

01	☐ A	☐ B	☐ C	☐ D	☒ E
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31	☐ A	☐ B	☒ C	☐ D	☐ E
32	☐ A	☐ B	☒ C	☐ D	☐ E
33	☐ A	☐ B	☐ C	☐ D	☒ E
34	☒ A	☐ B	☐ C	☐ D	☐ E
35	☐ A	☐ B	☐ C	☒ D	☐ E
36	☐ A	☐ B	☒ C	☐ D	☐ E
37	☐ A	☐ B	☒ C	☐ D	☐ E
38	☐ A	☐ B	☐ C	☐ D	☒ E
39	☐ A	☐ B	☐ C	☒ D	☐ E

PRACTICE QUESTIONS

Health & Wellness Coach Certifying Examination Program (HWCCP)

HWCCE

Health & Wellness Coach Certifying Examination

EDITION

Demo

QUESTIONS

9

FORMAT

Limited Edition PDF

Before you begin

What this is

9 practice questions for Health & Wellness Coach Certifying Examination Program (HWCCP) **HWCCE**, each with its answer key and an explanation. Answer a question before you read its key — the explanation is worth more once you have committed.

If something looks wrong

Send us three things and we will check it:

- the exam code, **HWCCE**
- the question number
- the email address on your order

Write to **support@mometrix.net**. We reply within one business day.

QUESTION 1 SINGLE CHOICE

A client asks her wellness coach why she has been advised to choose whole grains over refined grains. Which response best reflects current evidence-based nutrition guidance?

- ☐ A Whole grains are lower in calories than refined grains.
- ☐ B Whole grains contain more protein than refined grains.
- ☒ C Whole grains provide more dietary fiber and micronutrients than refined grains.
- ☐ D Whole grains contain no starch, unlike refined grains.

ANSWER C

WHY Whole grains retain the bran and germ, so they provide more dietary fiber, B vitamins, minerals, and phytonutrients than refined grains, which have had the bran and germ removed. They are not meaningfully lower in calories, are not higher in protein overall, and they do contain starch.

QUESTION 2 SINGLE CHOICE

Under the HWCCP Code of Ethics, a coach learns that a client's spouse is also the coach's client. To manage this situation ethically, the coach should FIRST:

- ☐ A Discontinue coaching both clients and refer them to other coaches.
- ☒ B Disclose the dual relationship to both parties and obtain informed consent before continuing.
- ☐ C Continue coaching both without mentioning the relationship to protect confidentiality.
- ☐ D Schedule the two clients back-to-back so they do not see each other in the waiting area.

ANSWER B

WHY Coaches must avoid undisclosed conflicts of interest. The ethical standard is to disclose the dual relationship, discuss the implications, and obtain informed consent from both parties before deciding whether to continue. Unilaterally dropping both clients or hiding the relationship does not meet this standard.

QUESTION 3

SINGLE CHOICE

A client tells the coach, 'I know I should exercise, but I just can't seem to get started.' Using the SMART goal framework, which goal statement is most appropriately written for this client?

- ☐ A I will exercise more often next month.
- ☐ B I will be healthier by exercising someday.
- ☒ C I will walk for 20 minutes, three days per week, for the next four weeks.
- ☐ D I will try to walk when I have time and feel motivated.

ANSWER C

WHY SMART goals are Specific, Measurable, Achievable, Relevant, and Time-bound. The third option specifies a concrete behavior (walking), measurable dose (20 minutes, three days per week), and a clear timeframe (four weeks), which fits the SMART criteria. The others are vague, non-measurable, or open-ended.

QUESTION 4

SINGLE CHOICE

According to current physical activity guidelines for adults, how many minutes per week of moderate-intensity aerobic activity are generally recommended for substantial health benefits?

- ☐ A At least 75 minutes
- ☒ B At least 150 minutes
- ☐ C At least 300 minutes
- ☐ D At least 450 minutes

ANSWER B

WHY Current guidelines for adults recommend at least 150 minutes per week of moderate-intensity aerobic activity, or 75 minutes per week of vigorous-intensity activity, or an equivalent combination, for substantial health benefits. Greater amounts provide additional benefits.

QUESTION 5

SINGLE CHOICE

A coach is reviewing hydration with a client. Which statement about water and human physiology is most accurate?

- ☐ A Water composes roughly 20% of adult body weight.
- ☐ B Water serves no role in regulating body temperature.
- ☒ C Water acts as a solvent and is essential for transporting nutrients and waste.
- ☐ D Thirst is a reliable indicator of hydration in all adults, regardless of age.

ANSWER C

WHY Water is a key solvent in the body and is essential for nutrient transport, waste removal, and many metabolic processes. Water actually makes up roughly 50–60% of adult body weight, it plays a central role in thermoregulation, and thirst becomes a less reliable indicator of hydration in older adults.

QUESTION 6

SINGLE CHOICE

During a coaching session, the client says, 'I just feel stuck and don't know what to do next.' Which response best exemplifies an open-ended, evocative question from the coach?

- ☐ A Why do you think you feel stuck?
- ☐ B Have you tried making a schedule?
- ☒ C What would 'unstuck' look like for you?
- ☐ D Don't you think you just need to plan better?

ANSWER C

WHY Effective open-ended, evocative questions invite the client to reflect and explore possibilities. 'What would unstuck look like for you?' is open-ended and forward-looking. 'Why' questions tend to elicit justification, yes/no questions are closed-ended, and leading or judgmental questions undermine the coaching alliance.

QUESTION 7

SINGLE CHOICE

A client mentions during a coaching session that she has been experiencing persistent sadness, loss of interest in activities, and disrupted sleep for several weeks. The most appropriate next step for the health and wellness coach is to:

- ☐ A Diagnose the client with major depressive disorder and recommend an herbal supplement.
- ☐ B Continue with the original wellness plan and avoid mentioning the symptoms.
- ☒ C Acknowledge the client's experience and refer her to a qualified mental health professional.
- ☐ D Recommend that the client increase exercise to cure the depression.

ANSWER C

WHY Health and wellness coaches do not diagnose or treat clinical conditions such as major depressive disorder. The appropriate response is to acknowledge what the client has shared, express care, and refer her to a qualified mental health professional, such as a licensed therapist or physician, while continuing to support overall wellness within the coach's scope.

QUESTION 8

SINGLE CHOICE

A coach maintains client files that include identifying information, session notes, and email correspondence. Which practice best reflects compliance with confidentiality and record-keeping standards under the HWCCP Code of Ethics?

- ☐ A Storing paper records in an unlocked drawer in a shared office.
- ☐ B Keeping electronic records on a personal laptop without a password.
- ☒ C Storing records securely, limiting access to authorized personnel, and retaining them only as long as professionally appropriate.
- ☐ D Disposing of records in a regular trash bin after each session.

ANSWER C

WHY Ethical standards require that client records be stored securely (for example, in locked files or encrypted/password-protected systems), that access be limited to authorized individuals, and that records be retained for an appropriate period consistent with professional guidelines before secure destruction. The other options all create avoidable risks of unauthorized disclosure.

QUESTION 9

SINGLE CHOICE

A client states, 'I've tried every diet and I always fail.' Which response best demonstrates a coach's use of a powerful, open-ended question to promote client self-exploration?

- ☐ A Why do you think you always fail at dieting?
- ☒ B What would it look like if you approached this without the word 'diet'?
- ☐ C Have you considered a low-carbohydrate eating pattern instead?
- ☐ D Most people fail because they lack willpower. Do you agree?

ANSWER B

WHY Powerful questions in coaching are open-ended, non-judgmental, and invite the client to reflect and generate new perspectives. Option B reframes the client's framing without judging or advising, which aligns with coaching rather than consulting. The other options either lead the client, offer unsolicited advice, or make assumptions.