

Certified Wellness Practitioner (CWP) Certification Examination

Sample Questions

The following questions are designed to familiarize CWP candidates with some of the concepts and question formats likely to be on the certification examination. This is not intended to be a practice exam; therefore, correct answers are not provided.

1. **If a wellness practitioner discovers an individual's needs are out of their scope of practice, what would be the BEST course of action for the practitioner?**
 - a. Agree to meet with the client to discuss more
 - b. Help the client with something aligns more with their scope of practice
 - c. Apologize to the client and discharge them as a potential client
 - d. Refer the client to an appropriate professional that would be best suited for their needs
2. **After an intense meeting with a colleague, you feel pressure to immediately put together a detailed proposal before the end of the day. You feel your heart start to race and recognize you aren't sure whether you want to scream or cry. As you notice these physical and emotional responses, you pause and decide to take 20 minutes to walk outside. Your heart rate slows and the urge to scream and cry subsides. This experience of being able to calm yourself in times of heightened stress demonstrates that you likely have good:**
 - a. Self-regulation
 - b. Physical wellness
 - c. Empathy
 - d. Work ethic
3. **Health behaviors are influenced by social, community, healthcare, economic, educational and other environmental conditions where people live, learn, work, play and age. What are these factors referred to as?**
 - a. Self-awareness tools
 - b. Personal biases
 - c. Social determinants of health
 - d. Community wellness initiatives
4. **Which of the following is NOT important when practicing active listening?**
 - a. Asking open-ended questions
 - b. Prioritizing your needs in the conversation
 - c. Withholding judgment
 - d. Reflecting back
5. **Which of the following is an example of quantitative data?**
 - a. Self-reflection reports
 - b. Personal observations
 - c. Interviews with participants
 - d. Survey rating scores
6. **General Hospital has just issued a new policy that all employees must remain at their desks, working, from 1 p.m. to 4:30 p.m. The hospital has a significant number of Muslim employees. The new policy makes it impossible for the Muslim employees to engage in Asr, the afternoon prayer that is a practice of the Muslim faith. What law does General Hospital's new policy likely violate?**
 - a. Americans with Disabilities Act (ADA)
 - b. Health Insurance Portability Act of 1966 (HIPAA)
 - c. The Rehabilitation Act of 1973
 - d. Title VII of the Civil Rights Act of 1964

