

NBHWC Practice Test Questions and Answers

1. What does NBHWC stand for in health and wellness coaching?

- A) National Board for Health and Wellness Coaching
- B) National Bureau of Health and Wellness Care
- C) National Board of Health and Wellness Certification
- D) National Body for Health and Wellness Coaching

2. What is the primary role of a health and wellness coach?

- A) Diagnose medical conditions
- B) Support clients in achieving health behavior changes
- C) Prescribe medications
- D) Perform medical procedures

3. Which approach is fundamental to health and wellness coaching?

- A) Directive counseling
- B) Client-centered, goal-oriented partnership
- C) Medical diagnosis
- D) Prescription-based treatment

4. What type of education is typically required for NBHWC certification?

- A) Medical degree only
- B) Approved health and wellness coach training program
- C) Psychology degree only
- D) No formal education required

Answers: 1-A 2-B 3-B 4-B

For More NBHWC Questions and Answers FREE, NBHWC Online Prep Training, NBHWC Exam, NBHWC Study Guide, NBHWC Flashcards, NBHWC Quizzes visit:

NBHWC Practice Test