



# Level 2 Principles Of Exercise

**50 Mock  
Questions  
+ *Answers***



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# Welcome to Parallel Coaching

Thank you for downloading the L2 Principles of Exercise Mock Questions.

**Can I ask you a questions:** Do you have your L2 Principles exam coming up in the next 4 to 8 weeks?

Maybe you're training to become a L2 Fitness Instructor, Exercise to Music, Aqua or Kids Fitness Instructor? Or even a Yoga and Pilates Instructor... **Either way, I'm guessing,**

- ~ *You don't know what to expect in your exam*
- ~ *You're stuck in your revision*
- ~ *eye lids are heavy as you tackle your clunky online learning*
- ~ *Tired of re-reading the same paragraph in the manual and still not getting it*
- ~ *You feel like you don't know enough or can't book your exam yet*
- ~ *Not confident you're going to pass the exam*
- ~ *Overwhelmed by how much there is to learn and where to start?*

Ultimately you WANT MORE guidance, more clarity, and more confidence that you're on the right track. That you can walk into the exam room knowing and not guessing. That all this revising not only gets you TOP MARKS, yet it helps get awesome results with all future clients.

I've been there... *I understand and I want to help.*

So if you're ready and wanting to pass your Level 2 Principles of Exercise exam confidently with TOP MARKS, then our emails have the ability to change the game for you, in fact, I'll go **OUT OF MY WAY** to **GIVE YOU** all the support and guidance you want and need.

Next please *make sure you mark my emails as safe, don't let them land in your SPAM folder, promise me?*

I'm going to email you every damn day from now on and I promise they won't be boring - They'll make you laugh.... They might even make you cry. They'll also help you STEP UP and tackle your fitness exams with serious clarity and confidence.

Over the next 7 days I'll be emailing daily with more level 3 anatomy and physiology revision tips so you can

- *Ditch any revision overwhelm*
- *Stop replying on your course manual*
- *Slice your revision time in half*
- and **give you the opportunity to join the L2 Principles of Exercise Revision Mastery bootcamp PLUS GET 7 EXCLUSIVE BONUSES** in the next 7 days ONLY.

If you have any questions about your studies, even if you're with another training provider please do reach out. We're here to help you pass first or next time with confidence and TOP MARKS

Dedicated to more

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# How To Use Your 50 L2 Principles Mock Questions

The following **50 Level 2 Principles of Exercise mock questions** are mapped to: *Active IQ, YMCA, CYQ, Focus Awards, Transcend Awards, VTCT, Future Fit and NASM.*

It's likely you'll have 32 Multiple Choice questions in 90 minutes for your real exam, you need 70% to pass. It's best to check this with your training provider as some do vary.

Regardless of how many questions you have, it will include 3-8 questions on each of the following 7 modules.

The questions will appear in a random order in your exam. These mock questions reflect this random order so you can practice the structure and style of exam questions accurately.

After every 10th question you can check your answers so you can track your progress. Questions will be asked from the following 7 modules:

**Module 1:** *The Effects Of Exercise On The Body*

**Module 2:** *The Components Of Fitness*

**Module 3:** *Variables and Principles Of Programming*

**Module 4:** *How To Monitor Intensity*

**Module 5:** *Health Benefits Of Physical Activity*

**Module 6:** *Exercise Contraindications For Special Populations*

**Module 7:** *The Importance Of Healthy Eating*



# COMPLETE THE 50 MOCK QUESTIONS BELOW:

[NOTE: After every 10th question you can check your answers so you can track your progress.

For each of the following questions choose one correct answer from A to D

## SECTION 1

**1. When is Blood Pooling most likely?**

- A. When you cool down slowly
- B. When you stop exercising suddenly with no cool down
- C. When sitting down for long times
- D. If you cross your legs

**2. According to the eat-well guide, what is one piece of healthy eating advice that underpins a healthy diet?**

- A. Eat fewer fruits and vegetables
- B. Eat less fish
- C. Eat less salt
- D. Eat fewer starchy foods

**3. What training, if performed long-term, causes increased size and number of mitochondria?**

- A. Weightlifting
- B. Power lifting
- C. Stretching
- D. Aerobic endurance

**4. Which programme variable is regressed when a session is performed with fewer sets per exercise than planned?**

- A. Specificity
- B. Volume
- C. Frequency
- D. Type

**5. What characteristics do mesomorphic body types tend to have?**

- A. Lean with low muscle mass
- B. Muscular with broad shoulders
- C. Predisposed to fat storage
- D. Rounder in appearance

**6. When working with older adults, which guideline would be most appropriate?**

- A. High-impact warm-up
- B. No warm-up
- C. Longer warm-up
- D. Shorter warm-up

**7. What factor determines the amount of water needed for adequate hydration during exercise?**

- A. Physical Activity
- B. Age
- C. Gender
- D. Fitness levels

**8. What may be an indicator that training should be regressed?**

- A. Improved strength
- B. Improved fitness
- C. Reduced performance
- D. Reduced heart rate

**9. What will cessation of training cause?**

- A. Specificity
- B. Reversibility
- C. Individuality
- D. Progressive Overload

**10. Which factor increases the potential for men to gain greater muscle mass?**

- A. Increased oestrogen
- B. Increased testosterone
- C. Increased pelvic width
- D. Increased body fat

**ANSWERS: Q1 = B Q2 = C Q3 = D Q4 = B Q5 = B**

**Q6 = C Q7 = A Q8 = C Q9 = B Q10 = B**

**Score for Section 1 = /10**

**Need Help? Contact Hayley  
@Parallel here**

## **SECTION 2**

**11. Which of the following is a health-related component of fitness?**

- A. Body Composition
- B. Balance
- C. Power
- D. Reaction time

**12. What is the recommended minimum number of fruit and vegetable portions to eat per day?**

- A. One
- B. Seven
- C. Two
- D. Five

**13. What will, strengthening the gluteus maximus and stretching the hip flexors and lower back, help to improve?**

- A. Hyperlordosis
- B. Scoliosis
- C. Hyperkyphosis
- D. Flat back

**14. What would be the recommendation for flexibility training for young people?**

- A. Use ballistic stretching
- B. Stretch to mild tension
- C. Stretch beyond muscle shake
- D. Use partner stretching

**15. Which of the following is not a variable within the FITT Principle?**

- A. Frequency
- B. Flexibility
- C. Type
- D. Intensity

**16. Which of the following are not a factor that influences health and fitness potential?**

- A. Age
- B. Genetic Factors
- C. Lifestyle Habits
- D. Location in the UK

**17. How many days per week is it recommended to exercise to improve muscular strength and endurance?**

- A. 5 days per week
- B. Every day
- C. 2-3 days per week
- D. Once per week

**18. Which of the following is a short-term musculoskeletal adaptation to exercise?**

- A. Joints get stiff and reduce Range of Motion
- B. Secretion of synovial fluid increases, lubricating joints
- C. Muscles relax
- D. The skin reduces in temperature

**19. A long term effect of Aerobic- Endurance training would be?**

- A. Increased blood pooling
- B. Increased resting Heart Rate
- C. Increased blood Pressure
- D. Increased Mitochondria

**20. The recommended target heart rate (THR) intensity when training for maximum improved performance is from 80% of maximum heart rate (MHR) to?**

- A. 100% MHR
- B. 70% MHR
- C. 90% MHR
- D. 65% MHR

**Check Your Answers Below:**

# Answers from Section 2:

Q11 = A Q12 = D Q13 = A Q14 = B Q15 = B

Q16 = D Q17 = C Q18 = B Q19 = D Q20 = A

**Score for Section 2 = /10**

## SECTION 3

**21. What does the Borg rating of perceived exertion (RPE) scale measure?**

- A. Exercise intensity
- B. Exercise duration
- C. Exercise frequency
- D. Exercise type

**22. Regular physical activity may reduce the risk of:**

- A. Muscle Injury
- B. Joint wear and tear
- C. Atherosclerosis
- D. Rheumatoid Arthritis

**23. What does ADL stand for?**

- A. Activity Does Lots
- B. Activity of Daily Living
- C. Additional Danger Levels
- D. Additional to Daily Living

**24. What is the heart rate training zone for Moderate Activity, as stipulated by ACSM guidelines**

- A. 65-90% MHR
- B. 70% MHR
- C. 80-90% MHR
- D. 50-65% MHR

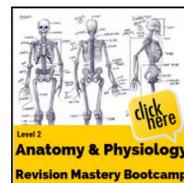
**25. Which core training exercise would be most appropriate to use immediately post-birth?**

- A. Jump squats
- B. Pelvic floor exercises
- C. Full Sit ups
- D. Hanging Leg Raises

**26. Spasticity of muscles is most likely to feature with which condition?**

- A. Cerebral Palsy
- B. Heart Attack
- C. Amputation
- D. Osteoporosis

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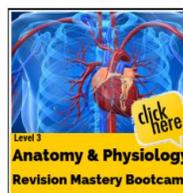
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27. What blood pressure would be classed as contraindicated for exercise?

- A. 182/112
- B. 120/80
- C. 115/75
- D. 140/85

28. What may be of increased risk with poor nutrition?

- A. Low blood pressure
- B. Low cholesterol
- C. Type 1 diabetes
- D. Type 2 diabetes

29. Which of the following is the primary role of carbohydrates?

- A. To build hormones and enzymes
- B. To provide energy for brain and body
- C. To grow and repair human tissue
- D. To hydrate

30. According to the Energy Balance equation, what must happen for a client to reduce body weight?

- A. Energy Intake > (more than) Energy Output
- B. Energy Intake < (less than) Energy Output
- C. Energy Intake = (equal to) Energy Output
- D. Energy Intake must include a diet shake

ANSWERS: Q21 = A Q22 = C Q23 = B Q24 = D Q25 = B

Q26 = A Q27 = A Q28 = D Q29 = B Q30 = B

Score for Section 3 = /10

\*TIP: Once you've read the question, DON'T jump straight into the 4 possible answers, take a second to think about what the answer could be - DON'T get sidetracked by the 3 wrong answers!!!



## SECTION 4

31. A respiratory adaptation to aerobic endurance training is?

- A. Reduced cardiac output
- B. Reduced stroke volume
- C. Increased gaseous exchange
- D. Increased lung size

32. A long term effect of cardiovascular training would be?

- A. Increased blood pooling
- B. Increased resting heart rate
- C. Decreased mitochondria
- D. Decreased blood pressure

33. Venous return is assisted by?

- A. Muscle contraction in the lower limbs
- B. Muscle relaxation in the lower limbs
- C. Increased blood pressure
- D. Decreased blood pressure

**34. Weight-bearing exercise is essential to reduce the risk of?**

- A. Osteoporosis
- B. Depression
- C. Type 1 diabetes
- D. Osteoarthritis

**35. Delayed onset muscle soreness is typically experienced at what time frame after exercise?**

- A. Within 5 hours
- B. Between 6-11 hours
- C. Between 12-72 hours
- D. After 75 hours

**36. Stretching the upper trapezius and strengthening the rhomboids will help to improve?**

- A. Lordosis
- B. Flat back
- C. Scoliosis
- D. Kyphosis

**37. Having full potential range of motion around a joint defines which component of health-related fitness?**

- A. Flexibility
- B. Strength
- C. Balance
- D. Agility

**38. Power is a combination of strength and which other skill-related component of fitness?**

- A. Speed
- B. Agility
- C. Endurance
- D. Reaction time

**39. Ectomorphs are well suited to which type of physical activity?**

- A. Heavy weight training
- B. Long distance running
- C. The shot put
- D. Sprinting

**40. The phrase 'use it or lose it' would describe which training principle?**

- A. Overload
- B. Individuality
- C. Specificity
- D. Reversibility

**ANSWERS: Q31 = C Q32 = D Q43 = A Q34 = A Q35 = C**

**Q36 = D Q37 = A Q38 = A Q39 = B Q40 = D**

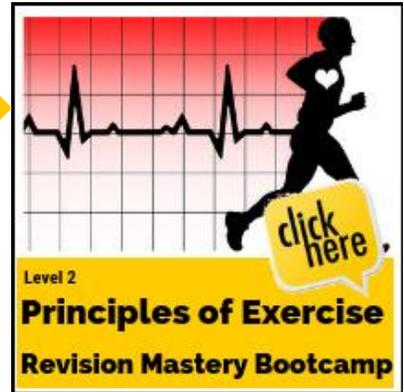
**Score for Section 4 = /10**



**“EVERYTHING You Need To Learn, Revise and Pass Your Level 2 Principles Of Exercise Exam”**  
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So again, if you're a trainee fitness professional who wants to pass their level 2 Principles exam with confidence, understand this,

You need a quick way to structure your revision, and the revision mastery bootcamp is the only way to break down the entire course content.

The L2 Principles Revision Mastery Bootcamp is **usually £147**  
As you downloaded the 48 mock questions you get the bootcamp **PLUS 7 BONUSSES for £39.99 - Offer Ends in 7 days**

**Start Now** ➔



## SECTION 5

**41. Specificity of training refers primarily to the?**

- A. Frequency
- B. Intensity
- C. Time
- D. Type

**42. The recommended target heart rate (THR) intensity when training for general cardiovascular fitness is from 60% of maximum heart rate (MHR) to?**

- A. 90% MHR
- B. 80% MHR
- C. 75% MHR
- D. 65% MHR

**43. An indicator that training may need to be regressed would be?**

- A. Improved agility
- B. Reduced blood pressure
- C. Reduced performance
- D. Improved balance

**44. Which of the following exercises would be most appropriate for pre-natal clients in the second trimester?**

- A. Back extension
- B. Gentle pelvic floor exercises
- C. Crunches
- D. Bicycle crunch

**45. The anaerobic capacity for boys and girls is not fully developed until the age of?**

- A. 10
- B. 14
- C. 16
- D. 20

**46. Multiple Sclerosis is classified as what sort of physical disability?**

- A. Adaptive
- B. Progressive
- C. Accelerative
- D. Regressive

**47. The greatest advantage of using the talk test to monitor intensity would be that it?**

- A. Correlates with heart rate
- B. Correlates with blood pressure
- C. Is an accurate measure
- D. Is quick and easy to use

**48. What is a dietary source of carbohydrate?**

- A. Red meat
- B. Vegetables
- C. Cheese
- D. Chocolate

49. The Eat-well plate guidance recommends that salt intake should be limited to how many grams a day?

- A. 2
- B. 4
- C. 6
- D. 8

50. Which of the following is the primary role of protein?

- A. To help the body to use fat soluble vitamins
- B. To provide insulation under the skin
- C. To grow and repair human tissue
- D. To assist digestion and hydration

ANSWERS: Q41 = D Q42 = A Q43 = C Q44 = B Q45 = D

Q46 = B Q47 = D Q48 = B Q49 = C Q50 = C

Score for Section 5 = /10

What was your final score out of 50 mock questions? /50

You need 70% to pass in your final exam... 70% of 50 is 35 correct answer

## YOUR NEXT STEP FROM HERE:

**Step 1.** Review your answers and recognise any trends in the questions you got wrong?

**Step 2.** Focus your revision towards the modules that you got wrong using step 1.

**Step 3.** There is an invitation below for you...



# Here's Your Initiation:

Tomorrow I open up the doors to the **Level 2 Principles Of Exercise Revision Mastery Bootcamp** – however, as you've downloaded and used these mock question here's your invitation to enrol 24 hours earlier than anyone else.

Here's the link to learn more:

[Learn more →](#)

Over the next 7 days I'll be emailing daily with more level 2 Principles Of Exercise revision tips so you can

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Hayley and Neale

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