

Class : III BSc

Time : 2hours

Major : Physical Education

Max.marks : 60

15BPEC28 – Gym Management

PART – A

Circle the Correct Answer

1x5 =5

1. Dynamometer is used to measure –
(A) Flexibility (B) Agility (C) Strength (D) Speed

2. The calories/ kilograms daily energy requirement is highest for
a) Infants b) children c) elderly d) pregnancy

3. Posture is an index of –
(A) Personality (B) Health (C) Character (D) Fitness

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 exercises

8. Write five components in physical education

9. Define calories

10. Abbreviate FITT

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 mode of exercises
- 12.(a) Explain the Harmful effects of nutritional Ergogenic aids (or)
(b) What are the components of skill related fitness?
- 13. (a) Explain the concept of body composition(or)
(b) Write about circuit training

PART - D

Answer the following Questions

3x15 = 30

Answer should not exceed 600 words or four pages

- 14. (a) Enumerate the development of cardiovascular fitness (or)
(b) Write about the mode and type of exercises and explain it
- 15. (a) Explain the role of aerobic and anaerobic metabolism during exercises (or)
(b) Explain malnutrition and obesity and its causes