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The first two answers are both negative adaptations (something you wouldnt want). And D is impossible, the lungs cant change size due to exercise (they can change capacity though). Therefore the answer is C= Gaseous Exchange

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Principles of exercise
fitness and health

Single unit assessment

Multiple choice

question paper (Mock
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Question number

Correct answer

Question number

Correct answer 1 C 16

A 2 A 17 B 3 D 18 D 4

C 19 B 5 D 20 C 6 C 21

C 7 A 22 D 8 B 23 B 9

D 24 C 10 D 25 C 11 B

26 A 12 D 27 B 13 B 28

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C 14 A 29 C 15 C 30 A

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exercise fitness and
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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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MOCK PAPER Level 2

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**Principles of
Exercise, Fitness
and ...**

Answer THREE
questions in this
section as indicated.
ORGANIZATIONAL
PRINCIPLES Answer
EITHER Question 4 or
Question 5. Do NOT
answer both. 4. In 10
years, the Fair Deal
Supermarket (FDS) Ltd.
has grown from one
shop to 8 branches. As
a result of this
expansion,

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management decided
to introduce a

Management
Information System
(MIS).

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**Answers - Marketing
Principles ..**

It's essential to maintain a healthy lifestyle. Nutritionist advice on keeping a healthy diet and avoiding junk foods, drinking lots of water, and doing excises daily. There are programs people can join to help aid in maintaining a healthy life. Take up the quiz to learn more about nutrition programs.

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**Principles Of
Nutrition: Physical
Activity Programme**

...

Applying the Principles
of Nutrition to a
Physical Activity

Programme Level 3

L/600/9054 Mock

Answer Sheet Question
number Answer

Question number

Answer 1 B 14 C 2 B 15

C 3 A 16 A 4 B 17 C 5 C

18 D 6 B 19 C 7 C 20 C

8 A 21 A 9 D 22 C 10 D

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23 B 11 D 24 A 12 B 25
C 13 A . active .

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Applying the Principles of Nutrition to a Physical ...

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

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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!

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

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