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2021

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Paper 1 – Texts and Human Experiences

General Instructions

- Reading Time – 10 minutes
- Working Time – 1 hour and 30 minutes
- Write using black pen
- A Stimulus Booklet is provided with this paper

Total marks: 40

Section I – 20 marks (pages 2–5)

- Attempt Questions 1–4
- Allow about 45 minutes for this section

Section II – 20 marks (page 6)

- Attempt Question 5
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web the difference with circuit training is that the intensity is variable whereas hiit encourages maximum effort by reaching 80-90 maximum heart rate hiit can help to decrease body fat increase strength and endurance and improve health outcomes but it is not necessarily better than other exercise formats

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