

Avinashilingam Institute for Home Science and Higher Education for Women

Coimbatore – 641 043

Continuous Internal Assessment Test II – March 2019

Class : III BSc

Time : 2 hours

Major : Physical Education

Max.marks : 60

15BPEC28 – Gym Management

PART – A

Circle the Correct Answer

1x5 = 5

1. The key principle of weight reduction dieting are
 - a) Select low calorie, high- nutrient food
 - b) Use only tasteless food
 - c) Avoid strenuous activity
 - d) both a and c
2. Behaviour modification
 - a) Technique used in psychotherapy
 - b) Works on stimulus control
 - c) Useful in weight reduction programs
 - d) all of the above
3. The calories/ kilograms daily energy requirement is highest for
 - a) Infants
 - b) children
 - c) elderly
 - d) pregnancy
4. How would you minimize the risks associated with a fitness centre when exercising?
 - a) Eat plenty of carbohydrates
 - b) Check that all equipment is working properly
 - c) Always try hard in all exercises
 - d) Record fitness progress in your training diary
5. To take up cross country running. Which type of training would be most suitable for this
 - a) Circuit training
 - b) weight training
 - c) continuous training
 - d) flexibility training

PART – B

Answer the following in one or two sentence

5x2=10

6. Define Obesity
7. Write Any two Quantity exercise program
8. Define Somato type
9. Define Public Relation
10. Abbreviate ACSM

PART –C

Answer the following Questions

3x5 = 15

Answer should not exceed 400 words or two pages

11. (a) Explain warm up and limbering down

(or)

(b) Explain the ACSM guidelines for weight loss

12. (a) Explain the Harmful effects of nutritional Ergogenic aids

(or)

(b) What are the Quantity and quality of the exercise program?

13. (a) Explain the concept of body composition

(or)

(b) Write about the short notes on maintenance of records

PART – D

Answer the following Questions

3x15 = 30

Answer should not exceed 600 words or four pages

14. (a) Enumerate the guideline for weight loss (or)

(b) Write about the exercise prescription for weight control

15. (a) Explain the role of manager and managerial skills (or)

(b) Write about the mechanical functioning of the equipments, wear, tear and maintenance of facilities in a gym.