**Level 2 Gym Instructor ONLINE course**

**ASSESSMENT 1**

**Multiple choice theory paper**  
This assessment is used to assess the knowledge required for the **anatomy & physiology for exercise and fitness instructors unit**. Please use the relevant elearning module, presentations and mock exams (found on the course page) to prepare for this exam.  
  
It is a multiple choice exam set by YMCA Awards. The paper will comprise of 30 questions and the time allocated is 45 minutes. Each question will be worth 1 mark and you must achieve a minimum of 21 marks overall to pass (70%).   
  
To book your theory exam, please complete the **BOOK AN ASSESSMENT** form. Assessments are available on the specified dates detailed on this form at our exam-approved centre in Telford. Alternatively, please complete our **INVIGILATOR APPROVAL** form, so that a manager/supervisor at your place of work can be approved to invigilate your exam.  
  
This exam can be completed at any time throughout the 12 month period of your course.

**USEFUL INFORMATION/LINKS**

Course Page – <http://www.fit4training.com/gym-resources>

Facebook Group – [www.facebook.com/groups/fit4trainingstudysupport](http://www.facebook.com/groups/fit4trainingstudysupport)

Student Support – Martin Brown [martin@fit4training.com](mailto:martin@fit4training.com)

Administration/general queries only relating exams, payments, resources, certificates.

Tutor/Assessor – Becky Owen [becky@fit4training.com](mailto:becky@fit4training.com)

Assessment/course content support

Book an Assessment – [www.fit4training.com/book-an-assessment](http://www.fit4training.com/book-an-assessment)

Invigilator Approval – [www.fit4training.com/invigilator-approval](http://www.fit4training.com/invigilator-approval)

Submit Coursework – [www.fit4training.com/submit-coursework](http://www.fit4training.com/submit-coursework)