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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 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!

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Here you will find the mock papers available for Level 2 and Level 3 mandatory units. Click on the title of the paper you are currently studying or wish to refresh your memory on in order to be taken to the quiz. You can complete these quizzes as many times as you wish but the pass score is equal to that expected in your main theory assessment ...

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