

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 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

Cyq Principles Of Exercise Exam With Answers

Yicheng Fang



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Principles of Exercise Prescription Warren Franke, 2019-08-31 **Principles of exercise testing and interpretation**, 1986 *Principles and Labs for Physical Fitness* Werner W. K. Hoeger, Sharon A. Hoeger, 1996-08 **ACE Group Fitness Instructor Exam Secrets Study Guide: ACE Test Review for the American Council on Exercise Group Fitness Instructor Exam** Ace Exam Secrets Test Prep, 2018-04-12

Includes Practice Test Questions Secrets of the ACE Group Fitness Instructor Exam helps you ace the American Council on Exercise Group Fitness Instructor Exam without weeks and months of endless studying Our comprehensive Secrets of the ACE Group Fitness Instructor Exam study guide is written by our exam experts who painstakingly researched every topic and concept that you need to know to ace your test Our original research reveals specific weaknesses that you can exploit to increase your exam score more than you've ever imagined Secrets of the ACE Group Fitness Instructor Exam includes The 5 Secret Keys to ACE Group Fitness Instructor Exam Success Time is Your Greatest Enemy Guessing is Not Guesswork Practice Smarter Not Harder Prepare Don't Procrastinate Test Yourself A comprehensive General Strategy review including Make Predictions Answer the Question Benchmark Valid Information Avoid Fact Traps Milk the Question The Trap of Familiarity Eliminate Answers Tough Questions Brainstorm Read Carefully Face Value Prefixes Hedge Phrases Switchback Words New Information Time Management Contextual Clues Don't Panic Pace Yourself Answer Selection Check Your Work Beware of Directly Quoted Answers Slang Extreme Statements Answer Choice Families A comprehensive review including Cardio respiratory Conditioning Exercise Programming Muscular Strength and Endurance Progression and Intensity Medical Conditions Pregnant and Postpartum Women Modifications for Senior Citizens Proper Posture Body Mass Index Test Bioelectrical Impedance Dyspnea Scale The Talk Test Method Basic Standing Stretches Techniques for Monitoring Heart Rate Basic Exercise Class Format Participants with Disabilities Instructional Techniques Systematic Class Design Goals Plantar Fasciitis Rotator Cuff Strain Anterior Shoulder Instability Lateral Epicondylitis and much more

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