

# Health Coach Final Exam

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BodyMindHealthCoach.com

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Submit your final exam:  
email: [angela@higherpath.ca](mailto:angela@higherpath.ca)

DATE: \_\_\_\_\_

You need at least 80 to receive the certificate of completion.  
Choose the BEST answer as it relates to this course.

NAME: \_\_\_\_\_

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1. What is the role of a Life Coach? 2pt

- a. To instruct clients on what life choices are best for them
- b. To help people make goals and face challenges
- c. To counsel people through past traumas
- d. All of the above
- e. None of the above

2. True or False: Unlike a Life Coach, a Health Coach is also a consultant some of the time. 2pt

3. A Health Coach should avoid: 3pt

- a. Giving specific medical advice
- b. Extremes and Fads
- c. Giving advice on health information
- d. None of the above
- e. All of the above


4. True or False: You don't need to change because you can help people by being true to yourself. 2pt.


5. List at least 7 character qualities and/or skills of a health coach as seen in the life of Christ? 14pt


- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.

6. True or False: The 5 key areas to cope with stress, according to the life of Christ: are prayer, studying scripture, exercise, proper nutrition, and rest. 2pt

7. True or False: Conflicts can arise because we don't interpret facts the same. 2pt

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8. The first principle of health is: 2pt
    - a. Hope
    - b. Faith
    - c. Spirituality
    - d. all of the above
  9. The 4 CORE stages of change are: 2pt
    - a. Contemplation, preparation, decision, action
    - b. Precontemplation, contemplation, preparation, action
    - c. Contemplation, preparation, action, maintenance
    - d. contemplation, decision, action, maintenance
  10. Which of the following is a true statement regarding working with people as a coach. 2pt
    - a. All people are equal and the coach should not predetermine any opinions.
    - b. People vary in needs so the coach should prepare ahead by forming ideas on what to discuss.
    - c. People don't know what they need so the coach must be proactive in sharing ideas.
    - d. All of the above
  11. There are various personality types. Which of the following is the best model. 2pt
    - a. Myer-Briggs Type Indicator (MBTI)
    - b. The Big 5 or Factor 5
    - c. The Four Temperaments
    - d. None are perfect, they all have their limitations
  12. True or False: The right SIDE of your brain controls logic, while the left side controls creativity. 2pt
  13. We all have biases. What do we do about that? 2pt
    - a. Learn to be neutral through meditation and openness.
    - b. Understand our biases so we can limit their influence on our clients.
    - c. Use our biases to help our clients see truth.
    - d. Change our biases as much as possible to meet the need of the client.
  14. The most important tool for a health coach is. 2pt
    - a. Cognitive Behaviour Therapy
    - b. Worksheets for the client
    - c. Comfortable chairs that relax people
    - d. A database of ideas to pull from
  15. True or False: Rapport techniques are important for the coach to develop. 2pt
  16. What form of listening is BEST for the health coach to use with clients. 2pt
    - a. Informational listening
    - b. Critical thought listening
    - c. Therapeutic or empathic listening
    - d. Active or reflective listening
    - e. all of the above

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17. SMART Goals are: 2pt
- a. Simple, Measurable, Achievable, Realistic, Timely
  - b. Simple, Meaningful, Achievable, Relevant, Timely
  - c. Specific, Measurable, Achievable, Realistic, Timely
  - d. Specific, Meaningful, Achievable, Relevant, Timely
18. True or False: The best questions in coaching are open ended. 2pt
19. Which is the better question. 2pt
- a. Are you happy with your health?
  - b. What would you change to be healthier?
20. Which of the following is a closed question. 2pt
- a. What challenges are you facing with your fitness program?
  - b. Is coaching helping you?
  - c. Are you doing ok?
  - d. b and c
21. True or False: A life or health coach never talks about feelings. 2pt
22. What are the 10 Health Principles – give a one sentence summary of each? 20pt
- 1.
  - 2.
  - 3.
  - 4.
  - 5.
  - 6.
  - 7.
  - 8.
  - 9.
  - 10.

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23. True or False. One should be cautious with taking on friends or family as a client. 2pt
24. True or False. You can say no to certain clients if they are not a good match for you. 2pt
25. Doing a survey before a session helps to: 2pt
- a. Establish where the client is at.
  - b. Reveal problem areas.
  - c. All of the above
  - d. Wait, you didn't cover this, you mean I have to think up the answer?
26. Success is defined by. 2pt
- a. You
  - b. The money you make
  - c. How many clients you have.
  - d. I'm still not sure at this point.
27. Things I should look into before starting a coaching practice. 2pt
- a. Licensing requirements
  - b. Legal requirements
  - c. Government requirements
  - d. All of the above
28. What are your strengths (character or skills)? 5pt
29. What are your weakness (character or skills, biases)? 5pt
30. What steps will you take to improve your weaknesses? 5pt