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The first two answers are both negative adaptations (something you wouldnt want).

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The first two answers are both negative adaptations (something you wouldn't want). And D is impossible, the lungs can't change size due to exercise (they can change capacity though). Therefore the answer is C= Gaseous Exchange

Level 2 Principles of Exercise Mock Exam Questions To Help ...

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Unit 2- Principles of Exercise, Fitness and Health. Assessment
Specification: Multiple choice theory paper 40 questions a
minimum of 28 (70%) is required to pass. The allocated time to
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Answer guide Question number Correct answer Question number

Correct answer 1 C 16 A 2 A 17 B 3 D 18 D 4 C 19 B 5 D 20 C 6

C 21 C 7 A 22 D 8 B 23 B 9 D 24 C 10 D 25 C 11 B 26 A 12 D 27

B 13 B 28 C 14 A 29 C 15 C 30 A

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