



Murugesu

**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)  
Re- accredited with 'A++' Grade by NAAC. Recognised by UGC Under Section 12 B  
Coimbatore - 641 043, Tamil Nadu, India

**Bachelor's Degree Examination – May 2022**  
**VI Semester**

**Class : III UG**  
**Major : Physical Education**

**Time: 3 hours**  
**Max. Marks: 100**

**18BPEC28 Gym management**

**PART A**  
**Choose the Correct Answer**

**10 x 1 = 10**

1. Scientific principles aimed at improving and maintaining higher performance capacity CO1 K2
  - a. Coaching
  - b. teaching
  - c. sports training
  - d. training
2. A state of complete physical, mental and social wellbeing and not merely the absence of disease or infirmity is CO2 K4
  - a. Health
  - b. fitness
  - c. both
  - d. None of the above
3. -----metabolism is the creation of energy through the combustion of carbohydrates in the absence of oxygen CO3 K5
  - a. Anaerobic
  - b. aerobic
  - c. both
  - d. None of the above
4. ----- training is a combination of six or more exercises performed with short rest periods. CO2 K6
  - a. Speed
  - b. Endurance
  - c. Circuit
  - d. None of the above
5. The abnormal or excessive fat accumulation that presents in the body is CO3 K3
  - a. Over weight
  - b. Hypothyroidism
  - c. Heart attack
  - d. Obesity
6. Ergogenic aids is CO4 K5
  - a. Electrolytes
  - b. Creatine supplements
  - c. Caffeine
  - d. all the above
7. An easy exercise, done after a more intense activity, to allow the body to gradually transition to a resting is CO2 K1
  - a. limbering down
  - b. Warming down
  - c. both
  - d. none of the above
8. American College of Sports Medicine is CO2 K4
  - a. ACSM
  - b. ASCM
  - c. Both
  - d. All the above
9. A large room or a building with equipment for doing physical exercise is CO3 K2
  - a. Field
  - b. Track
  - c. court
  - d. Gym
10. Abdominal crunch reduce -----muscle CO3 K2
  - a. Stomach
  - b. glutei's
  - c. leg
  - d. all the above

**Part B**

**5 x 6 = 30**

**Answer ALL questions**

**Each answer should not exceed 400 words or two pages**

- 11.a. Explain the concept of training. CO1 K2  
(or)
- 11.b. Describe about components of fitness. CO1 K1
- 12.a. Summarize the forms of training programme. CO2 K2  
(or)
- 12.b. Draw a chart of circuit training programme with explanation. CO2 K1
- 13.a. Explain about Malnutrition. CO5 K4  
(or)
- 13.b. Illustrate about Nutrition value and requirement of food in relation to exercise. CO3 K4
- 14.a. Elaborate the quantity and quality of Exercise. CO4 K2  
(or)
- 14.b. Describe about somato type and physical activity for the same. CO4 K1
- 15.a. Summarize the role of manager and managerial skill. CO5 K3  
(or)
- 15.b. Illustrate the set – up and placement of equipment. CO5 K2

**Part C**

**5 x 12 = 60**

**Answer ALL questions**

**Each answer should not exceed 800 words or four pages**

- 16.a. Explain about the fitness and wellness, its relationship and differentiation. CO1 K4  
(or)
- 16.b. Illustrate the factors influencing fitness. CO1 K2
- 17.a. Explain about the basic training regimen in gym. CO2 K4  
(or)
- 17.b. Prepare a training programme for development of cardio vascular endurance. CO2 K2
- 18.a. Summarize the causes ,symptoms and treatment for obesity with exercise. CO3 K5  
(or)
- 18.b. Explain the effect of ergogenic aids with examples. CO3 K5
- 19.a. Elaborate the ACSM guidelines foe weight loss. CO4 K2  
(or)
- 19.b. Illustrate the concept of nutritional composition. CO4 K2
- 20.a. Explain the mechanical function of the equipment's related to upper body exercises. CO5 K2  
(or)
- 20.b. Facilitate the management of fitness club. CO5 K6

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