

## NBC-HWC Exam Prep and Content Review Class Outline

# 1. About the NBC-HWC Exam Prep and Content Review Class

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Review course for NBC-HWC exam: This Review Course (requested by many Health and Wellness Coaches is a four-weeks learning experience by 90-minute classes that are designed to prepare Wellness Coaches that are completed their coach training for the International Consortium for Credentialing of Health and Wellness Coaches (NBC-HWC) exam.

The objectives are simple:

- Review the Blueprint (content outline) in order to improve your confidence as you prepare for the NBC-HWC exam.
- Identify additional resources needed for review to enhance knowledge and preparation.
- Identify gaps if any in learning during health and wellness education.
- Provide information regarding the type of questions anticipated on the NBC-HWC exam and strategies for remembering data elements and test-taking.
- Offer an opportunity for Questions and Answers regarding process and content related to the NBC-HWC exam.

Classes are designed to review content outline. In addition to the content review, this course will provide information regarding the type of questions that are designed to test knowledge, and within each 90-minute class, to allow approximately 30 minutes for Question and Answers.

We'll start by reviewing the 'coaching competencies' that are evaluated and how they apply to health and wellness coaching situations, then explore the NBC-HWC code of ethics and scope of practice information. Finally, we will discuss any questions regarding the logistics of the actual test taking including what is allowed in the test-taking facilities and expectations.

## 2. The 4-Weekly Classes

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**Week #1: Overview of the Examination including Blueprint (Outline) and Coaching Structure.** During this class, Coaching Structure and the beginning of the Coaching Process applied to Health and Wellness coaching will be presented and discussed. Specific references will be highlighted that support this section of the 'blueprint-outline'. Time is scheduled for Q & A.

**Week #2: Coaching Process specific applications related to health and wellness will be presented and discussed.** Time is scheduled for Q & A.

**Week #3: Health and Wellness specific content and resources will be discussed in detail – specifically related to the Healthy Lifestyle Basics.** Time is scheduled for Q & A.

**Week #4: Health and Wellness Code of Ethics, Legal and Scope of Practice with examples (case studies) for application.** Time is scheduled for Q & A.

### 3. What You Will Get Out of This Course:

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You will learn/review specific knowledge related to your coaching knowledge and competencies to the blueprint (content outline) for the examination which has been established by the NBC-HWC.

You will experience examples of case studies and how you would apply the health and wellness coaching competencies, code of ethics and scope of practice in preparing for the examination.

Finally, you will have an opportunity to review other resources (reading materials, web sites from the Healthy Lifestyles resources, etc.) that will assist you in preparing for the examination.

You'll walk away from this class with a stronger appreciation of the resources that are listed by the NBC-HWC in preparing for the national examination. Also, you will better understand the code of ethics and scope of practice (only recently approved by the NBC-HWC). By the end you will be prepared for any uncertainties you may have and be more confident going into the examination.

### 4. Who will Benefit from Attending?

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This class is designed to assist Coaches that are completed their coach training to better prepare for the NBC-HWC examination.

All of the material is listed on the NBC-HWC site at <https://nbhwc.org/exam-prep/>. Our sessions intend to provide the participants with ability to digest the material and integrate the learnings in a way that is supportive of them for preparing for the exam. **This course is an exam prep course and, of course, does not count toward Health and Wellness certification.**

### 5. Class Time and Schedule

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Saturdays 11:00 am Easter Standard Time January 4, 11, 18, 25

### 6. Open to all Coaches that are completed their coach training

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