

# CHC Practice Test Questions and Answers

## 1. What is a key feature of client-centered coaching?

- A) Coach sets the goals for the client
- B) Focuses on client-driven goals and values
- C) Emphasizes medical diagnosis
- D) Uses directive counseling

## 2. What does the SMART goal framework help clients do?

- A) Set vague long-term objectives
- B) Measure emotional readiness
- C) Develop realistic, trackable goals
- D) Create health plans for others

## 3. Why is active listening important in health coaching?

- A) Allows faster goal setting
- B) Reduces the need for documentation
- C) Demonstrates empathy and builds trust
- D) Limits the session time

## 4. How should a CHC address a client's exercise barriers?

- A) Tell the client they need more discipline
- B) Collaboratively identify specific barriers and brainstorm practical solutions that fit the client's life circumstances
- C) Ignore barriers and focus only on motivation
- D) Lower all expectations to eliminate any challenge

**Answers: 1-B 2-C 3-C 4-B**

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