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Specificity B. Volume C. Frequency D. Type. 2. What is the recommended minimum number of fruit and vegetable portions to eat per day? A. One B. Seven C. Two D. Five. 3.

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questions within this paper. To achieve a
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Principles of anatomy, physiology

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questions within this paper. To achieve a
pass you will need to score 23 out of 32
marks. All questions are multiple choice

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and there is only ONE correct answer.

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Special Instructions This theory paper
comprises questions that are indicative
of the Level 2 Principles of Exercise,

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Fitness and Health unit. All questions are multiple-choice. Answers should be recorded as either a, b, c or d. This theory paper has 40 marks.

MOCK PAPER Level 2 Principles of Exercise, Fitness and ...

Level 2 Gym Instructor Mock Exam
Revision - Principles 18/02/2015

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17/11/2020 This blog includes SEVEN Level 2 Gym Instructor Mock Exam Questions with answers and explanations, so you can be prepared for your upcoming Principles of Exercise exam.

Level 2 Gym Instructor Mock Exam Revision - Principles

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L2 Principles of Exercise, Fitness and Health Mock Paper. This is a MOCK PAPER ONLY and is solely for revision purposes. All questions are multiple choice. This theory paper has 40 marks (each question is worth 1 mark). A minimum of 28 marks overall (70%) is required in order to pass. In the actual theory assessment, you will be given 60

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minutes to complete this assessment unless otherwise agreed by your tutor.

L2 Principles of Exercise, Fitness and Health Mock Paper ...

This is a level 2 trivia quiz on principles of exercise, fitness and health! If you are planning on becoming a physical trainer, you should be able to get the questions

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correct with no hesitation as they cover the basics. Do give it a try and get to see how skilled you are when it comes to your clients. All the best and keep practicing!

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but the pass score is equal to that expected in your main theory assessment ...

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Healthy living is something that most people in this era try to achieve by whatever means necessary. The numbers of people joining the gym increase daily and the goers have different-different reasons to be there. As a personal trainer, how much did you understand from principles of exercise

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you are undertaking an exercise to music course or gym instructor qualification, this assessment provides a realistic sample of the anatomy and physiology exam questions and course content you ...

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