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are multiple choice. This theory paper has 40  
marks (each question is worth 1 mark). A  
minimum of 28 marks overall (70%) is required  
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Lee Wainwright from Chester was the first  
ever apprentice in the country to pass the all-

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Principles of Exercise Fitness and Health Level 2

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 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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CYQ Level 2 Principles of Exercise 1. Central YMCA Qualifications (CYQ) Principles of Exercise, Fitness and Health 2. By the end of this unit you will be able to:

- Understand the relationship between health and physical activity
- Describe the aspects of total fitness
- Name the five components of physical fitness
- Explain the factors that affect health, physical fitness and training ...

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

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