

NATIONAL BOARD FOR HEALTH & WELLNESS COACHING (NBHWC) PRACTICE TEST (SAMPLE) STUDY GUIDE



SAMPLE STUDY GUIDE WITH LIMITED QUESTIONS

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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 is the most concerning aspect of a client's well-being assessment if their physical activity level is only 2 days a week?**
 - A. Blood pressure
 - B. Total cholesterol
 - C. Fruits/Vegetable intake
 - D. Physical activity level
- 2. What is NOT an expected benefit of effective goal setting in wellness coaching?**
 - A. Goal clarity
 - B. Reduction of anxiety
 - C. Improvement of self-regulation
 - D. Increased procrastination
- 3. If a member of a Facebook group shares a client's protected health information, what is the best first step for an NBC-HWC?**
 - A. Report the violation to the accrediting program
 - B. Do nothing since the group is private
 - C. Message the member to delete the post
 - D. Notify group moderators of the violation
- 4. When a coach relates to a client's struggles using personal experience, what is this an example of?**
 - A. Pity
 - B. Sympathy
 - C. Empathy
 - D. Evaluation
- 5. A client has submitted their wellness assessment to their coach, revealing a high HDL level. Which of the following might the coach note as a concern?**
 - A. Blood pressure
 - B. BMI
 - C. Total cholesterol
 - D. HDL

- 6. Which of the following statements is NOT a purpose of goal-setting with clients in wellness coaching?**
- A. Goals serve as a way to direct a client's attention.
 - B. Setting goals improves self-efficacy.
 - C. Goals positively affect persistence.
 - D. Goals are energizing.
- 7. Which of the following is an important aspect of maintaining client confidentiality?**
- A. Sharing information with the client's family
 - B. Documenting every conversation
 - C. Avoiding unapproved disclosures
 - D. Keeping records indefinitely
- 8. When utilizing the decisional balance tool, what aspect is most likely to encourage change talk?**
- A. Describing the benefits of staying the same
 - B. Describing the benefits of making a change
 - C. Listing concerns about making a change
 - D. Listing concerns about staying the same
- 9. Which element of the SMART acronym is the coach clarifying by asking if the goal is within the client's capabilities?**
- A. Specific
 - B. Measurable
 - C. Attainable
 - D. Time-bound
- 10. What stage of change is the client likely in if they are planning a morning yoga routine?**
- A. Precontemplation
 - B. Contemplation
 - C. Preparation
 - D. Maintenance

Answers

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

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Explanations

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1. What is the most concerning aspect of a client's well-being assessment if their physical activity level is only 2 days a week?

- A. Blood pressure
- B. Total cholesterol
- C. Fruits/Vegetable intake
- D. Physical activity level**

The primary concern in this scenario is the client's physical activity level. Engaging in physical activity only two days a week can significantly impact overall health and well-being. Regular physical activity is essential for maintaining cardiovascular health, managing weight, enhancing mental health, and preventing chronic diseases such as diabetes and hypertension. A lower frequency of physical activity can result in a sedentary lifestyle, which is associated with various health risks, including obesity, increased blood pressure, and higher cholesterol levels. While blood pressure, total cholesterol, and fruit and vegetable intake are indeed important components of overall health, the immediate concern based on the assessment is the insufficiency of the client's physical activity, which can lead to a cascade of negative health outcomes if not addressed. In encouraging improvements, prioritizing an increase in physical activity can lead to better outcomes in other health metrics as well, making it a critical aspect to focus on in the context of wellness coaching. Establishing a foundation of regular physical activity can motivate positive changes in diet, blood pressure, and cholesterol levels over time.

2. What is NOT an expected benefit of effective goal setting in wellness coaching?

- A. Goal clarity
- B. Reduction of anxiety
- C. Improvement of self-regulation
- D. Increased procrastination**

Effective goal setting in wellness coaching is designed to foster positive outcomes, such as enhancing motivation, promoting self-regulation, and clarifying what individuals want to achieve. The three options representing expected benefits—goal clarity, reduction of anxiety, and improvement of self-regulation—are intrinsic to the goal-setting process. Goal clarity ensures that clients understand their objectives, which leads to improved focus and direction in their wellness journey. The reduction of anxiety occurs when individuals have clear and manageable goals, as they feel more in control and capable of making progress. Improvement of self-regulation is facilitated through goal setting because it encourages individuals to monitor their behaviors and progress, helping them to adjust their strategies and stay committed to their goals. In contrast, increased procrastination is counterproductive and not a benefit of effective goal setting. Ideally, effective goal setting should encourage action and accountability rather than lead to avoidance or delay in pursuing wellness activities. Therefore, this option stands out as the one that does not align with the expected benefits of effective goal setting in wellness coaching.

3. If a member of a Facebook group shares a client's protected health information, what is the best first step for an NBC-HWC?

- A. Report the violation to the accrediting program
- B. Do nothing since the group is private
- C. Message the member to delete the post**
- D. Notify group moderators of the violation

When a member of a Facebook group shares a client's protected health information, the immediate step to take is to message the member to delete the post. This is crucial for several reasons. First, preserving client confidentiality and upholding ethical standards are fundamental responsibilities of a National Board Certified Health and Wellness Coach (NBC-HWC). By contacting the individual who made the post, you can encourage them to recognize the seriousness of the situation and the potential harm that could come from disclosing sensitive information, even in a private group setting. This proactive approach emphasizes the importance of confidentiality and fosters an environment where privacy is respected. Additionally, this immediate action provides an opportunity to educate the group member on the legal and ethical implications of sharing protected health information, reinforcing the standards expected in the health coaching profession. While notifying group moderators or reporting the violation to the accrediting program may also be necessary actions to help ensure further accountability and prevention, the most direct first step in addressing the specific violation at hand is to communicate directly with the individual who posted the information. This helps to resolve the issue at the source and reinforces a culture of confidentiality within the group.

4. When a coach relates to a client's struggles using personal experience, what is this an example of?

- A. Pity
- B. Sympathy**
- C. Empathy
- D. Evaluation

When a coach relates to a client's struggles using personal experience, it exemplifies sympathy. This involves an emotional response where the coach acknowledges the client's feelings and demonstrates care or concern based on their own similar experiences. Sympathy allows coaches to connect with clients by conveying understanding and shared emotions, thus fostering a supportive environment. In this context, sharing personal experiences helps the client feel less isolated in their struggles. It signifies that the coach has faced challenges as well, which can build rapport and trust. However, while sympathy is about recognizing another's feelings, it does not necessarily encompass the deeper emotional resonance that empathy entails. Empathy would involve not just understanding but also deeply feeling what the client is experiencing without necessarily sharing personal experiences, which is a crucial distinction. Pity, on the other hand, can often imply a sense of condescension or that the client is in a lesser position, which is not the intention in a coaching relationship. Evaluation focuses on assessing or judging a situation rather than relating to it on an emotional level.

5. A client has submitted their wellness assessment to their coach, revealing a high HDL level. Which of the following might the coach note as a concern?

- A. Blood pressure
- B. BMI
- C. Total cholesterol

D. HDL

The correct response highlights the need for a nuanced understanding of HDL (high-density lipoprotein), commonly known as "good" cholesterol. A high HDL level is generally considered beneficial as it is associated with a lower risk of heart disease. However, in some cases, an excessively high HDL can be problematic. Research suggests that extremely elevated levels of HDL may be linked to an increased risk of cardiovascular events in certain populations, particularly if accompanied by other abnormalities in lipid levels or other risk factors. Regarding the other options, they may still be relevant factors affecting client health, such as blood pressure contributing to cardiovascular risk or BMI being an indicator of overall health, yet they do not directly relate to the specific concern about high HDL levels. Total cholesterol, while important to monitor, does not highlight the same specific potential issue as an excessively high HDL might in certain contexts. Thus, the focus on HDL as a concern reflects an understanding of the complexities surrounding cholesterol levels and their implications for health.

6. Which of the following statements is NOT a purpose of goal-setting with clients in wellness coaching?

A. Goals serve as a way to direct a client's attention.

B. Setting goals improves self-efficacy.

C. Goals positively affect persistence.

D. Goals are energizing.

The statement that setting goals improves self-efficacy is a common misconception about the purpose of goal-setting in wellness coaching. While self-efficacy, which refers to a person's belief in their ability to succeed in specific situations, is indeed influenced by a variety of factors including past experiences, modeling, and verbal persuasion, it is not a primary purpose of goal-setting itself. Goal-setting primarily serves to direct clients' attention, keep them focused on their desired outcomes, and create a sense of direction in their wellness journey. This focus helps clients prioritize actions and decisions that are aligned with their goals. Additionally, setting specific and measurable goals can enhance a client's motivation and persistence, as they have clear benchmarks to strive for and can track their progress over time. Goals can also be energizing, providing clients with the motivation to engage and take action towards their wellbeing. Overall, while self-efficacy is an important concept in coaching, the primary purposes of goal-setting revolve around direction, persistence, and energy rather than directly improving self-efficacy.

7. Which of the following is an important aspect of maintaining client confidentiality?

- A. Sharing information with the client's family
- B. Documenting every conversation
- C. Avoiding unapproved disclosures**
- D. Keeping records indefinitely

Maintaining client confidentiality is a critical ethical obligation in health and wellness coaching. The most vital aspect of this is avoiding unapproved disclosures, as it directly safeguards the personal and sensitive information shared by clients. Clients entrust coaches with information that is often deeply personal, and it is essential for the coach to respect this privacy by not sharing details without the client's explicit consent. This practice fosters a trusting relationship between the coach and the client, encouraging openness and honesty during coaching sessions. Other aspects related to confidentiality, such as documenting conversations and holding onto records, are important for accountability and follow-up but do not directly address the core principle of confidentiality. Keeping records indefinitely may also clash with best practices and legal standards regarding data retention and privacy, as most guidelines suggest retaining records only for as long as necessary. Sharing information with a client's family without consent breaks confidentiality and could potentially harm the coaching relationship. Therefore, the focus on avoiding unapproved disclosures is paramount in maintaining the client's trust and adhering to ethical standards in coaching.

8. When utilizing the decisional balance tool, what aspect is most likely to encourage change talk?

- A. Describing the benefits of staying the same
- B. Describing the benefits of making a change**
- C. Listing concerns about making a change
- D. Listing concerns about staying the same

Describing the benefits of making a change is a powerful way to encourage change talk because it focuses on the positive outcomes and advantages that can result from adopting new behaviors or attitudes. This approach actively engages individuals by prompting them to reflect on what they could gain, which can stimulate motivation and confidence in their ability to change. When individuals articulate the potential benefits they perceive in making a change, they are more likely to feel empowered and optimistic about their choices. This positive framing helps them envision a better future and makes the idea of change more appealing. In motivational interviewing and coaching practice, this technique is crucial in fostering a supportive environment where clients can explore their desires and capabilities for change, ultimately leading to constructive dialogue about their goals and aspirations for health and wellness. Other options tend to focus on negative aspects or maintain the status quo, which may not inspire the same level of enthusiasm or commitment toward change.

9. Which element of the SMART acronym is the coach clarifying by asking if the goal is within the client's capabilities?

- A. Specific
- B. Measurable
- C. Attainable**
- D. Time-bound

The element of the SMART acronym that the coach is clarifying by asking if the goal is within the client's capabilities is "Attainable." This aspect focuses on ensuring that the goal set is realistic and can be achieved given the client's current resources, skills, and situation. During the coaching process, determining the attainability of a goal involves evaluating whether the client possesses the necessary tools and conditions to reach that goal, as well as considering any potential barriers. This helps in fostering a sense of confidence and motivation in the client, who may otherwise feel overwhelmed if the goals set are beyond their reach. The inquiry into attainability encourages thoughtful consideration of the client's abilities and limits, which is essential for building a path toward successful achievement of their goals.

10. What stage of change is the client likely in if they are planning a morning yoga routine?

- A. Precontemplation
- B. Contemplation
- C. Preparation**
- D. Maintenance

The stage of change that best describes a client who is planning a morning yoga routine is the Preparation stage. In this stage, individuals are ready to take action and have decided to make a change, indicated by their planning and intention to start a new behavior. In the context of behavior change models, those in the Preparation stage typically begin to formulate concrete plans for the changes they want to implement. They may start gathering resources, such as setting a schedule for their yoga routine, and organizing their environment to support this new habit. This readiness often involves a commitment to taking specific steps toward achieving their goals, which is precisely what the client is doing by planning to adopt a morning yoga practice. This contrasts with other stages. In Precontemplation, individuals are often unaware of any need for change or may not yet be considering taking action. In the Contemplation stage, clients are starting to think about the possibility of change but may be ambivalent about it. Finally, the Maintenance stage occurs after a client has successfully made a change and is focused on maintaining the new behavior over the long term. The client's current proactive planning aligns closely with the characteristics of the Preparation stage.

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://nbhwchealthwellnesscoaching.examzify.com>

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

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