Manivannan

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 12B
Coimbatore - 641 043, Tamil Nadu, India

Continuous Internal Assessment I – March 2022

Class: III UG
Branch: Physical Education

Time : 2 Hrs.
Max Marks: 60

18BPEC28-GYM MANAGEMENT

Course Outcomes:

1. Promoting professionals with competency and commitment.
2. Expertise in principle 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

Choose the Correct Answer **6 x 1 = 6**

1. Health related fitness measures a person's ability to perform physical activates that require which of the following? CO1KI

a. Endurance body composition and heart rate b. Strength body composition and resistance
c. Endurance strength and flexibility d. Fat muscle and bone

2. The body proportion of fat muscle and bone is? CO2K1
a. muscle strength b. Aerobic fitness c. Muscular Endurance d. Body composition
3. The ability to do 20 squats with no weight is an example of? CO3K2
a. Muscular endurance b. Muscular strength c. Flexibility d. Aerobic fitness
4. The ability to ride a bike for a long time is? CO2K4
a. Muscular endurance b. Muscular strength c. Flexibility d. Aerobic fitness

5.The ability to touch your toes is example? CO3K4
Muscular endurance b. Muscular strength c. Flexibility d. Aerobic fitness
6. Which of the following decreases body fat? CO3K3
a. Muscular endurance b. Strength c. Flexibility d. Aerobic fitness

PART – B

Answer all Questions

Each answer should not exceed 400 words or two pages **3 X 6 = 18**

7. a. Meaning of exercise? (Or) CO1K2
7. b. Write the Types of exercise? CO2K2
8. a. Define mode of exercise? (Or) CO2K3
8. b. Explain Specificity of training effect? CO3K3
9. a. Write the components of fitness? (Or) CO3K4
9. b. Explains health related fitness. CO4K4

PART – C

Answer all Questions

Each answer should not exceed 800 words or four pages **3X 12 = 36**

10. a. Briefly explain retraining and maintenance of training? (Or) CO2K3
10. b. Explain the Cardiovascular endurance?
11. a. Circuit training and aerobic circuit explanation? (Or) CO3K3
11. b. Write the methods of developing CRE?
12. a. Write the Aerobic and Anaerobic metabolism? (Or) CO4K4
12. b. Explain factors influencing fitness?

8th
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