

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 or requested from theoriypapers@cyq.org.uk

Q - How do I order theory papers?

A - CYQ theory papers are available to approved centre contacts from theoriypapers@cyq.org.uk

Cyq Principles Of Exercise Exam With Answers

Warren Franke

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

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