

Back in Whack for Teens [BiW4Teens]

Exam for Certified Back in Whack Coach

Name:	_____
Professional Credentials:	_____ License Number / State: _____
Email:	_____ Phone Number: _____
Employer:	_____ Position Held: _____
Address:	_____
City / State / Zip:	_____
Phone Number:	_____ Fax Number: _____

Complete this exam while watching HCP training videos (1, 2.1, 2.2, and 2.3) and the BiW4Teens video sessions 1 through 27. Some answers will be found in the companion workbook.

You will receive 1 point for every correct answer. Some test questions include several answers. There is a total of 200 points available on this exam. You must get 160 points or greater to pass this exam and become a Certified Back in Whack Coach.

QUESTIONS FROM HCP TRAINING VIDEOS

- List 4 factors that affect weight:
 - _____
 - _____
 - _____
 - _____
- List 3 health issues that can negatively impact energy balance:
 - _____
 - _____
 - _____
- Childhood obesity increases risk of developing multiple gastrointestinal issues. List 3 of these gastrointestinal issues:
 - _____
 - _____
 - _____

4. TRUE / FALSE – Studies confirm that childhood obesity is largely determined by environmental factors related to human behavior – that is unhealthy eating and lifestyle habits.
5. TRUE / FALSE – Obesity causes insulin resistance.
6. TRUE / FALSE – Hyperinsulinemia makes it easier for the body to burn fat.
7. List 3 ways that childhood obesity negatively impacts emotional health:
 - a. _____
 - b. _____
 - c. _____
8. List 1 reason why adult diets are not appropriate for children and teens: _____

9. List the 4 essential components of an effective weight management program:
 - a. _____
 - b. _____
 - c. _____
 - d. _____
10. BiW4Teens contains all 4 essential components plus and extra component – what is the extra component? _____
11. TRUE / FALSE - BiW4Teens program helps meet 10 of the Healthy People 2030 Nutrition and Healthy Eating objectives.
12. List 3 important characteristics of an effective accountability partner:
 - a. _____
 - b. _____
 - c. _____
13. TRUE / FALSE – The nutrition component serves as the foundation for the other 4 program components.
14. The _____ is the self-monitoring tool that is vital to program success.
15. _____ is a cognitive restructuring skill that combats negative thoughts and help prevent program derailment.
16. TRUE / FALSE – Concerning the nutrition plan, it is important that youth count calories and not important what they eat.

17. Nutrition education teaches parents and youth 8 key points about nutrition. List 3 of these key points:

- a. _____
- b. _____
- c. _____

18. Youth are encouraged to get _____ minutes of _____ exercise most every day.

QUESTIONS FROM BIW4TEENS VIDEOS & WORKBOOK - PART 1

1. The main goals of the Back in Whack program is to help youth:

- a. _____
- b. _____

2. List 3 abnormal labs has have been shown to improve when youth follow the BiW4Teens

program: a] _____; b] _____; c] _____

3. Program power tools could be called _____ tools.

4. Where does habit change start? _____

5. What is the first power tool in the program? _____

6. What is in Appendix B of the workbook? _____

7. Which video sessions are recommended as a “must watch” for parents? _____

QUESTIONS FROM BIW4TEENS VIDEOS & WORKBOOK - PART 2

1. List 3 benefits of a body and mind in Peak Health:

- a. _____
- b. _____
- c. _____

2. Why is it important for youth to appreciate their bodies? _____

3. List 3 benefits of journaling:

- a. _____
- b. _____
- c. _____

4. List 4 types of journaling:
- a. _____
 - b. _____
 - c. _____
 - d. _____
5. TRUE / FALSE – Adequate intake of calcium helps support a healthy energy balance within the body.
6. TRUE / FALSE – Fiber in fruits, vegetables, and whole grains has a positive effect on energy balance in the body.
7. TRUE / FALSE – Skipping breakfast is an effective way to lose weight.
8. TRUE / FALSE – Youth who eat home cooked meals with their families are less likely to be overweight.
9. TRUE / FALSE – It takes 2 minutes for the message to get from stomach to brain and back to stomach that it is full.
10. List 5 habits that can cause daily caloric intake to exceed daily energy expenditures:
- a. _____
 - b. _____
 - c. _____
 - d. _____
 - e. _____
11. TRUE / FALSE – The lack of physical activity and low levels of physical fitness does not contribute to childhood obesity.
12. TRUE / FALSE – Youth with erratic sleep schedules tend to have higher BMIs.
13. Food cravings come from the _____ and not the _____.
14. List 3 lifestyle habits that help prevent food cravings:
- a. _____
 - b. _____
 - c. _____
15. List 3 things that could trigger a food craving:
- a. _____
 - b. _____
 - c. _____

16. List 6 habits that help support a healthy energy balance:

- a. _____
- b. _____
- c. _____
- d. _____
- e. _____
- f. _____

17. What page in the manual lists ideas for quick healthy breakfasts? _____

18. List 3 ways that aerobic activity helps support a healthy balance energy:

- a. _____
- b. _____
- c. _____

19. How could you explain aerobic activity to a preteen? _____

20. List 3 examples of aerobic activities:

- a. _____
- b. _____
- c. _____

21. List 3 examples of lifestyle activities:

- a. _____
- b. _____
- c. _____

22. Give an example of a lifestyle activity that is also an aerobic activity _____

23. What is the BiW 360 goal? _____

24. Where in the manual can families find ideas about how to get moving more together as a family? _____

25. List 3 important functions of the Habit Tracker:

- a. _____
- b. _____
- c. _____

26. How long does it take the brain and the body to start getting used to a new health habit?

27. How long does it take a new habit to become an automatic habit? _____
28. What is a mighty message? _____
29. What are the four important keys to effectively practicing a mighty message?
- a. _____
 - b. _____
 - c. _____
 - d. _____
30. Write a mighty message that supports self-esteem _____

31. List the 5 parts of an effective mini movie:
- a. _____
 - b. _____
 - c. _____
 - d. _____
 - e. _____
32. What is the name of the relaxation exercise taught in Session 11? _____
33. What is an example of a positive reinforcement? _____

34. What is an example of a reward? _____

35. The Back in Whack Habit Change Contract help decrease _____ between parents and teens during a potentially stressful time.

QUESTIONS FROM BIW4TEENS VIDEOS & WORKBOOK - PART 3

1. List 3 health benefits of the nutrition plan:
- a. _____
 - b. _____
 - c. _____

2. Choose the statement that best describes how the nutrition plan should be used by youth:
 - a. Youth should always strictly follow their nutrition plan – eating everything on the plan and no more.
 - b. The nutrition plan should be used as a guide for what kinds of food to eat and how much to eat.
3. What is an empty calorie food? _____
4. What is a slow-release energy food? _____

5. Describe a quick-release energy food: _____

6. List 3 nutritional deficiencies that have proven to contribute to excess weight gain:
 - a. _____
 - b. _____
 - c. _____
7. If a grain product (i.e. bread, crackers, cereal) is predominantly made from whole grains, there should be at least _____ grams of fiber per serving listed on the food label.
8. List 2 macronutrients found in grains: a) _____; b) _____
9. List 3 nutrients that are found in the bran of whole grains:
 - a. _____
 - b. _____
 - c. _____
10. Youth should try not to eat foods that have more than _____% of the calories from fat.
11. Youth should steer clear of foods that list these things in their ingredient's list:
 - a. _____
 - b. _____
 - c. _____
12. List 2 macronutrients found in legumes? a) _____; b) _____
13. True or False – All legumes are slow-release energy foods.
14. What trace mineral in legumes decreases inflammation, decreases insulin resistance, supports thyroid health, and is important for strong bones? _____

15. List 3 starchy vegetables:

- a. _____
- b. _____
- c. _____

16. What is the most abused starchy vegetable in our country? _____

17. What is the serving size for starchy vegetables? _____

18. The main difference between non-starchy and starchy veggies is that non-starchy veggies have _____ grams of carbohydrates and starchy veggies have _____ grams of carbohydrates.

19. List 2 ways to cook non-starchy vegetables to preserve most of the vitamins and minerals?

- a. _____
- b. _____

20. What is the serving size for raw non-starchy vegetables? _____

21. TRUE / FALSE – Most fruits are nutritious slow-release energy foods.

22. TRUE / FALSE – Fruit contains these two macronutrients – carbohydrates and protein.

23. What fruit product has been stripped of its fiber and is a quick-release energy food or drink?

24. List 3 macronutrients in dairy products:

- a. _____
- b. _____
- c. _____

25. TRUE / FALSE – Youth with a milk allergy can eat yogurt.

26. Which dairy products have a 1 cup serving size? a) _____; b) _____

27. TRUE / FALSE - Protein revs up the metabolism more than any other types of foods.

28. Meat, fish, seafood, poultry, _____ and _____ are high protein foods.

29. Which nutrient dense high protein food counts as a protein serving and a fat serving? _____

30. TRUE / FALSE – Fat is a quick-release, dense energy food.

31. List 3 sources of monounsaturated fats:

- a. _____
- b. _____
- c. _____

32. List 3 chronic diseases that monounsaturated fats help to prevent:

- a. _____
- b. _____
- c. _____

33. List 3 sources of Omega 3 fatty acid:

- a. _____
- b. _____
- c. _____

34. List 3 beneficial effects that Omega 3 fatty acid has on the body:

- a. _____
- b. _____
- c. _____

35. What type of fat is harmful to the body, and contributes to the development of diabetes, cancer and heart disease? _____

36. List 4 harmful effects of sugar:

- a. _____
- b. _____
- c. _____
- d. _____

37. TRUE / FALSE - The healthiest foods in the grocery store is usually located in the center of the store.

38. The Blue Print for a Healthy Kitchen helps families to do what? _____

QUESTIONS FROM BIW4TEENS VIDEOS & WORKBOOK - PART 4

1. List the 5 problem solving steps in order:

- a. _____
- b. _____
- c. _____
- d. _____
- e. _____

2. Which problem solving step has 4 sub-steps? _____

3. What is the difference between a problem and a path blocker? _____
4. A parent tells you that their child can't exercise anymore because it's too cold outside. Describe how you could help them get around this path blocker to physical activity. _____
5. Brains are attracted to anything _____ and are motivated to achieve things that have _____ results.
6. List 3 power tool can be used to help youth manage stress:
- a. _____
 - b. _____
 - c. _____
7. Which power tool must youth continue to use during the maintenance phase of the program? _____
8. List 3 things parents can do to support teen's healthy habits:
- a. _____
 - b. _____
 - c. _____

-----THIS IS THE END OF THE EXAM -----

When you have completed this exam, scan it into your computer and email it to positivepatternsforlife@gmail.com or mail to Positive Patterns for Life, LLC, PO Box 902, Guernsey, WY 82214.

If you pass the CBIWC exam and become a Certified Back in Whack Coach, do you want your name included on the list of CBIWC on the Positive Patterns for Life website? YES / NO

Signature: _____ Date Exam Completed: _____

FOR OFFICE USE ONLY

Date Certification Exam Received: _____

Score: _____

"Certified *Back in Whack Coach*" certificate was issued: _____