likely to be committed to the process and achieve lasting change. Values can include aspects of lifestyle, relationships, personal growth, and overall well-being, influencing how individuals prioritize their health and the types of goals they set. Understanding a client's values allows a health coach to tailor goals that resonate deeply with the client, increasing their motivation and adherence to a health plan. For example, if a client's value is family, a health goal may focus on activities that encourage family participation or overall health that supports family life. While factors like physical fitness level, geographical location, and access to gym facilities are relevant, they are secondary to the intrinsic motivation derived from personal values. Goals that emerge from an understanding of what truly matters to the client are more effective and sustainable over time.

**6. What is a common psychological barrier clients face when starting an exercise regimen?**

- A. Lack of time**
- B. High costs of gym memberships**
- C. Fear of injury**
- D. All of the above**

A common psychological barrier that clients face when starting an exercise regimen includes a variety of factors that can hinder their motivation and commitment. Among these, fear of injury is significant; many individuals worry about getting hurt while exercising, especially if they are new to physical activity or have had previous injuries. This concern can lead to avoidance of exercise, as clients may overestimate the risks involved. Additionally, while lack of time and the high costs of gym memberships are practical concerns that can affect participation, they also carry an emotional weight. Many clients feel overwhelmed by their schedules or believe that they simply cannot afford the commitment, which can lead to feelings of inadequacy or futility regarding their ability to embark on a fitness journey. By acknowledging these psychological barriers—fear of injury, perceived lack of time, and financial concerns—health coaches can better support their clients. They can provide reassurance, alternative solutions, or personalized plans that address these fears, ultimately helping clients overcome these barriers and engage more fully in their exercise regimens. This holistic approach is vital for fostering a positive mindset towards exercise and physical well-being.

**7. According to nutrition labeling standards, which listed ingredients are considered most abundant in a product?**

- A. The last ingredients listed**
- B. The first ingredients listed**
- C. The most processed ingredients**
- D. Ingredients with added sugars**

The first ingredients listed on a nutrition label are considered the most abundant in a product because food labeling regulations dictate that ingredients are listed in descending order by weight. This means that the ingredients that are present in the largest quantities are placed at the top of the ingredient list, while those that are less abundant are found towards the bottom. This system allows consumers to quickly identify the primary ingredients in a food product, which can inform their dietary choices and overall understanding of what they are consuming. It's essential for consumers to be aware of this labeling practice to make informed decisions about their nutrition and dietary needs.

**8. What is a key dietary recommendation for individuals with iron-deficiency anemia?**

- A. Consume a source of vitamin C at each meal**
- B. Include more whole grains in the diet**
- C. Increase intake of dairy products**
- D. Avoid high-protein foods**

A key dietary recommendation for individuals with iron-deficiency anemia is to consume a source of vitamin C at each meal. Vitamin C plays a crucial role in enhancing the absorption of non-heme iron, which is the type of iron found in plant-based foods. When vitamin C is ingested alongside iron-rich foods, it helps convert iron into a form that is more easily absorbed by the body. This recommendation is vital for individuals with iron-deficiency anemia because it can significantly improve their iron status and help alleviate the symptoms associated with anemia, such as fatigue and weakness. While it is helpful to include iron-rich foods in the diet, pairing them with vitamin C sources—such as citrus fruits, tomatoes, or bell peppers—can optimize iron absorption and support recovery from anemia. In contrast, the other options do not directly address the necessity of improving iron absorption or are less relevant for managing iron-deficiency anemia effectively.

**9. What are the 3 skinfold sites to measure body fat for men?**

- A. chest, thigh, suprailium**
- B. chest, thigh, abdomen**
- C. tricep, thigh, abdomen**
- D. tricep, thigh, suprailium**

The three skinfold sites to measure body fat for men are the chest, thigh, and suprailium. These specific areas are chosen because they represent a good distribution of subcutaneous fat, which is the layer of fat located under the skin. The chest skinfold is taken over the pectoral muscle and provides insight into upper body fat. The thigh skinfold is measured at the midpoint of the thigh and is beneficial for assessing lower body fat. The suprailium site, which is located just above the iliac crest of the hipbone, reflects fat distribution around the abdomen and lower torso. Together, these sites provide a comprehensive estimate of total body fat when used in skinfold measurements, aligning with standard practices in body composition analysis. Other combinations may include skinfold sites like the abdomen or tricep, but the chest, thigh, and suprailium are commonly recognized as the standard sites for men in many body fat assessment protocols.

**10. A client has lost 5 lb and wants to lose 15 lb more. Based on her current caloric deficit, how long will it take to reach her goal?**

- A. 8 weeks**
- B. 15 weeks**
- C. 20 weeks**
- D. 26 weeks**

To determine how long it will take for the client to lose an additional 15 pounds given her current caloric deficit, it is important to understand the relationship between caloric deficits and weight loss. Generally, a pound of body weight is approximately equivalent to a deficit of 3,500 calories. Therefore, to lose 15 pounds, a client would need to achieve a total caloric deficit of about 52,500 calories (15 pounds  $\times$  3,500 calories per pound). If the client has been consistently maintaining a caloric deficit that allowed her to lose 5 pounds, you can calculate the rate of weight loss in terms of time. For instance, if she lost 5 pounds over a specific time frame (e.g., 5 weeks), she would have a weekly caloric deficit that can be extrapolated to see how long it will take her to lose the additional 15 pounds. Assuming that the client plans to maintain her current caloric deficit, and you have identified that this rate leads to the need for approximately 20 weeks to reach her target (considering 1 pound of weight loss per week, which is a common and healthy rate), therefore reaching her goal is indeed realistic within that timeframe. Hence, given the

## 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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