

THE COACH APPROACH[®]

Wellness Coach Test

Name: _____

Branch: _____

Date: _____

Please circle the letter corresponding to the most correct answer.

1. The primary reason for using THE COACH APPROACH is to _____.
 - a. increase the strength of members
 - b. reduce the rate of exerciser dropout
 - c. recruit volunteers
 - d. educate members about the health benefits of regular exercise
2. After 3 months of moderate exercise, we can expect new participants' level of fatigue to _____.
 - a. go up
 - b. stay unchanged
 - c. go down
3. Exercise *will not* benefit health unless the following is present.
 - a. Strength training
 - b. Knowledge of benefits of exercise
 - c. Adherence
 - d. High levels of intensity

4. What method has proven to be *ineffective* for promoting exercise maintenance?
- a. Training in self-management skills
 - b. Providing education about exercise
 - c. Providing social support
 - d. Increasing one's sense of competence
5. Members in which REMS (Resources for Exercise Maintenance Scale) category or categories are considered to be at high-risk for early exercise dropout?
- a. 4 and 5
 - b. 5 only
 - c. 1 only
 - d. 1, 2, and 3
6. For goal setting to be effective, what is essential?
- a. Progress feedback
 - b. Social support
 - c. Moderate exercise amounts
 - d. A "do your best" attitude
7. An example of a *process* goal is _____.
- a. reduce body fat to 25% within 6 months
 - b. lose 30 pounds in 2 years
 - c. lose 30 pounds in 1 year
 - d. increase time doing endurance exercises by 20 minutes per week

8. An agreement to commit to a set exercise plan, signed by both wellness coach and member, is _____.

- a. relapse prevention training
- b. thought restructuring
- c. a behavioral contract
- d. a “do your best” goal

9. An example of an *outcome* goal is _____.

- a. 10% reduction in body fat
- b. exercising 3 sessions per week
- c. increasing exercise intensity each session
- d. increasing length of exercise time each session

10. When evaluating before-to-after-exercise changes in feelings with a REMS 1, 2, 3 member, what feelings should increase after exercise completion?

- a. Fatigued/Worn-out
- b. Tired/Fatigued
- c. Refreshed/Energetic
- d. Stressed/Anxious

11. What scale is used to “standardize” exercise intensity?

- a. EEFI (Exercise Effects on Feelings Inventory)
- b. RPE (Borg’s Rate of Perceived Exertion Scale)
- c. REMS (Resources for Exercise Maintenance Scale)
- d. PGP (Personal Goal Profile)