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The first two answers are both negative adaptations (something you wouldnt want). And D is impossible, the lungs cant change size due to exercise (they can change capacity though). Therefore the answer is C= Gaseous Exchange

Level 2 Principles of Exercise Mock Exam Questions To Help ...

Central YMCA Qualifications (CYQ) ... Principles of exercise, fitness and health ... Please note for paper based assessment: once assessment has taken place the theory papers (questions sheets not answer sheets) should be destroyed ☐ failure to do this could result in the centre being fined.

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Mock Exam Papers - Fitness Training Solutions

Applying the Principles of Nutrition to a Physical Activity Programme ☐ Level 3 Paper No. APNU3.01 © Central YMCA Qualifications ☐ 0613 - 2 -

MOCK PAPER Level 3 Applying the Principles of Nutrition to ...

Unit 2- Principles of Exercise, Fitness and Health. Assessment Specification: Multiple choice theory paper 40 questions a minimum of 28 (70%) is required to pass. The allocated time to complete this is 50 minutes. Frequently Asked Questions: Q - Are mock theory papers available? A - Yes, these can be accessed via the CYQ website . www.cyq.org.uk

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VTCT - UV20525 Principles of exercise fitness and health Single unit assessment Multiple choice question paper (Mock paper) Answer guide- Question number Correct answer Question number Correct answer 1 C 16 A 2 A 17 B 3 D 18 D 4 C 19 B 5 D 20 C 6 C 21 C 7 A 22 D 8 B 23 B 9 D 24 C 10 D 25 C 11 B 26 A 12 D 27 B 13 B 28 C 14 A 29 C 15 C 30 A

VTCT - UV20525 Principles of exercise fitness and health ...

YES, 100% - The Level 2 Principles Of Exercise Revision Mastery Bootcamp is mapped against all leading awarding bodies including Active IQ, CYQ, VTCT, Future Fit, Focus Awards, YMCA and NASM exams.

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