



Avinashilingam Institute for Home Science and Higher Education for Women
(Deemed to be University under Category 'A' by MHRD, Estd. u/s 3 of UGC Act 1956)
Re-accredited with 'A+' Grade by NAAC. Recognised by UGC Under Section 12B
Coimbatore - 641 043, Tamil Nadu, India

Continuous Internal Assessment Test February 2020

Semester VI

Class :III BSC Physical Education

Time : 2 Hours

Major/Branch :

Max. Marks: 60

18BPEC28 – Gym Management

Part A

5 x 1 = 5

Choose the Correct Answer

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

5 x 2= 10

Answer all the questions

6. Define gym management
7. Define fitness
8. What is cardiovascular Endurance
9. Define Aerobic and Anaerobic
10. Write any two cardio workout

Part C

Answer should not exceed 200 words or One Page

3 X 5 = 15

- 11.a. Explain warm up and limbering down (or)
- b. Explain any five weight training exercises

- 12.a Write about training, Retraining and Detraining (or)
- b. Explain circuit training

- 13 a. Explain the Harmful effects of nutritional Ergogenic aids (or)
- b Explain any five stretching exercise with diagram

Part D

Answer should not exceed 700 words or four pages

2X 15 = 30

- 10.a Explain the forms and types of exercises (or)
- 10.b Explain the means and methods to develop cardiovascular endurance

- 11.a. Describe health related physical fitness component in fitness (or)
- 11.b Write any five gym equipment name and explain it.