28-11-25

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

Bachelor's Degree Examination – November 2025
V Semester

Class : III UG | **Time: 3 Hours**
Major : Physical Education | **Max. Marks: 100**

23BPEDE5 Exercise Prescription

Course Outcomes:

CO1: Evaluate a person's overall health prior to beginning of an exercise program and throughout program maintenance
CO2: Incorporate aerobic, resistance, concurrent, neuro-motor, and flexibility exercise appropriately into exercise plans
CO 3: Develop individualized exercise prescriptions to increase and promote physical activity, fitness, strength, endurance, and flexibility to optimize health and meet athletic performance goals
CO 4: Deliver an educational presentation on a special topic in exercise prescription following instruction design principles and effective presentation best practices.
CO 5: Reflect on the challenges of maintaining a regular exercise program

Part A
Choose the Correct Answer **10 x 1 = 10**

1. FITT stands for CO1 K1
   a. Frequency, Intensity, Time, Type
   b. Flexibility, Intensity, Technique, Time
   c. Frequency, Interval, Timing, Training
   d. Form, Integration, Timing, Target

2. What is the primary goal of an exercise prescription? CO1 K1
   a. To improve muscle bulk
   b. To promote lifelong physical activity and health
   c. To reduce body fat alone
   d. To increase VO_2 max only

3. VO_2 max is used to assess CO2 K3
   a. Flexibility
   b. Muscular strength
   c. Cardiovascular endurance
   d. Anaerobic power

4. The PAR-Q (Physical Activity Readiness Questionnaire) is used to CO3 K2
   a. Assess hydration levels
   b. Determine exercise intensity
   c. Identify health risks before exercise
   d. Measure athletic performance

5. Why is pre-exercise screening important? CO1 K1
   a. To save time in training
   b. To avoid paperwork
   c. To identify any medical conditions or risks
   d. To measure daily caloric intake

6. The Body Mass Index (BMI) is calculated using CO2 K3
   a. Weight and waist size
   b. Waist and hip ratio
   c. Weight and height
   d. Muscle mass and fat percentage

7. Which test is performed before starting an exercise program? CO2 K3
   a. Posture test
   b. Pre- exercise screening
   c. Reaction test
   d. Endurance test

8. Corrective exercise are mainly prescribed to CO3 K2
   a. Increase muscle mass
   b. Rectify postural deviation
   c. Improve Sprint Speed
   d. Maximize Endurance

9. Cardio-Respiratory fitness is best assessed by CO1 K1
   a. Sit & Reach test
   b. step test / VO_2 Max test
   c. Hand Grip strength test
   d. Skinfold calliper test

10. Which of the following is measured during pre – screening ? CO2 K3
   a. Resting Heart rate
   b. VO_2 Max
   c. 1RM test
   d. Sprint time

Part B

Answer ALL questions **5 x 6 = 30**

Each answer should not exceed 400 words or two pages

11.a. Define Exercise prescription.	CO3 K1
(or)	
11.b. Explain the meaning and definition of Legal and Ethical consideration.	CO3 K2
12.a. Define the Pre- Exercise Screening.	CO2 K4
(or)	
12.b. Write the importance of assessment of Exercise capacity.	CO3 K3
13.a. Explain the FITT.	CO4 K3
(or)	
13.b. Write the importance of Exercise in Health and Wellness.	CO2 K3
14.a. Give exercise prescription for cardio vascular disease.	CO2 K4
(or)	
14.b. What is the procedure in Monitoring – tracking process.	CO3 K3
15.a. Write about the exercise prescription for low back pain.	CO4 K3
(or)	
15.b. Enumerate BMI using your own body weight.	CO2 K3

Part C

Answer ALL questions **5 x 12 = 60**

Each answer should not exceed 800 words or four pages

16.a. Elucidate the Overview of Exercise Prescription.	CO1 K4
(or)	
16.b. Explain the Exercise Progression.	CO1 K1
17.a. How to use the Karvonen formula to determine the 70%-80% intensity level.	CO2 K3
(or)	
17.b. Explain about the assessment of exercise capacity.	CO3 K4
18.a. Describe about the legal and ethical consideration in exercise prescription.	CO1 K4
(or)	
18.b. Write about the exercise prescription for children and adult.	CO2 K3
19.a. Elucidate the exercise prescription in prevention and treatment of disease.	CO1 K4
(or)	
19.b. Describe the exercise prescription for obesity and how to improve physical fitness for an adult.	CO1 K1
20.a. Explain how to develop customized exercise prescriptions.	CO3 K2
(or)	
20.b. Write about case studies and its practical applications.	CO4 K3

****