

**MULTIPLE CHOICE
QUESTION PAPER**

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| Paper number MPPEFH Please insert this reference number in the appropriate boxes on your candidate answer sheet | Time allocation 50 minutes |
| Title <div style="text-align: center;"> <h2>Level 2 Mock Paper</h2> <h1>Principles of Exercise, Fitness and Health</h1> <p>Unit Accreditation Number A/600/9017</p> </div> | |
| Special instructions <p>This theory paper comprises questions that are indicative to the Level 2 Principles of Exercise, Fitness and Health unit. It contains questions that are phrased as standard multiple choice, pictorial, fill the blanks and complete the sentence style questions. Answers should be recorded as either a, b, c or d.</p> <ul style="list-style-type: none"> • Programming safe and effective exercise for clients • The health benefits of physical activity • The importance of healthy eating <p>This theory paper has 40 marks. A minimum total of 28 marks overall (70%) is required in order to pass.</p> <p>Important: Please do not write on this paper.</p> | |

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