Level 3 Exercise Referral course

Unit 5

****Applied Anatomy & Physiology****

Assessment 12

**Multiple choice theory paper**  
This assessment is used to assess the knowledge required for the ‘Applied anatomy and physiology’ and ‘Nutrition to support physical activity’ units. Please use the relevant elearning modules, 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 2 sections:

* Section 1 of the paper has 20 questions and will relate to the syllabus for the Applied anatomy & Physiology unit;
* Section 2 of the paper has 10 questions and will relate to the syllabus for the Nutrition to Support Physical Activity unit.

The entire exam paper will comprise of 30 questions and the time allocated is 40 minutes. Each question will be worth 1 mark. You must achieve a minimum of 14 marks (70%) to pass Section 1. You must achieve a minimum of 7 marks (70%) to pass Section 2.

Should you not obtain sufficient marks to pass one of the sections then you need only resit that section. Time allowed to resit Section 1 is 25 minutes. Time allowed to resit Section 2 is 15 minutes.

Visit your course resources page to access mock exams (<http://www.fit4training.com/exref-resources>).

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. Or, you can complete our REMOTE EXAM REQUEST form to request to do this exam from home via an e-proctored online exam where you will not need an invigilator. Please see the guidance at the bottom of your course page.   
  
This exam can be completed at any time throughout the 12 month period of your course.

Assessment 13

Online Y-Mark Exercise Referral Workbook  
You will need to complete an online Assessment Workbook, which you can access via your elearning platform login. There are two sections to this workbook and Section 1 covers Applied Anatomy & Physiology.

Please use the relevant elearning modules and presentations to revise and prepare to complete this workbook.  
  
All questions must be answered correctly but you get unlimited attempts. This is an open book assessment, but work must be your own, and the questions refer to the content covered on the elearning modules. The questions are auto-marking, so you will receive an instant result upon completion. You will be directed back to any questions answered incorrectly so you can have another go.  
  
This workbook can be completed at any time over the duration of your 12 month course.

**USEFUL INFORMATION/LINKS**

Course Page – <http://www.fit4training.com/exref-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 - Jo Bentley [jo@fit4training.com](mailto:jo@fit4training.com)

Assessment/course content support