

NBHWC Practice Test Questions and Answers

1. Which of the following is best for assessing visceral fat?

- A) Skin calipers
- B) BMI
- C) Waist circumference
- D) Waist-to-hip ratio

2. Which of the following is recommended by my plate as part of healthy diet?

- A) Total carbohydrate consumption should be less than 20g per day
- B) Total carbohydrate should be less than 20% of daily caloric intake
- C) Eat a vegetarian diet 80% of the time
- D) Limiting trans and saturated fats

3. In the context of active listening, what is the primary purpose of summarizing?

- A) To prove to the client that the coach has been paying attention.
- B) To transition the conversation to a new topic the coach wants to discuss.
- C) To collect key pieces of information and link them together, reinforcing the client's own statements about change.
- D) To offer the coach's interpretation of the client's situation.

4. What is the primary risk of a coach overusing simple reflections or "parroting"?

- A) The client may feel unheard or that the coach is not truly understanding them.
- B) The coach may misinterpret the client's core message.
- C) The session may move forward too quickly into action planning.
- D) The client may become overly dependent on the coach for answers.

Answers: 1-C 2-D 3-C 4-A

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