

HEALTH COACHING BLOOD PRESSURE, DIABETES, AND LIFESTYLE PRACTICE TEST (SAMPLE) STUDY GUIDE



SAMPLE STUDY GUIDE WITH LIMITED QUESTIONS

VISIT US ONLINE FOR
THE FULL VERSION STUDY GUIDE

<https://healthcoachbpdidiabeteslifestyle.examzify.com>



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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 practices enhance client self-assessment at the beginning of each session?

- A. Immediately delivering a fixed agenda without check-in.
- B. Sending an email summary after the session.
- C. Ignoring client input to maintain control.
- D. Friendly greetings, asking about their state, and being sensitive to shifts.

2. What does authenticity mean in coaching?

- A. Authenticity refers to being genuine and true to oneself, which is essential for building trust in the coaching relationship.
- B. Authenticity means always agreeing with the client.
- C. Authenticity is about presenting a perfect image.
- D. Authenticity is irrelevant to coaching outcomes.

3. What does unfailing affirmations mean?

- A. Conveys acceptance and appreciation for the client's thoughts, feelings, and choices, fostering growth.
- B. Demands perfection from the client.
- C. Dismisses client concerns.
- D. Focuses on past failures.

4. What defines a high risk for heart disease according to the NCEP?

- A. Having heart disease or diabetes, or a 10-year risk score over 20%
- B. Having three or more risk factors
- C. A 10-year risk score over 40%
- D. High systolic blood pressure above 160

5. What is the purpose of reviewing past coach-client dynamics?

- A. To identify unrelated organizational issues.
- B. To identify potential red flags and improve future coaching relationships.
- C. To critique the client's past decisions.
- D. To determine the next coach's pay.

6. What is the BMI range for overweight?

- A. 30 to < 35
- B. 25.0 - 29.9
- C. 40 or higher
- D. 35 to < 40

7. What is the threshold for hypertensive crisis?

- A. Higher than 160 systolic or 100 diastolic.
- B. Higher than 200 systolic or 150 diastolic.
- C. Higher than 150 systolic or 90 diastolic.
- D. Higher than 180 systolic or 120 diastolic.

8. What does the term 'surrender' mean in the context of change?

- A. Giving in to making the change.
- B. Resisting the change at all costs.
- C. Abandoning the change after a trial period.
- D. Waiting for external permission to change.

9. Which stages are included in the five-stage cycle of Appreciative Inquiry?

- A. Define, Discover, Dream, Design, Destiny
- B. Explore, Analyze, Plan, Implement
- C. Define, Discover, Create, Deliver
- D. Initiate, Investigate, Imagine, Implement

10. Which of the following is one of the five core principles of Appreciative Inquiry?

- A. Deterministic principle.
- B. Reactive principle.
- C. Positive principle.
- D. Finite principle.

Answers

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

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Explanations

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1. What practices enhance client self-assessment at the beginning of each session?

- A. Immediately delivering a fixed agenda without check-in.
- B. Sending an email summary after the session.
- C. Ignoring client input to maintain control.

D. Friendly greetings, asking about their state, and being sensitive to shifts.

The main idea is to begin each session with a warm, client-centered check-in that invites self-assessment. When you greet the client and ask how they're feeling, you create space for them to reflect on their current state—physical sensations, mood, energy, sleep, stress, and any changes in their blood pressure or blood glucose patterns. Being attuned to shifts helps you notice patterns and concerns that may affect their health goals, so the session can be tailored to what they're experiencing right now. This approach strengthens self-awareness and engagement. By encouraging honest reflection at the start, clients see how their daily choices—like activity, meals, and stress management—are playing out, which boosts motivation and accountability. It also builds trust, making them more receptive to discussing barriers and adjusting plans in collaboration with you. In contrast, moving straight into a fixed agenda without checking in can sideline the client's current experiences, making self-assessment feel secondary. Waiting to send a summary after the session misses the live opportunity for reflection. Ignoring the client's input erodes autonomy and reduces the usefulness of self-monitoring. The friendly, open check-in that acknowledges how the client is doing and notices any shifts is the strongest foundation for meaningful self-assessment at the start of each session.

2. What does authenticity mean in coaching?

A. Authenticity refers to being genuine and true to oneself, which is essential for building trust in the coaching relationship.

- B. Authenticity means always agreeing with the client.
- C. Authenticity is about presenting a perfect image.
- D. Authenticity is irrelevant to coaching outcomes.

Authenticity in coaching means showing up as a genuine, true-to-yourself professional—your words, actions, and beliefs align. When you are authentic, clients sense consistency between what you say and what you do, which helps them feel safe to share honest struggles and try new behaviors. This alignment builds trust, and trust is the foundation of a productive coaching relationship. In health coaching, that means you're transparent about what you know, what you don't, and why you're asking certain questions. You model what you encourage, acknowledge your limits, and hold space for clients to explore goals without fear of judgment. That kind of environment makes clients more open, engaged, and willing to commit to sustainable changes. Authenticity isn't about always agreeing with the client. It's about honesty with empathy and a genuine concern for their well-being, while still supporting their autonomy. It isn't about presenting a perfect image—perfection is a barrier to trust. And it's not irrelevant; authenticity directly influences rapport, engagement, and outcomes in coaching.

3. What does unfailing affirmations mean?

- A. Conveys acceptance and appreciation for the client's thoughts, feelings, and choices, fostering growth.
- B. Demands perfection from the client.
- C. Dismisses client concerns.
- D. Focuses on past failures.

Unfailing affirmations means consistently validating a client's thoughts, feelings, and choices, which helps them grow. When you affirm someone, you acknowledge their experience without judgment and recognize their strengths, which builds trust and boosts self-efficacy. In health coaching, this approach signals safety and respect, making clients more open to exploring options and committing to action. This is why the option describing acceptance and appreciation of the client's thoughts, feelings, and choices, fostering growth, is the best fit. The other patterns—demanding perfection, dismissing concerns, or dwelling on past failures—undermine support and hinder progress by creating pressure, invalidation, or negativity.

4. What defines a high risk for heart disease according to the NCEP?

- A. Having heart disease or diabetes, or a 10-year risk score over 20%
- B. Having three or more risk factors
- C. A 10-year risk score over 40%
- D. High systolic blood pressure above 160

In this framework, high risk for heart disease is defined by either having heart disease already or a condition that carries the same risk as heart disease (a CHD risk equivalent), or by a calculated 10-year risk of a heart attack exceeding 20%. Diabetes is treated as a CHD risk equivalent because its impact on heart attack risk is similar to already having CHD. The 10-year risk score (often from the Framingham model) uses factors like age, cholesterol levels, blood pressure, smoking, and treatment status to estimate the chance of a heart attack in the next decade; if that estimate is over 20%, the person is considered high risk. The other options don't define high risk by this standard, though they influence risk levels: having three or more risk factors or very high blood pressure can raise risk, but the official high-risk criterion centers on CHD presence/risk-equivalent or a 10-year risk over 20%.

5. What is the purpose of reviewing past coach-client dynamics?

- A. To identify unrelated organizational issues.
- B. To identify potential red flags and improve future coaching relationships.
- C. To critique the client's past decisions.
- D. To determine the next coach's pay.

Examining how the coach and client have worked together helps you spot patterns that can either support or hinder progress, and then use that insight to shape a more effective relationship going forward. By looking at communication style, goal clarity, accountability, and what kinds of support were most helpful or least effective, you can identify red flags such as misaligned expectations or lapses in engagement. This awareness lets you tailor future sessions, set clearer boundaries, and build trust, making it easier for the client to follow through on lifestyle changes that affect blood pressure, diabetes management, and overall health. It's not about judging past client decisions, finding unrelated organizational issues, or deciding compensation for the next coach; those do not focus on improving the coaching relationship itself.

6. What is the BMI range for overweight?

- A. 30 to < 35
- B. 25.0 - 29.9**
- C. 40 or higher
- D. 35 to < 40

Overweight is defined by BMI values between 25.0 and 29.9. This range sits above the normal weight band (18.5–24.9) but below the obesity thresholds that start at 30.0. BMI estimates body mass relative to height, giving a quick sense of health risk associated with weight. Although it doesn't measure body fat directly, higher BMI within this range is associated with increased risk for conditions like hypertension and type 2 diabetes. The other numbers correspond to obesity classes: 30 to under 35 is obesity class I, 35 to under 40 is obesity class II, and 40 or higher is obesity class III.

7. What is the threshold for hypertensive crisis?

- A. Higher than 160 systolic or 100 diastolic.
- B. Higher than 200 systolic or 150 diastolic.
- C. Higher than 150 systolic or 90 diastolic.
- D. Higher than 180 systolic or 120 diastolic.**

Hypertensive crisis is defined by a blood pressure that reaches 180 systolic or 120 diastolic or higher because at this level the risk of sudden, serious organ injury rises quickly. That threshold signals the need for urgent medical assessment and often rapid, monitored treatment to prevent damage to the brain, heart, kidneys, and other organs. If blood pressure is higher but there are no signs of organ damage, it's called a hypertensive urgency, whereas with organ damage it's a hypertensive emergency requiring immediate care. Values like 160/100, 150/90, or 200/150 do not meet the crisis threshold in standard guidelines, since they represent severe hypertension or extreme readings but not the defined 180/120 line associated with crisis.

8. What does the term 'surrender' mean in the context of change?

- A. Giving in to making the change.
- B. Resisting the change at all costs.
- C. Abandoning the change after a trial period.**
- D. Waiting for external permission to change.

In change contexts, surrender means stopping the change after you've tried it for a period and deciding to revert to the previous pattern. It's a deliberate choice that the new approach isn't workable or sustainable right now, not about giving up in defeat or stubbornly resisting. It comes after evaluating how the change fits your life, not from external pressure or endless postponement. For example, you might trial a new eating habit for two weeks and then decide it doesn't fit your schedule or preferences, so you abandon it and return to your prior routine. This differs from trying to push yourself to adopt the change, which would imply forcing adoption, or resisting the change, which would mean continuing to oppose it without testing its practicality.

9. Which stages are included in the five-stage cycle of Appreciative Inquiry?

- A. Define, Discover, Dream, Design, Destiny**
- B. Explore, Analyze, Plan, Implement
- C. Define, Discover, Create, Deliver
- D. Initiate, Investigate, Imagine, Implement

Appreciative Inquiry works through a five-stage cycle that starts by clarifying the focus, then building on strengths, imagining future possibilities, designing action, and sustaining the change. The stages are Define, Discover, Dream, Design, Destiny. This sequence reflects moving from what's already working to co-creating and embedding future actions. The option that lists Define, Discover, Dream, Design, Destiny matches this AI cycle exactly. Other sequences use terms like Explore, Analyze, Plan, Implement or Create, Deliver, or Imagine, which don't align with the AI emphasis on strengths-based inquiry, envisioned futures, and ongoing transformation.

10. Which of the following is one of the five core principles of Appreciative Inquiry?

- A. Deterministic principle.
- B. Reactive principle.
- C. Positive principle.**
- D. Finite principle.

Appreciative Inquiry is guided by principles that shape how we discover and create change. The Positive principle centers on focusing on strengths, what's already working, and the possibilities for the future. By highlighting assets and success stories, it invites energy, imagination, and concrete steps toward a preferred future, rather than getting stuck in problems. This emphasis on constructive inquiry and optimistic vision is why the Positive principle is one of the five core principles. Deterministic, reactive, and finite describe approaches that don't align with AI's mindset. Deterministic implies fixed outcomes from fixed causes, which AI moves away from by co-creating outcomes. Reactive focuses on problems after they occur, whereas AI prioritizes proactive, future-oriented inquiry. Finite suggests limits to what's possible, but AI encourages expansive thinking and ongoing growth.

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://healthcoachbpdidiabeteslifestyle.examzify.com>

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

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