

HEALTH COACHING CERTIFICATION PRACTICE TEST (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. Why should added sugars and sodium be limited in dietary coaching, and what practical tips can help reduce them?**
 - A. To reduce risk of obesity, hypertension, and metabolic issues; tips: choose whole foods, cook at home, read labels, use herbs/spices.
 - B. To increase energy levels; tips: eat more sugar.
 - C. Sodium restriction has no health impact; tips: ignore labels.
 - D. Added sugars do not affect weight; tips: add more salt.
- 2. Which practice best supports client readiness in Motivational Interviewing?**
 - A. Provide expert directives without client input.
 - B. Use open-ended questions to explore values, barriers, and motivations.
 - C. Offer all information in a single long lecture.
 - D. Avoid discussing barriers.
- 3. Which approach best describes coaching for high stress or burnout?**
 - A. Assess stress levels, teach stress-management techniques (breathing, mindfulness), improve sleep and routines, schedule micro-breaks, and explore work-life balance; refer if burnout signs persist.
 - B. Ignore stress, push more tasks, skip sleep.
 - C. Only provide caffeine boosters.
 - D. Assume burnout can't be addressed.
- 4. Which statement best describes the purpose of clarifying responsibilities in the coaching agreement?**
 - A. Clarify the responsibilities of client and coach
 - B. Place all responsibility on the client
 - C. Leave responsibilities undefined
 - D. Assign blame when goals aren't met
- 5. According to general adult guidelines, how many days per week should strength training be performed?**
 - A. 1 day per week
 - B. 3 days per week
 - C. 4 days per week
 - D. 2 or more days per week

- 6. Stage 1 precontemplation in the Transtheoretical Model is defined as which?**
- A. The client has not yet acknowledged there is a problematic behavior that needs to change.
 - B. The client is willing to consider the possibility that there is a problem.
 - C. The client is actively taking steps to change.
 - D. The client has decided to change and is preparing to act.
- 7. What question helps define goals for six months?**
- A. What are your top 3 goals in the next six months?
 - B. Why have you failed before?
 - C. How much money can you make?
 - D. Do you want to quit?
- 8. Why are SMART goals useful in coaching?**
- A. SMART goals are optional and do not guide behavior.
 - B. SMART goals provide clear, measurable targets and milestones that guide behavior change.
 - C. SMART goals apply only to business settings.
 - D. SMART goals require perfection from the outset.
- 9. Which practice best ensures privacy and consent when establishing a baseline health behavior assessment?**
- A. Ask about all possible health data and share results with family.
 - B. Collect data without consent.
 - C. Store data in unsecured cloud without client notification.
 - D. Obtain informed consent, explain data handling and storage, gather health history and current behaviors, use minimal necessary data, ensure secure records, and document baseline metrics with client agreement.
- 10. How would you handle a coaching session with a client who has limited health literacy?**
- A. Use plain language, avoid jargon, use teach-back to confirm understanding, provide simple visual aids, and recap key points.
 - B. Use medical jargon to challenge them.
 - C. Record the session and share the recording publicly.
 - D. Skip explanations to avoid patronizing.

Answers

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

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Explanations

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1. Why should added sugars and sodium be limited in dietary coaching, and what practical tips can help reduce them?

A. To reduce risk of obesity, hypertension, and metabolic issues; tips: choose whole foods, cook at home, read labels, use herbs/spices.

B. To increase energy levels; tips: eat more sugar.

C. Sodium restriction has no health impact; tips: ignore labels.

D. Added sugars do not affect weight; tips: add more salt.

Limiting added sugars and sodium supports weight management and cardiovascular/metabolic health. Added sugars add calories without meaningful nutrients, which can drive excess weight; high sodium intake is linked to higher blood pressure and greater cardiovascular risk. In dietary coaching, the aim is to help clients reduce these components in a sustainable way without sacrificing enjoyment. Practical tips to achieve this include focusing on whole foods as the base of meals, since they typically contain less added sugar and salt than processed options. Cooking at home gives you control over what goes into dishes, allowing you to reduce sugar and salt easily. Reading labels helps identify hidden sugars and high-sodium ingredients so you can compare products and make better choices. Finally, flavor foods with herbs and spices instead of relying on salt, which keeps meals tasty while lowering sodium. The other options don't align with health evidence: increasing sugar intake or ignoring labels can worsen energy crashes, weight, and blood pressure, and adding more salt similarly raises health risks.

2. Which practice best supports client readiness in Motivational Interviewing?

A. Provide expert directives without client input.

B. Use open-ended questions to explore values, barriers, and motivations.

C. Offer all information in a single long lecture.

D. Avoid discussing barriers.

In Motivational Interviewing, the aim is to support a client's own motivation and readiness to change through a collaborative, nonjudgmental conversation. Using open-ended questions to explore values, barriers, and motivations fits this approach perfectly because it invites the client to articulate why change matters to them, surface hesitations, and voice personal goals. This helps uncover ambivalence and builds intrinsic motivation, while the practitioner reflects and guides rather than imposes. The other approaches clash with MI principles: giving expert directives without client input undermines autonomy and collaboration; delivering a single long lecture is a one-way, information-dumping method that can trigger resistance; avoiding discussion of barriers misses opportunities to address real obstacles and ambivalence that affect readiness.

3. Which approach best describes coaching for high stress or burnout?

- A. Assess stress levels, teach stress-management techniques (breathing, mindfulness), improve sleep and routines, schedule micro-breaks, and explore work-life balance; refer if burnout signs persist.**
- B. Ignore stress, push more tasks, skip sleep.
- C. Only provide caffeine boosters.
- D. Assume burnout can't be addressed.

Effective coaching for high stress or burnout focuses on practical stress reduction, recovery, and sustainable workload management. This approach starts with assessing stress levels to understand the specific pressures at play, then teaches stress-management techniques such as deliberate breathing and mindfulness to calm the nervous system. It also emphasizes improving sleep and daily routines, scheduling micro-breaks to prevent fatigue buildup, and exploring work-life balance to reduce ongoing strain, with a plan to refer if burnout signs persist. This combination addresses both the immediate symptoms and the underlying factors that fuel burnout, builds coping skills, and supports ongoing resilience. Ignoring stress and pushing more tasks only worsens burnout, while relying on caffeine boosters masks fatigue without solving underlying issues, and assuming burnout can't be addressed misses the opportunity for meaningful improvement.

4. Which statement best describes the purpose of clarifying responsibilities in the coaching agreement?

- A. Clarify the responsibilities of client and coach**
- B. Place all responsibility on the client
- C. Leave responsibilities undefined
- D. Assign blame when goals aren't met

Clarifying responsibilities in a coaching agreement creates a clear, collaborative partnership by defining who does what and when. When the client knows what actions are expected—such as trying agreed-upon behaviors, providing honest feedback, and reporting progress—and the coach knows what support will be provided—like guided questions, accountability check-ins, and resources—the coaching relationship is built on mutual accountability and practical boundaries. This separation helps prevent misunderstandings about who is responsible for what, keeps goals realistic, and keeps both parties actively engaged in the process. Why this fits best: coaching is a joint effort. It relies on the client taking action and the coach offering support, structure, and guidance. Other approaches undermine this dynamic: placing all responsibility on the client ignores the coach's role; leaving responsibilities undefined leads to confusion and scope creep; and blaming either party when goals aren't met damages trust and shifts focus away from learning and adjustment. Clear responsibilities support adherence, progress, and measurable outcomes in health coaching.

5. According to general adult guidelines, how many days per week should strength training be performed?

- A. 1 day per week
- B. 3 days per week
- C. 4 days per week
- D. 2 or more days per week**

A key idea here is how often adults should engage in resistance training to build or maintain strength. General guidelines recommend performing strength training on at least two days each week, targeting all major muscle groups. This frequency provides enough stimulus for progress while allowing adequate recovery between sessions, which is when muscles adapt. Scheduling sessions on non-consecutive days helps ensure the body has time to repair and grow stronger. While training more often is fine if you recover well, the minimum recommended is two days per week, making two or more days the best answer.

6. Stage 1 precontemplation in the Transtheoretical Model is defined as which?

- A. The client has not yet acknowledged there is a problematic behavior that needs to change.**
- B. The client is willing to consider the possibility that there is a problem.
- C. The client is actively taking steps to change.
- D. The client has decided to change and is preparing to act.

In the Transtheoretical Model, the first stage of change is when the person has not yet recognized that their behavior is problematic or that change is needed. They may deny or minimize the issue, or simply not be considering it at all. This is why the statement describing not acknowledging a problem fits best here—the person isn't ready to change because they don't yet see a reason to change. To connect the other ideas: recognizing a problem and weighing whether to change describes a later stage called contemplation. Being actively engaged in changing, taking steps, fits the action stage. Having decided to change and preparing to act aligns with the preparation stage.

7. What question helps define goals for six months?

- A. What are your top 3 goals in the next six months?**
- B. Why have you failed before?
- C. How much money can you make?
- D. Do you want to quit?

Setting goals with a six-month horizon helps you turn intentions into a concrete plan. The prompt that asks for your top three goals for the next six months is best because it forces you to prioritize what matters most and articulates specific targets you can act on within a defined period. This approach supports setting measurable progress, accountability, and direction for your coaching actions. By naming three priorities, you avoid vague wishes and create a feasible path you can track over time. The other options don't establish forward-looking, actionable goals: they focus on past setbacks, potential earnings, or a quitting decision, none of which provide a clear, time-bound target to guide behavior.

8. Why are SMART goals useful in coaching?

- A. SMART goals are optional and do not guide behavior.
- B. SMART goals provide clear, measurable targets and milestones that guide behavior change.**
- C. SMART goals apply only to business settings.
- D. SMART goals require perfection from the outset.

Clear, measurable targets and milestones guide behavior change. SMART goals turn vague intentions into concrete actions, so clients know exactly what to do and how progress will be tracked. Specificity defines what will be done; Measurable criteria show when progress is made; Achievable ensures the goal fits the client's capabilities and resources; Relevance ties the goal to the client's broader aims; Time-bound adds a deadline that creates focus and helps plan checkpoints. In coaching, this means you and the client agree on a precise outcome, a clear measurement of success, a realistic path, and a deadline. For example, instead of "eat healthier," a SMART goal might be: "eat at least four servings of vegetables on five days this week and swap one snack for fruit, for the next four weeks." This provides actionable steps, a way to evaluate progress, and a timeline to review and adjust. That structure keeps motivation high, makes progress visible, and allows timely adjustments—unlike goals that are vague, non-measurable, or unrealistic.

9. Which practice best ensures privacy and consent when establishing a baseline health behavior assessment?

- A. Ask about all possible health data and share results with family.
- B. Collect data without consent.
- C. Store data in unsecured cloud without client notification.
- D. Obtain informed consent, explain data handling and storage, gather health history and current behaviors, use minimal necessary data, ensure secure records, and document baseline metrics with client agreement.**

Respecting privacy and obtaining informed consent are essential when establishing a baseline health behavior assessment. The best approach starts with clear informed consent so the client understands what data will be collected, why it is being collected, how it will be used, and who may access it. Explaining data handling and storage builds transparency about where the information is kept, how it's protected, and how long it will be retained. Gathering health history and current behaviors should focus on information that is necessary to support the client, applying data minimization to reduce exposure of unnecessary details. Ensuring secure records—using protected storage, encryption where appropriate, and strict access controls—protects the client's sensitive information. Documenting the baseline metrics with the client's agreement creates an auditable record that this data collection occurred with consent and under agreed terms. This combination protects confidentiality, supports ethical practice, and fosters trust. Other practices undermine privacy and consent: collecting data without consent or sharing results with family without explicit permission breach confidentiality, and storing data in an unsecured cloud without notifying the client creates unnecessary risk and potential exposure.

10. How would you handle a coaching session with a client who has limited health literacy?

- A. Use plain language, avoid jargon, use teach-back to confirm understanding, provide simple visual aids, and recap key points.**
- B. Use medical jargon to challenge them.
- C. Record the session and share the recording publicly.
- D. Skip explanations to avoid patronizing.

When a client has limited health literacy, the priority is clear, accessible communication that supports true understanding and practical action. Using plain language means speaking without medical jargon, focusing on essential steps, and explaining any necessary terms in everyday language. Teach-back is a powerful way to confirm understanding: you ask the client to restate in their own words what was discussed, which helps reveal gaps and lets you correct them on the spot. Simple visual aids—like pictures, simple diagrams, or step-by-step charts—make concepts tangible and easier to remember. Then, recapping the key points at the end reinforces what matters most and clarifies next steps. This combination directly supports comprehension, recall, and safe self-management, which is why it's the most effective approach. Other options fall short: medical jargon can create barriers to understanding; recording and sharing the session publicly raises privacy and consent concerns; skipping explanations leaves the client without the support they need to grasp and apply recommendations. In practice, tailor explanations to the client, pause for questions, and confirm understanding before moving forward.

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://healthcoaching.examzify.com>

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

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