



PRECISION NUTRITION LEVEL 2 CERTIFICATION: A MASTER CLASS

SAMPLE QUIZ

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Certification Level 2

Sample Quiz

Every two weeks you'll complete a short quiz. These quizzes are one of the ways you'll be evaluated during the program.

Just so you know, the quizzes aren't designed to "trip you up". They're not rigorous assessments. And you don't have to "study" for them.

Rather, the quizzes are just another chance to grow. They're in place to help you see the material from a different perspective. And, in doing so, deepen your learning.

Here's a look at a sample quiz.

SAMPLE QUIZ

Sample quiz

QUESTION 1

Knowledge is:

- (a) important in a coaching practice.
- (b) not enough to change client behaviour.
- (c) something that is given to us.
- (a) and (b)
- (a), (b), and (c)

In 1-2 sentences, explain why you chose this response.

QUESTION 2

What does it mean to say that “knowledge is constructed”?

- That we actively assemble knowledge from ongoing input along with pre-existing experiences and other knowledge.
- That we can never really “know” anything.
- That we have to do many higher-order thinking skills.
- That there are different ways to know things.
- That we need to comprehend the information we know.

QUESTION 3

Why is awareness a useful tool for coaches?

- It's simple and easy to apply.
- Awareness itself can change behaviour.
- It keeps clients focused on what they can do right now.
- It helps clients notice and name their own triggers and habits.
- All of the above.

In 1-2 sentences, explain why you chose this response.

QUESTION 4

Choose all that apply. Good stress:

- lasts a long time
- is infrequent
- is over quickly (in a matter of minutes or hours)
- is ongoing
- breaks you down — it leaves you worse off than you were before
- always improves performance, no matter how strong the stressor
- depends on context

In 1-2 sentences, explain why you chose this response.

QUESTION 5

Choose all that apply. The primary brain structures involved in habit formation are:

- the amygdala
- the insula
- the visual cortex
- the anterior cingulate
- basal ganglia
- the frontal cortex
- the hypothalamus
- the temporal lobe

In 1-2 sentences, explain why you chose this response.



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