**Level 3 Personal Trainer (Practitioner) course**

**ASSESSMENT 1**

**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 and book your exam - [www.fit4training.com/pt-resources](http://www.fit4training.com/pt-resources).

This exam can be completed at any time throughout the 12 month period of your course.