



Sambath

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 A++ Grade by NAAC. CGPA 3.65/4, Category I by UGC

Coimbatore - 641 043, Tamil Nadu, India

Continuous Internal Assessment Test II – March 2026

II Semester

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

**Time: 2 hours
Maximum Marks: 60**

24BAEGM1 – Gym Management

Course Outcomes:

At the end of the course, students will:

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

6 x 1 = 6

Choose the Correct Answer

1. Mesomorph body type people are suits for _____.
a. High Jump b. Swimming c. Shot put d. cycling CO1 K3
2. Daily calories needs for adults typically range from _____ per day.
a. 1600-2400 b. 2200-3000 c. 2200-2800 d. 1600-3000 CO2 K3
3. Excessive accumulation of body fat that poses significant risks to health is called as _____.
a. Overweight b. Obesity c. Heart diseases d. fatigue CO3 K2
4. Completing several repetitions of an exercise in a row is called
a. plan b. intensity c. set d. load CO1 K3
5. A standard, non-boutique gym usually requires _____ square feet.
a. 2000-2500 b. 1800-2000 c. 2500-2700 d. 2200-2500 CO2 K1
6. Someone who spends a lot of time in the gym is known as
a. Gym Instructor b. Gym Rat c. Customer d. Manager CO3 K2

Part - B

3 x 6 = 18

Answer ALL Questions

Each answer should not exceed 400 words or two pages

7. a. Discuss about the methods of developing CRE. CO3 K2
(or)
7. b. Discuss any 6 harmful effects of Nutritional Ergogenic aids. CO2 K3
8. a. Briefly explain body types and physical activity. CO1 K3
(or)
8. b. Explain any 8 points about Etiquettes. CO5 K4
9. a. Write a short note on Public relation CO4 K3
(or)
9. b. Write a short note on phone handling. CO3 K3

Part - C

3 x 12 = 36

Answer ALL questions

Each answer should not exceed 800 words or four pages

10. a. Formulate circuit training plan for 12 stations with and without equipment. CO2 K3
(or)
10. b. Explain about obesity. CO3 K3
11. a. Illustrate aerobic and anaerobic metabolism. CO4 K4
(or)
11. b. Discuss about ACSM guidelines for weight loss. CO4 K3
12. a. Explain in detail about gym manager's role, skills and maintenance of recods, equipments CO1 K4
(or)
12. b. Enumerate guest satisfaction and language. CO2 K3

No. of Copies : 24

Staff in-charge: Ms. P.Priyadharsni