

LCC Practice Test Questions and Answers

1. What is SMART goal setting?

- A) Simple, Manageable, Agreeable, Reliable, Timed
- B) Specific, Measurable, Achievable, Relevant, Time-bound
- C) Safe, Meaningful, Artistic, Realistic, Timed
- D) Strategic, Marketed, Adaptable, Realistic, Timely

2. What role does empathy play in motivation?

- A) It causes dependence on the coach
- B) It fosters intrinsic motivation
- C) It reduces motivation
- D) It creates emotional distance

3. Why is confidentiality critical in coaching?

- A) To limit client participation
- B) To build trust and openness
- C) To avoid paperwork
- D) To protect the coach's reputation

4. How should coaches handle client resistance?

- A) Ignore the resistance
- B) Acknowledge and explore resistance
- C) Force clients to comply
- D) Dismiss client concerns

Answers: 1-B 2-B 3-B 4-B

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