

National Board for Health & Wellness Coaching (NBHWC) Practice Test (Sample)

Study Guide



Everything you need from our exam experts!

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SAMPLE

Questions

- 1. What is the primary importance of session notes for a coach?**
 - A. To track the history of the client's issues**
 - B. To provide a reference for future sessions**
 - C. To ensure compliance with regulations**
 - D. To utilize in marketing strategies**
- 2. When must a health coach disclose a client's protected health information?**
 - A. When a researcher requests it for analysis**
 - B. When the client requests it**
 - C. When a healthcare provider asks for it**
 - D. When a local public health official makes a formal request**
- 3. What is the main objective of establishing rapport between a coach and client?**
 - A. To ensure clients follow instructions.**
 - B. To create a trusting and open communication environment.**
 - C. To assess the client's financial situation.**
 - D. To evaluate the client's past successes only.**
- 4. What component of the SMART criteria is missing if a client's goal is to exercise 3 days a week but does not consider her previous activity level?**
 - A. Specific**
 - B. Measurable**
 - C. Realistic**
 - D. Time-Bound**
- 5. What stage of appreciative inquiry is represented by asking a client about past successes in managing stress?**
 - A. Define.**
 - B. Discover.**
 - C. Dream.**
 - D. Design.**

- 6. Offering free coaching sessions as part of a package deal for services is considered what in ethical terms?**
- A. Acceptable because the additional coaching sessions are free**
 - B. Unacceptable because the offer is a conflict of interest per the NBHWC Code of Ethics**
 - C. Acceptable given the 3 free sessions were included as part of the coaching agreement.**
 - D. Unacceptable as it is a violation of the professional code of conduct at large per the NBHWC Code of Ethics.**
- 7. What is the recommended ratio of reflections to questions for coaching effectiveness?**
- A. 2:1**
 - B. 3:1**
 - C. 1:2**
 - D. 1:3**
- 8. According to the transtheoretical model, which transition is considered the most difficult?**
- A. Precontemplation to Contemplation**
 - B. Contemplation to Preparation**
 - C. Preparation to Action**
 - D. Action to Maintenance**
- 9. Using a strength-based approach in coaching primarily enhances which aspect of a client's experience?**
- A. Ability to set goals.**
 - B. External motivation.**
 - C. Internal motivation.**
 - D. Positivity mindset.**
- 10. What type of reflection is shown when a coach mirrors the feeling of stress expressed by a client?**
- A. Simple**
 - B. One-sided**
 - C. Amplified**
 - D. Double-Sided**

Answers

SAMPLE

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

SAMPLE

Explanations

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1. What is the primary importance of session notes for a coach?

- A. To track the history of the client's issues**
- B. To provide a reference for future sessions**
- C. To ensure compliance with regulations**
- D. To utilize in marketing strategies**

Session notes serve a crucial role in the coaching process, primarily by providing a reference for future sessions. They help the coach recall important details about the client's journey, including their goals, progress, and challenges faced. This continuity is essential for maintaining a supportive coaching relationship, as it allows the coach to build upon previous discussions and ensure that the client feels heard and understood. By documenting the specifics of each session, coaches can tailor their approach to meet the individual needs of their clients. This reference becomes a valuable tool for setting future objectives, tracking progress, and making informed decisions about the direction of coaching. Overall, effective session notes enhance the coaching experience by promoting consistency and accountability, which are vital components of a successful coaching relationship.

2. When must a health coach disclose a client's protected health information?

- A. When a researcher requests it for analysis**
- B. When the client requests it**
- C. When a healthcare provider asks for it**
- D. When a local public health official makes a formal request**

A health coach must disclose a client's protected health information when the client requests it because this aligns with the principles of client autonomy and the right to access their own health information. Clients have the right to know what information is being held about them, and they can request copies of their records or ask for specific information to be shared. This ensures that clients remain informed and empowered in their health journey. The other situations, such as a researcher requesting the information or a healthcare provider asking for it, typically require more stringent protocols and prior consent from the client due to regulations like HIPAA (Health Insurance Portability and Accountability Act). Similarly, requests from public health officials often come with specific legal requirements and do not automatically grant them access to protected health information without proper authorization or justification. Thus, client-requested access stands out as a clear instance where disclosure is appropriate and expected.

3. What is the main objective of establishing rapport between a coach and client?

- A. To ensure clients follow instructions.**
- B. To create a trusting and open communication environment.**
- C. To assess the client's financial situation.**
- D. To evaluate the client's past successes only.**

Establishing rapport between a coach and client primarily aims to create a trusting and open communication environment. This connection fosters a sense of safety and comfort, allowing clients to express themselves freely and candidly. When clients feel understood and accepted, they are more likely to engage in meaningful conversations about their goals, challenges, and aspirations. This trust is essential for effective coaching, as it encourages clients to be honest about their experiences and more receptive to feedback and guidance. While following instructions, assessing financial situations, or evaluating past successes can be components of the coaching process, they do not serve the fundamental purpose of building rapport. The essence of a successful coaching relationship lies in the mutual respect and understanding that rapport generates, enabling a productive and supportive dynamic throughout the coaching experience.

4. What component of the SMART criteria is missing if a client's goal is to exercise 3 days a week but does not consider her previous activity level?

- A. Specific**
- B. Measurable**
- C. Realistic**
- D. Time-Bound**

The component of the SMART criteria that is missing when a client's goal is to exercise three days a week without considering her previous activity level is the aspect of realism. Setting a realistic goal involves ensuring that it is attainable given the individual's current circumstances, including their previous activity level and any physical or psychological barriers they may face. When someone sets a goal, it is crucial to create an objective that aligns with their past experiences and abilities. If the target is too ambitious compared to what the person has previously achieved, this may lead to feelings of discouragement or failure. For example, if the client had been inactive for an extended period, jumping straight into exercising three days a week might not be feasible and could result in injury or burnout. Furthermore, incorporating previous activity levels can help create goals that build upon the client's existing foundation, ensuring they feel motivated and capable of achieving success. A SMART goal should not only be specific, measurable, and time-bound but also realistic, to foster lasting behavioral change and maintain client engagement.

5. What stage of appreciative inquiry is represented by asking a client about past successes in managing stress?

A. Define.

B. Discover.

C. Dream.

D. Design.

The stage of appreciative inquiry represented by asking a client about past successes in managing stress is the Discover stage. During this phase, the focus is on exploring and identifying what has worked well in the past. By inquiring about previous successes, the coach facilitates a deeper understanding of the client's strengths, capabilities, and resources. This process highlights positive experiences and empowers clients by helping them recognize their accomplishments and inherent strengths in handling stress. The Discover stage is crucial as it lays the foundation for the subsequent phases of appreciative inquiry, guiding clients toward envisioning future possibilities and designing strategies based on their past successes. Engaging in this reflective process promotes a strengths-based approach, which is essential for fostering resilience and motivation in clients. The other stages, like Define, Dream, and Design, serve different purposes within the appreciative inquiry process. Define focuses on clarifying the topic of inquiry; Dream involves envisioning the future possibilities based on insights gathered; and Design encompasses creating actionable plans. Each stage builds upon the understanding developed during the Discover phase.

6. Offering free coaching sessions as part of a package deal for services is considered what in ethical terms?

A. Acceptable because the additional coaching sessions are free

B. Unacceptable because the offer is a conflict of interest per the NBHWC Code of Ethics

C. Acceptable given the 3 free sessions were included as part of the coaching agreement.

D. Unacceptable as it is a violation of the professional code of conduct at large per the NBHWC Code of Ethics.

Offering free coaching sessions as part of a package deal can present ethical concerns, specifically regarding the potential for conflicts of interest. According to the NBHWC Code of Ethics, any offer that could compromise the professional integrity or create an undue influence on the participant's decision-making processes may be viewed as a conflict of interest. In this case, while the coaching sessions are labeled as "free," they could still create an illusion of obligation or expectation, thereby placing pressure on the client. This situation can impair the client's ability to make fully autonomous choices about their coaching engagement. Ethical practice in health and wellness coaching is rooted in transparency and the avoidance of any arrangements that might exploit vulnerabilities or heavily influence the client's commitment to the coaching process. The importance of maintaining clear and ethical boundaries in professional relationships is a fundamental aspect of the field, making it essential for coaches to consider how their offers might be perceived and the implications they might have on client autonomy and decision-making.

7. What is the recommended ratio of reflections to questions for coaching effectiveness?

A. 2:1

B. 3:1

C. 1:2

D. 1:3

A reflection to question ratio of 2:1 is recommended for effective coaching because it emphasizes the importance of active listening and validation of the client's thoughts and feelings. Reflections allow the coach to demonstrate understanding and empathy, creating a safe space for the client to explore their thoughts deeper. This ratio encourages coaches to not only ask questions but also to reflect back on what clients express, fostering a more engaging and supportive dialogue. When a coach provides two reflections for every question, it helps to enhance the client's self-awareness and reinforces their insights. This approach facilitates a richer conversation and can lead to breakthroughs in understanding, as clients feel that their experiences are being acknowledged and valued. The balance of reflections versus questions ensures that the coaching session is centered around the client, promoting a more meaningful exploration of their goals and challenges. In contrast, a higher ratio of questions to reflections could lead to a more interrogative atmosphere, reducing the opportunity for the client to process their emotions fully. Hence, the 2:1 ratio is a strategic and effective approach in health and wellness coaching.

8. According to the transtheoretical model, which transition is considered the most difficult?

A. Precontemplation to Contemplation

B. Contemplation to Preparation

C. Preparation to Action

D. Action to Maintenance

The transition from precontemplation to contemplation is often regarded as the most difficult step within the transtheoretical model of behavior change. This stage involves moving from a state where individuals are not even considering change to one where they begin to recognize a need for change and start thinking about it. This transition is challenging because individuals in the precontemplation stage may be unaware of the issues or problems associated with their behavior, or they may be in denial about the necessity for change. Their awareness is low, and they might resist the idea of changing due to a lack of recognition of the negative impact their current behavior has on their lives. In contrast, the transitions that follow (from contemplation to preparation, preparation to action, and action to maintenance) often involve more concrete steps and planning, where individuals are actively engaged in the process of change. By the time individuals reach contemplation, they are already considering their options and weighing the benefits and costs, which represents a shift towards readiness for change that can feel less daunting. Thus, the initial transition sets the stage for all subsequent changes, making it particularly critical and often the most challenging one to navigate.

9. Using a strength-based approach in coaching primarily enhances which aspect of a client's experience?

- A. Ability to set goals.**
- B. External motivation.**
- C. Internal motivation.**
- D. Positivity mindset.**

A strength-based approach in coaching focuses on identifying and leveraging a client's strengths, which fundamentally enhances their internal motivation. This method encourages clients to recognize and utilize their intrinsic abilities and resources, fostering a sense of empowerment and self-efficacy. By concentrating on what clients already do well rather than solely on their deficits or challenges, coaches help clients develop a deeper connection to their personal values and goals. This naturally boosts their internal motivation, as clients feel more capable and driven to take action when they are aligned with their strengths. The other choices don't capture the core benefit of a strength-based approach as effectively as internal motivation does. Goal setting may be influenced by recognizing strengths, but the main enhancement lies in the internal drive rather than just the ability to set goals. External motivation typically relies on outside factors or pressures, which is contrary to the ethos of a strength-based approach that aims to cultivate self-driven processes. A positivity mindset may arise from utilizing strengths, but it is a broader concept that doesn't specifically address the personal ownership and empowerment associated with internal motivation.

10. What type of reflection is shown when a coach mirrors the feeling of stress expressed by a client?

- A. Simple**
- B. One-sided**
- C. Amplified**
- D. Double-Sided**

The type of reflection demonstrated when a coach mirrors the feeling of stress expressed by a client is simple reflection. This technique involves the coach restating or paraphrasing what the client has said in a way that captures the essence of their feelings, without adding any interpretation or bias. By doing so, the coach validates the client's emotional experience, allowing them to feel heard and understood. This simple mirroring can help the client recognize their own feelings more clearly and can facilitate deeper exploration of their stress and its underlying causes. While other types of reflection like amplified or double-sided may also involve reflecting feelings, they typically do so in a way that exaggerates the emotion or brings in conflicting perspectives, which is not the case in this scenario. Simple reflection is straightforward and focuses on the client's expressed feelings, making it the most appropriate choice for the situation described.