

## 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](http://www.cyq.org.uk) or requested from [theorypapers@cyq.org.uk](mailto:theorypapers@cyq.org.uk)

Q - How do I order theory papers?

A - CYQ theory papers are available to approved centre contacts from [theorypapers@cyq.org.uk](mailto:theorypapers@cyq.org.uk)

# Cyq Principles Of Exercise Exam With Answers

**Warren Franke**



**Cyq Principles Of Exercise Exam With Answers:**

Principles of Exercise Prescription Warren Franke, 2019-08-31

*Principles of exercise testing and interpretation*, 1986

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