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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 ...

Course: Mock Exams, Section: Level Two

Master Answer Sheet for Level 3 Applying the Principles of Nutrition to a Physical Activity Programme MOCK PAPER Answers for 30 questions Theory ID: APNU3.01 Q1 A Q21 D Q2 C Q22 A Q3 B Q23 D Q4 A Q24 B Q5 A Q25 D Q6 D Q26 B Q7 A Q27 A Q8 C Q28 C Q9 D Q29 C Q10 A Q30 B Q11 C Q12 C Q13 A Q14 B Q15 A Q16 C Q17 A Q18 A Q19 C Q20 B

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

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Level 2: Trivia Quiz On Principles Of Exercise, Fitness ...

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Master Answer Sheet for Level 3 EFK Common Units Papers

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Chapter 30 The Cold War Unfolds Section One Worksheet

On Friday 28th February 2020, 21 – year-old Lee Wainwright from Chester was the first ever apprentice in the country to pass the all-new 'YMCA Awards Level 3 Personal Trainer End-Point Assessment' (EPA) at Cheshire College South and West.

Time allocation Title MOCK PAPER

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Cyq Mandatory Units Manual Answers

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!

Cyq Principles Of Exercise Exam With Answers

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.

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