

NATIONAL ACADEMY OF SPORTS MEDICINE (NASM) CERTIFIED NUTRITION COACH (CNC) 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. When there is not enough oxygen available, what is pyruvate converted to instead of being used aerobically within the mitochondria?**
 - A. Acetic acid
 - B. Carbon dioxide
 - C. Lactic acid
 - D. Acetyl-CoA

- 2. A metabolic pathway that results in the generation of glucose from non-carbohydrate carbon substrates is referred to as what?**
 - A. Lipogenesis
 - B. Glycolysis
 - C. Gluconeogenesis
 - D. Glycogenesis

- 3. What type of compound is responsible for transporting cholesterol and other lipids in the bloodstream?**
 - A. Triglycerides
 - B. Phospholipids
 - C. Lipoprotein
 - D. Fatty acids

- 4. According to the SCOFF eating disorder assessment, how many positive answers might indicate an eating disorder?**
 - A. 2
 - B. 3
 - C. 1
 - D. 4

- 5. What is the intracellular-to-extracellular ratio of potassium?**
 - A. 10:1
 - B. 20:1
 - C. 30:1
 - D. 40:1

- 6. Which of the following is a characteristic of social networks?**
- A. They are based solely on geographical location.
 - B. They are groups that have a common interest or connection.
 - C. They consist only of family members.
 - D. They include professional relationships only.
- 7. Is it acceptable for a sedentary person to consume a high protein diet?**
- A. No, it can be harmful
 - B. Yes, but only up to 1.5 g/kg BW
 - C. Yes, typically up to 2.2 g/kg BW
 - D. Only if combined with exercise
- 8. Which of the following metabolic processes is stimulated by thyroid hormones?**
- A. Glycogenesis
 - B. Glycogenolysis
 - C. Fatty acid synthesis
 - D. Protein synthesis
- 9. What is the primary end-product of ethanol metabolism that is converted to acetyl-CoA?**
- A. Acetic acid
 - B. Acetyl-CoA
 - C. Acetate
 - D. Acetone
- 10. True or False: Ethanol metabolism is regulated by hormones and excess ethanol is stored in soft tissues.**
- A. True
 - B. False
 - C. Only in the liver
 - D. Only in muscles

Answers

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

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Explanations

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1. When there is not enough oxygen available, what is pyruvate converted to instead of being used aerobically within the mitochondria?

- A. Acetic acid
- B. Carbon dioxide
- C. Lactic acid**
- D. Acetyl-CoA

When oxygen levels are low, the body shifts its energy production from aerobic to anaerobic metabolism. Under these anaerobic conditions, pyruvate, which is a product of glycolysis, cannot enter the mitochondria for further oxidation due to the lack of oxygen. Instead, it is converted into lactic acid (or lactate) in order to regenerate NAD⁺, which is essential for the continuation of glycolysis. This allows for continued ATP production even in low-oxygen environments. Lactic acid buildup can lead to temporary muscle fatigue, but this process provides critical energy quickly when the body cannot rely on aerobic pathways. Understanding this conversion is crucial for recognizing how the body responds to intense exercise or prolonged physical activity when oxygen becomes limited. The other options do not accurately represent the anaerobic pathway. Acetic acid is not a direct product of pyruvate conversion in this context, nor is carbon dioxide; those are byproducts of aerobic respiration. Acetyl-CoA is produced from pyruvate during aerobic respiration when sufficient oxygen is present, indicating that the pathway is shifting away from anaerobic conditions. Thus, lactic acid is the correct conversion that occurs when oxygen is scarce.

2. A metabolic pathway that results in the generation of glucose from non-carbohydrate carbon substrates is referred to as what?

- A. Lipogenesis
- B. Glycolysis
- C. Gluconeogenesis**
- D. Glycogenesis

Gluconeogenesis is the metabolic pathway responsible for synthesizing glucose from non-carbohydrate sources, such as amino acids, glycerol, and lactate. This process occurs primarily in the liver and, to a lesser extent, in the kidneys. Gluconeogenesis is crucial during periods of fasting, low-carbohydrate diets, or intense exercise when the body needs to maintain adequate glucose levels for energy, especially for the brain and red blood cells. The pathway helps ensure that glucose can be produced even when dietary carbohydrate intake is insufficient, thus supporting vital metabolic functions. This contrasts with other metabolic processes, such as lipogenesis, which is the production of fat from excess carbohydrates or proteins, glycolysis, which is the breakdown of glucose to produce energy, and glycogenesis, the process of converting glucose into glycogen for storage. Understanding gluconeogenesis highlights the body's ability to adaptively manage energy resources from various substrates, vital for maintaining homeostasis.

3. What type of compound is responsible for transporting cholesterol and other lipids in the bloodstream?

- A. Triglycerides
- B. Phospholipids
- C. Lipoprotein**
- D. Fatty acids

The correct choice is lipoprotein, which plays a crucial role in the transport of cholesterol and other lipids through the bloodstream. Lipoproteins are complex particles composed of lipids and proteins that encapsulate and carry lipids such as cholesterol, triglycerides, and phospholipids, making them soluble in the blood. Cholesterol and other lipids are not water-soluble, which is why they require lipoproteins for transport. Different types of lipoproteins, such as low-density lipoproteins (LDL) and high-density lipoproteins (HDL), vary in density and function, further supporting various roles in lipid metabolism and transport within the body. LDL primarily carries cholesterol to cells, while HDL is involved in transporting cholesterol away from the cells back to the liver for excretion. The other choices represent different types of lipids. Triglycerides are the main form of stored fat in the body and are not primarily responsible for transporting cholesterol. Phospholipids are structural components of cell membranes and also do not function in the transport of lipids in the bloodstream. Fatty acids are the building blocks of fats but do not have a role in transporting cholesterol. Thus, lipoproteins are essential in lipid transport

4. According to the SCOFF eating disorder assessment, how many positive answers might indicate an eating disorder?

- A. 2**
- B. 3
- C. 1
- D. 4

The SCOFF questionnaire is a widely recognized screening tool that helps identify individuals who may be suffering from eating disorders. It consists of five specific questions about attitudes, behaviors, and symptoms related to eating habits. According to research and clinical guidelines surrounding the utilization of the SCOFF assessment, it is generally accepted that when an individual answers two or more questions positively, this typically raises a significant concern regarding the potential presence of an eating disorder. This threshold is based on extensive validation studies that have shown that two or more affirmative responses possess a strong correlation with a diagnosed eating disorder, suggesting that further evaluation is warranted. Fewer than two positive responses are generally not considered to provide enough evidence to suspect an eating disorder, leading to the conclusion that obtaining two or more positive answers is a more reliable indicator of an eating disorder. Thus, indicating two positive responses as a point of concern aligns with standard clinical practice and research findings in the assessment of eating disorders using the SCOFF tool.

5. What is the intracellular-to-extracellular ratio of potassium?

- A. 10:1
- B. 20:1
- C. 30:1**
- D. 40:1

The intracellular-to-extracellular ratio of potassium is primarily about maintaining cellular function, and the most accurate ratio is approximately 30:1. This means that potassium ions are found in a significantly higher concentration inside the cells compared to outside in the extracellular fluid. Potassium plays essential roles in various physiological processes, including maintaining the cell's resting membrane potential, which is crucial for the generation of action potentials in neurons and muscle cells. The high intracellular concentration of potassium is mainly due to the activity of the sodium-potassium pump, which actively transports sodium out of the cell and potassium into the cell, creating a gradient essential for various cellular processes. Understanding this ratio is critical in areas like fluid balance, nerve impulse conduction, and muscle contraction. A 30:1 ratio underscores the importance of potassium in cellular health and function, providing a clear context for the physiological relevance of potassium distribution within the body.

6. Which of the following is a characteristic of social networks?

- A. They are based solely on geographical location.
- B. They are groups that have a common interest or connection.**
- C. They consist only of family members.
- D. They include professional relationships only.

A characteristic of social networks is that they consist of groups that have a common interest or connection. Social networks are fundamentally about building relationships, which can be based on shared activities, interests, or experiences. This commonality brings individuals together, allowing them to interact, share information, and support each other within the network. While geographical location, family ties, and professional relationships can play a role in social networks, they do not define the entirety of what a social network is. Social networks can transcend geographical barriers and include a variety of different types of relationships, such as friendships, interests, and professional connections, making option B the most comprehensive and accurate description.

7. Is it acceptable for a sedentary person to consume a high protein diet?

- A. No, it can be harmful
- B. Yes, but only up to 1.5 g/kg BW
- C. Yes, typically up to 2.2 g/kg BW**
- D. Only if combined with exercise

A sedentary person can consume a high protein diet, and it is typically considered acceptable up to 2.2 grams of protein per kilogram of body weight. This level of protein intake, which is higher than the general recommendation for the average adult (around 0.8 grams per kilogram of body weight), can offer various benefits, such as supporting muscle maintenance and enhancing recovery from life activities, even in individuals who do not engage in regular exercise. High protein diets can also be associated with satiety, potentially aiding in weight management by helping individuals feel fuller for longer periods. Furthermore, protein plays a critical role in numerous bodily functions, including cellular repair, hormone production, and the immune response. However, it's essential to note that this level of protein intake should be balanced with overall nutrition, ensuring adequate intake of carbohydrates and fats, as well as vitamins and minerals. While a sedentary lifestyle does not necessitate high protein intake for muscle gain, the upper limit mentioned is still within a safe buffering zone for those who might experience protein needs that align with an active lifestyle in the future or who may want to increase physical activity levels. Additionally, while high protein diets can be beneficial, it's crucial for individuals to consult with health professionals, especially if they

8. Which of the following metabolic processes is stimulated by thyroid hormones?

- A. Glycogenesis
- B. Glycogenolysis**
- C. Fatty acid synthesis
- D. Protein synthesis

Thyroid hormones play a significant role in regulating metabolism within the body. They generally enhance metabolic activity, particularly in the processes related to energy production and utilization. Among the processes listed, glycogenolysis is critical because it involves the breakdown of glycogen into glucose, thereby increasing the availability of glucose in the bloodstream. This process is particularly important during times of energy demand, such as physical exercise or fasting. The stimulation of glycogenolysis by thyroid hormones contributes to a higher metabolic rate, aiding in the mobilization of energy. When thyroid hormone levels are elevated, the body is more efficient at converting stored glycogen into usable glucose. This effect is crucial for maintaining energy homeostasis and supporting overall metabolic function. The other processes listed, while important for overall metabolism, either do not reflect the stimulatory role of thyroid hormones as directly or pertain more to energy storage rather than mobilization. For instance, glycogenesis is the formation of glycogen from glucose, which is not typically stimulated by thyroid hormones. Fatty acid synthesis, primarily a storage process, is also not the primary focus of thyroid hormone action, which tends to lean towards facilitating energy availability. Protein synthesis does occur as a result of various hormonal actions, but it is not

9. What is the primary end-product of ethanol metabolism that is converted to acetyl-CoA?

- A. Acetic acid
- B. Acetyl-CoA
- C. Acetate**
- D. Acetone

The primary end-product of ethanol metabolism that is converted to acetyl-CoA is acetate. When ethanol is consumed, it undergoes a series of metabolic transformations primarily in the liver. The process begins with ethanol being oxidized to acetaldehyde, which is then further oxidized to acetate. Once acetate is formed, it can then enter the citric acid cycle (also known as the Krebs cycle) when converted to acetyl-CoA. Acetyl-CoA is a crucial molecule involved in energy production, as it serves as a substrate for energy metabolism and is pivotal in the synthesis of fatty acids and cholesterol. This pathway highlights how ethanol metabolism not only impacts immediate energy availability but also influences broader metabolic processes, including those related to fat storage and energy balance. Thus, acetate is correctly identified as the primary end-product that transitions into the important metabolite acetyl-CoA.

10. True or False: Ethanol metabolism is regulated by hormones and excess ethanol is stored in soft tissues.

- A. True
- B. False**
- C. Only in the liver
- D. Only in muscles

The statement that ethanol metabolism is regulated by hormones and excess ethanol is stored in soft tissues is indeed not accurate, making the answer false. Ethanol is primarily metabolized in the liver, where its breakdown is regulated by various enzymes rather than hormones. During this metabolic process, ethanol is converted into acetaldehyde and then into acetate before being used for energy or converted to fat. Furthermore, the body does not store ethanol in soft tissues. Instead, any excess ethanol that is not metabolized promptly is more likely to lead to increased fat production in the liver and other metabolic disturbances, but it does not accumulate in tissues in the way that fat or glycogen might. The digestion and metabolism of ethanol lead to its utilization for energy or conversion into fat, which may subsequently be stored in adipose tissues, but ethanol itself is not a substance that the body stores like macronutrients.

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://nasm-certifiednutritioncoach.examzify.com>

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

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