# ACE HEALTH COACH CERTIFICATION PRACTICE TEST (SAMPLE)

## STUDY GUIDE



## SAMPLE STUDY GUIDE WITH LIMITED QUESTIONS

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# Introduction

Preparing for a certification exam can feel overwhelming, but with the right tools, it becomes an opportunity to build confidence, sharpen your skills, and move one step closer to your goals. At Examzify, we believe that effective exam preparation isn't just about memorization, it's about understanding the material, identifying knowledge gaps, and building the test-taking strategies that lead to success.

This guide was designed to help you do exactly that.

Whether you're preparing for a licensing exam, professional certification, or entry-level qualification, this book offers structured practice to reinforce key concepts. You'll find a wide range of multiple-choice questions, each followed by clear explanations to help you understand not just the right answer, but why it's correct.

The content in this guide is based on real-world exam objectives and aligned with the types of questions and topics commonly found on official tests. It's ideal for learners who want to:

- Practice answering questions under realistic conditions,
- Improve accuracy and speed,
- Review explanations to strengthen weak areas, and
- Approach the exam with greater confidence.

We recommend using this book not as a stand-alone study tool, but alongside other resources like flashcards, textbooks, or hands-on training. For best results, we recommend working through each question, reflecting on the explanation provided, and revisiting the topics that challenge you most.

Remember: successful test preparation isn't about getting every question right the first time, it's about learning from your mistakes and improving over time. Stay focused, trust the process, and know that every page you turn brings you closer to success.

Let's begin.

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# How to Use This Guide

This guide is designed to help you study more effectively and approach your exam with confidence. Whether you're reviewing for the first time or doing a final refresh, here's how to get the most out of your Examzify study guide:

### 1. Start with a Diagnostic Review

Skim through the questions to get a sense of what you know and what you need to focus on. Your goal is to identify knowledge gaps early.

### 2. Study in Short, Focused Sessions

Break your study time into manageable blocks (e.g. 30 – 45 minutes). Review a handful of questions, reflect on the explanations.

### 3. Learn from the Explanations

After answering a question, always read the explanation, even if you got it right. It reinforces key points, corrects misunderstandings, and teaches subtle distinctions between similar answers.

### 4. Track Your Progress

Use bookmarks or notes (if reading digitally) to mark difficult questions. Revisit these regularly and track improvements over time.

### 5. Simulate the Real Exam

Once you're comfortable, try taking a full set of questions without pausing. Set a timer and simulate test-day conditions to build confidence and time management skills.

### 6. Repeat and Review

Don't just study once, repetition builds retention. Re-attempt questions after a few days and revisit explanations to reinforce learning. Pair this guide with other Examzify tools like flashcards, and digital practice tests to strengthen your preparation across formats.

There's no single right way to study, but consistent, thoughtful effort always wins. Use this guide flexibly, adapt the tips above to fit your pace and learning style. You've got this!

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# Questions

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1. **What is Betsy's level of risk for atherosclerotic cardiovascular disease according to ACSM's risk stratification?**

   A. Low risk

   B. Moderate risk

   C. High risk

   D. Very high risk

2. **Which of the following factors is most important to assess before setting client health goals?**

   A. Physical fitness level

   B. Client's values in life

   C. Geographical location

   D. Access to gym facilities

3. **Which approach is effective for fostering a positive relationship with clients?**

   A. Being overly strict on adherence

   B. Being supportive without judgment

   C. Focusing on results only

   D. Withholding feedback

4. **What form is used to have the client acknowledge the risks associated with the activity in which they are about to engage?**

   A. Liability waiver

   B. Informed consent

   C. Agreement to participate

   D. Exculpatory clause

5. **Which statement is true about exercise intensity for overweight clients seeking fat loss?**

   A. Low-intensity exercise is recommended because it burns the greatest percentage of calories

   B. High-intensity exercise is not recommended because it burns the lowest percentage of calories from fat

   C. Low-intensity exercise is recommended because it is safer and better tolerated

   D. Very high-intensity exercise is recommended because the client will quickly lose body fat

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**6. Which of the following is an example of an incomplete protein?**

A. Poultry

B. Egg

C. Soy

D. Nuts

**7. The health consequences and psychological impact of which eating disorder mirror those of overweight and obesity?**

A. anorexia nervosa

B. bulimia nervosa

C. binge eating disorder

D. female athlete triad

**8. Which factor is NOT typically considered when determining a client's fitness phase?**

A. Previous activity level

B. Current health status

C. Personal goals

D. Outlook on life

**9. Which eating disorder is characterized by recurrent episodes of binge eating, followed by compensatory behavior?**

A. Anorexia

B. Bulimia

C. Orthorexia

D. Night Eating Syndrome

**10. What is the MOST influential source of self-efficacy information related to exercise?**

A. Persuasive verbal feedback

B. Emotional state and mood

C. Past exercise performance

D. Vicarious exercise experiences

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# Answers

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1. C
2. B
3. B
4. B
5. C
6. D
7. C
8. D
9. B
10. C

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# Explanations

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## 1. What is Betsy's level of risk for atherosclerotic cardiovascular disease according to ACSM's risk stratification?

A. Low risk

B. Moderate risk

C. High risk

D. Very high risk

*To determine Betsy's level of risk for atherosclerotic cardiovascular disease (ASCVD) according to the American College of Sports Medicine (ACSM) risk stratification, it is essential to consider various factors that contribute to her overall cardiovascular health. Individuals categorized as high risk typically have a history of cardiovascular disease, symptoms suggestive of cardiovascular pathology, or one or more significant risk factors that may include conditions such as diabetes, hypertension, dyslipidemia, or evidence of atherosclerotic disease. When a person falls into this category, it indicates that they have a higher likelihood of experiencing cardiovascular events in the near future. Betsy's classification as high risk suggests that she likely exhibits one or more of these concerning factors. This classification signifies that she should be closely monitored and possibly considered for medical intervention or a supervised exercise program to ensure her safety during physical activity. In contrast, those labeled as low or moderate risk would not display the same level of concerning risk factors, leading to less immediate need for caution regarding physical activity and exercise. Therefore, understanding the nuances of risk stratification is crucial for providing appropriate coaching and care for individuals like Betsy based on their cardiovascular health status.*

## 2. Which of the following factors is most important to assess before setting client health goals?

A. Physical fitness level

B. Client's values in life

C. Geographical location

D. Access to gym facilities

*Assessing a client's values in life is crucial before setting health goals because these values significantly shape what is meaningful and motivating for the client. When a client's goals align with their core values, they are more likely to be committed to the process and achieve lasting change. Values can include aspects of lifestyle, relationships, personal growth, and overall well-being, influencing how individuals prioritize their health and the types of goals they set. Understanding a client's values allows a health coach to tailor goals that resonate deeply with the client, increasing their motivation and adherence to a health plan. For example, if a client's value is family, a health goal may focus on activities that encourage family participation or overall health that supports family life. While factors like physical fitness level, geographical location, and access to gym facilities are relevant, they are secondary to the intrinsic motivation derived from personal values. Goals that emerge from an understanding of what truly matters to the client are more effective and sustainable over time.*

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## 3. Which approach is effective for fostering a positive relationship with clients?

A. Being overly strict on adherence

B. Being supportive without judgment

C. Focusing on results only

D. Withholding feedback

*Being supportive without judgment is crucial for fostering a positive relationship with clients. This approach emphasizes empathy and understanding, allowing clients to feel safe and valued during their coaching journey. When clients sense that they are not being judged, they are more likely to be open about their challenges and struggles, which facilitates better communication and trust. Supportive guidance enables clients to explore their feelings, behaviors, and motivations without fear of criticism. This creates an atmosphere where clients are encouraged to set realistic goals and pursue sustainable changes, leading to long-term success. A non-judgmental stance also allows for collaborative problem-solving, where clients feel empowered to take an active role in their health journey. In contrast, being overly strict on adherence can create anxiety and resistance, making clients less likely to engage fully in the coaching process. Focusing solely on results can alienate clients by reducing their journey to mere metrics, undermining the importance of their emotional and psychological experiences. Withholding feedback denies clients valuable insights that can help them improve, which can lead to frustration and a breakdown in trust. A supportive and judgment-free approach is key to establishing a strong, positive coaching relationship.*

## 4. What form is used to have the client acknowledge the risks associated with the activity in which they are about to engage?

A. Liability waiver

B. Informed consent

C. Agreement to participate

D. Exculpatory clause

*Informed consent is the correct form for having a client acknowledge the risks associated with an activity they are about to engage in. This document serves a critical role in health and wellness coaching by ensuring that clients are fully aware of the potential risks and benefits related to the specific activities or services being provided. It provides the client with vital information about the nature of the activities, the possible risks involved, and their right to decline participation if they choose. Informed consent is not just a legal formality; it emphasizes the importance of transparency and the client's autonomy in making decisions about their health and well-being. Through this process, the coach demonstrates professionalism and a commitment to the client's safety, which is foundational in fostering trust and rapport. While the other forms mentioned may include elements of risk acknowledgment, they typically serve different purposes. A liability waiver might limit the service provider's legal responsibility, an agreement to participate could outline the terms of engagement without thoroughly detailing risk, and an exculpatory clause is more focused on absolving liability rather than truly informing participants about the risks they face. Therefore, informed consent is the most appropriate choice for ensuring clients are knowledgeable and empowered regarding their participation.*

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## 5. Which statement is true about exercise intensity for overweight clients seeking fat loss?

A. Low-intensity exercise is recommended because it burns the greatest percentage of calories

B. High-intensity exercise is not recommended because it burns the lowest percentage of calories from fat

C. Low-intensity exercise is recommended because it is safer and better tolerated

D. Very high-intensity exercise is recommended because the client will quickly lose body fat

*Low-intensity exercise is often recommended for overweight clients seeking fat loss primarily due to the factors of safety and tolerance. Individuals who are overweight may have certain physical limitations or health conditions that make high-intensity workouts more challenging and potentially hazardous. By focusing on low-intensity exercise, such as walking or cycling at a moderate pace, clients can engage in physical activity without overexerting themselves. This approach minimizes the risk of injury, reduces the likelihood of discouragement, and encourages consistency, which is essential for long-term weight management and fat loss. Moreover, low-intensity workouts can still promote calorie burning and fat loss over time, particularly when combined with a proper diet and overall lifestyle changes. This gradual increase in physical activity can help clients build endurance, strength, and confidence, making it easier to transition to higher-intensity workouts in the future if desired. Thus, emphasizing safety and accessibility is key to fostering a healthy and sustainable approach to fat loss for overweight individuals.*

## 6. Which of the following is an example of an incomplete protein?

A. Poultry

B. Egg

C. Soy

D. Nuts

*Incomplete proteins are those that do not contain all nine essential amino acids in sufficient amounts required by the body. Among the options provided, nuts are classified as incomplete proteins because they lack certain essential amino acids, making them insufficient to meet the body's complete protein needs when consumed alone. While poultry, eggs, and soy are considered complete proteins as they provide all nine essential amino acids, nuts may need to be combined with other protein sources, such as grains or legumes, to provide a full profile of essential amino acids. This distinction highlights the importance of dietary variety, especially for those following a vegetarian or plant-based diet, to ensure they are receiving adequate protein nutrition.*

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## 7. The health consequences and psychological impact of which eating disorder mirror those of overweight and obesity?

A. anorexia nervosa

B. bulimia nervosa

C. binge eating disorder

D. female athlete triad

*Binge eating disorder is associated with patterns of eating that lead to significant weight gain, which draws parallels to the health consequences and psychological impacts experienced by individuals who are overweight or obese. This disorder is characterized by episodes of consuming large quantities of food, often accompanied by feelings of loss of control, which can lead to physical health impacts such as hypertension, diabetes, and other obesity-related conditions. Additionally, the emotional and psychological struggles, including feelings of shame, guilt, and low self-esteem, often experienced by those with binge eating disorder are similar to the experiences of individuals who struggle with issues related to obesity. Both groups may deal with societal stigma and the psychological turmoil that accompanies their conditions, making the connection between binge eating disorder and the effects of being overweight or obese particularly strong.*

## 8. Which factor is NOT typically considered when determining a client's fitness phase?

A. Previous activity level

B. Current health status

C. Personal goals

D. Outlook on life

*Determining a client's fitness phase generally involves assessing various relevant factors that directly impact their ability to engage in exercise and achieve desired outcomes. While previous activity level, current health status, and personal goals are crucial components that help tailor the fitness program to each individual, outlook on life is not typically considered a standard factor in these assessments. Previous activity level informs coaches about the client's experience and physical capabilities, allowing for safer and more effective programming. Current health status, including any medical conditions or injuries, is essential for ensuring that the fitness activities prescribed are appropriate and safe. Personal goals provide clear direction for what the client aims to achieve, whether it's weight loss, improved endurance, or increased strength. While a client's outlook on life can certainly influence motivation and adherence to a fitness plan, it is more subjective and less directly linked to the physiological aspects of fitness phases. As a result, it is not commonly a primary factor in determining the client's fitness phase.*

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**9. Which eating disorder is characterized by recurrent episodes of binge eating, followed by compensatory behavior?**

A. Anorexia

B. Bulimia

C. Orthorexia

D. Night Eating Syndrome

*The eating disorder characterized by recurrent episodes of binge eating followed by compensatory behavior is bulimia. This condition involves individuals consuming a large amount of food in a short period, often feeling a loss of control during these episodes. After binge eating, they typically engage in behaviors to prevent weight gain, such as vomiting, excessive exercise, or fasting. This cycle can lead to numerous health issues, including electrolyte imbalances, gastrointestinal problems, and dental erosion due to frequent vomiting. In contrast, anorexia nervosa primarily involves severe restriction of food intake and an intense fear of gaining weight, rather than cycles of binging and compensating. Orthorexia entails an unhealthy obsession with eating only healthy foods, while night eating syndrome is characterized by recurrent episodes of night eating without the binge-purge cycle typical of bulimia. Understanding these distinctions is crucial for accurately diagnosing and supporting individuals with these conditions.*

**10. What is the MOST influential source of self-efficacy information related to exercise?**

A. Persuasive verbal feedback

B. Emotional state and mood

C. Past exercise performance

D. Vicarious exercise experiences

*The most influential source of self-efficacy information related to exercise is indeed past exercise performance. Self-efficacy refers to an individual's belief in their ability to succeed in specific situations, particularly regarding engaging in activities such as exercise. When individuals reflect on their previous experiences with exercise, those who have successfully completed workouts or reached fitness goals are more likely to believe they can replicate those successes in the future. This sense of accomplishment strengthens their confidence in their ability to overcome challenges and stay committed to a fitness regimen. In essence, past exercise performance serves as a direct experience that reinforces the belief in one's capabilities. It provides credible evidence of skill, resilience, and the ability to achieve desired outcomes, all of which are vital factors in fostering a strong sense of self-efficacy related to exercise activities. The other sources of self-efficacy include persuasive verbal feedback, emotional state and mood, and vicarious experiences. While these can provide support and influence a person's motivation, they are generally not as powerful in establishing self-efficacy as the direct experience of having successfully exercised in the past.*

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# Next Steps

Congratulations on reaching the final section of this guide. You've taken a meaningful step toward passing your certification exam and advancing your career.

As you continue preparing, remember that consistent practice, review, and self-reflection are key to success. Make time to revisit difficult topics, simulate exam conditions, and track your progress along the way.

If you need help, have suggestions, or want to share feedback, we'd love to hear from you. Reach out to our team at hello@examzify.com.

Or visit your dedicated course page for more study tools and resources:

https://acehealthcoach.examzify.com

We wish you the very best on your exam journey. You've got this!

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