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assessments on the respective training courses. These assessments are provided as free resources so please feel free to use these as and when you require them.

## **Components Principles Fitness Training Mock Exam - HFE**

Applying the Principles of Nutrition to Physical Activity Programme – Level 3  
Paper No. APNU3.02

## **Level 2 Principles Of Exercise - Parallel Coaching Academy**

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 fitness and health level 2? Take the test to find out!

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## **Principles Of Exercise, Fitness And Health Level 2 Quiz ...**

This will highlight your strengths and weaknesses within the circulatory and respiratory system. If you can answer these questions, the likelihood is – you'll breeze through your exam – check your answers at the bottom of the page – GOOD LUCK! Level 2 Gym Instructor Mock Exam Revision – Principles of Exercise Fitness and Health 1.

## **Mock Papers & Revision Quizzes | Pure Training and Development**

Components Principles Fitness Training Mock Exam. The following Level 2 Principles of Fitness Training Mock Exam is provided by HFE as a FREE resource for anyone working towards a Level 2 Fitness Instructor Qualification, that be: Level 2 Gym Instructor; Level 2 Exercise

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## **Course: Mock Exams**

Assessment Unit 3 (Principles of Exercise, Fitness and Health) will be assessed by an externally set and assessed written test.

The test will be: • Externally set and assessed (by CYQ) • Multiple choice questions • 40 questions (70% pass mark - 28 marks required) • Time allocation 60 minutes 4.

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