



*J. Sambal*

**Avinashilingam Institute for Home Science and Higher Education for Women**  
Deemed to be University Estd. u/s 3 of UGC Act 1956, Category A by MHRD [now MoE]  
Re-accredited with an 'A++' Grade by NAAC CGPA 3.65/4, Category I by UGC  
Coimbatore - 641 043, Tamil Nadu, India

**Continuous Internal Assessment II March – 2025**

**Semester-II**  
**23BAEGM1 Gym Management**

**Class: I B.P.Ed.**  
**Major: Physical Education**

**Max Marks: 60**  
**Duration: 2hours**

**Course Outcomes:**

1. Promoting professionals with competency and commitment
2. Expertise in principles of fitness training
3. Obtain Knowledge for profitability with the right mind of products and services
4. Implement systems to ensure the upkeep and safety of the facility and the equipment
5. Developing different vigorous physical activity for health and fitness

**Part –A**

**Answer all the question 1x6=6**

1. Which of the following is not a component of Warm-up CO2 K2  
a) Stretching      b) Calisthenics      c) Formal Activity      d) Plyometrics
2. What does body composition refer to CO2 K1  
a) Percentage of body fat      b) The shape your muscles      c) How much gain you have      d) Limb length
3. Which of the following is an essential nutrient for muscle recovery? CO2 K3  
a) Fats      b) Proteins      c) Carbohydrates      d) Water
4. When the training load is neither too low nor excess of an athlete's capacity, it is called CO3 K1  
a) Normal load      b) Crest load      c) Optimal load      d) Maximum load
5. Which of the following is refers to FITT principles CO2 K3  
a) Frequency, Intensity, Time, Type      b) Frequency, Intensity, Time, Test  
c) Full Range of Motion, Intensity Time, Test      d) Full Range of Motion, Intensity, Time, Type
6. Which of the following instrument used to estimate the body fat CO3 K1  
a) Flexmometer      b) Goniometry      c) Dynamometer      d) Skin fold calliper

**Part B (3x6=18)**

**Each answer should not exceed 600 words or two pages**

- 7 (a). Write a short note on quality and quantity of exercise program. CO2 K3  
(Or)
7. (b) Prepare exercise prescription for diabetics patient at the age of 50. CO5 K2
- 8 (a). List out the warm up and cooling down exercise and explain its benefits. CO5 K4  
(Or)
- 8.(b). Describe the details about Customer care in gym management. CO3 K3
- 9 (a). Write a short note on Mechanical Functions of gym equipment, wear, tear and maintenance of gym. CO3 K5  
(Or)
- 9.(b). Discuss the harmful effects of nutritional ergogenic aids. CO2 K2

**Part C 3x12=36**

**Each answer should not exceed 1200 words or two pages**

- 10.(a). Explain the details about Concept of body composition. CO5 K2  
(Or)
- 10.(b). Define Exercise Prescription and explain quality and quantity of exercise program. CO2 K2
- 11.(a). Write a note on Role of Manager and Managerial Skill in Fitness Clubs. CO4 K2  
(Or)
- 11.(b). Explain Somato body type and differentiate their Characteristics. CO4 K5
- 12.(a). Write a note on Facility Setup, Placement and list of Equipment in Gym. CO5 K4  
(Or)
- 12.(b). Explain the causes, effects, and prevention of malnutrition and obesity on physical fitness. CO5 K3

**Incharge Staff: Mrs.V.Bhuvaneshwari**

**Total no of papers:30**